

Individualized Treatment & Additional Services

In addition to individualized treatment plans, patients are given a health and physical examination and meet individually with their psychiatrist at least once each week. We provide daily nursing services and monitor laboratory tests. Random drug screen testing may also be used to support relapse prevention from drugs and alcohol. Van transportation is available to and from patients' homes. Complementary lunch and snacks are included, and our on-site dietician is ready to assist with special requirements.

Specific Program Feature

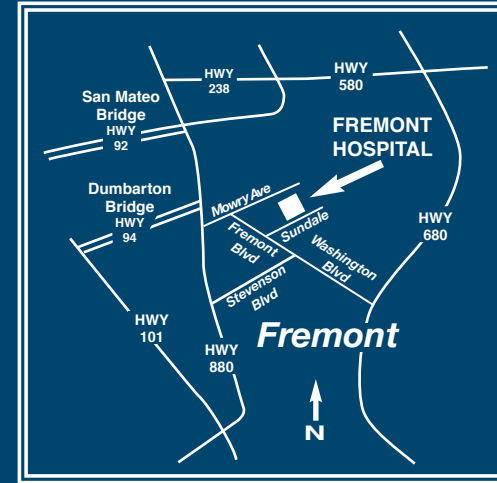
The "four circle cognitive - affective - behavioral model" is a learning tool which provides patients with the opportunity to identify, to practice and to acquire constructive coping skills in response to distress. Patients receive support in learning helpful responses to symptoms associated with mental disorders, impulsive behaviors or cravings for addictive substances.

Treatment Components

- Individual case management
- Group treatment
- Medication management
- Relapse prevention techniques
- Family education and support
- Aftercare referrals
- Cognitive-behavior treatment
- Stress management techniques
- Assertiveness
- Communication in relationships
- Coping skills for daily living
- Anger management
- Impulse control

How to find us ...

Fremont Hospital is located at 39001 Sundale Drive in Fremont and is easily accessible from Highways 880 or 680. Outpatient Services is located in the building directly across from the hospital's main entrance.



From **San Jose**: 880 North to Stevenson Blvd. exit, turn right. Turn left at Fremont Blvd. and turn right at Sundale Dr. Fremont Hospital is on the left.

From **Oakland**: 880 South to Mowry Ave. exit, turn left. Turn right at Fremont Blvd. and left at Sundale Dr. Fremont Hospital is on the left.

From **Pleasanton**: 680 South to Washington Blvd. exit, turn right. Washington Blvd. turns into Fremont Blvd. Turn right at Sundale Dr. Fremont Hospital is on the left.

For more information or to schedule a free assessment, please contact:

Senobia Ellis, MSW

Supervisor of Intake and Transportation
Outpatient Services

510-574-4851

www.outpatientservices-fremonthospital.com

Outpatient Services

FREMONT HOSPITAL



We're here when you need us



Accredited by The Joint Commission

Fremont Hospital has earned
The Joint Commission's Gold Seal of Approval

All major health plans and
Medicare accepted.

Transportation assistance available.

Outpatient Services

This fully accredited 96-bed facility is a premier provider of behavioral health treatment for adolescents and adults. The Outpatient Services facility is located on the Fremont Hospital campus in central Fremont. The availability of multiple levels of care, including inpatient, partial hospitalization, outpatient, chemical dependency treatment and after-care, allows each patient to progress through an individualized continuum of care.

Adult Partial Hospitalization Program

Our adult Partial Hospitalization Program (PHP) provides structured treatment for adults who are transitioning from inpatient care or who are in need of crisis intervention. Patients attend therapy and education groups during the day and return home in the mid-afternoon. Morning and afternoon programs are also available. Our programs are appropriate for individuals suffering from a wide range of symptoms and diagnoses, including co-occurring chemical dependency.

Adult Partial Hospitalization

Program Hours: 9am - 3pm

Intensive Outpatient

Program Hours: 9am - Noon or Noon - 3pm

Adolescent Outpatient Program

This structured full-day program provides clinical assessment and treatment for adolescents experiencing psychiatric symptoms that are disrupting their day-to-day lives. A full-range of treatment approaches are offered, including cognitive behavior therapy, process and education groups, coping skills and stress reduction groups, activities, medication and parent education.

Adolescent Outpatient Program

Program Hours: 9:00am - 3:00pm

Chemical Dependency Program

This evening program for adults emphasizes the Bio-Psycho-Social model to treat the biological, psychological and social factors contributing to addiction. The philosophy of this program is that it is possible for individuals struggling with addiction to live a full life free from addictive substances. Services include individual and group treatment, interactive journaling, family groups and free aftercare.

Chemical Dependency Program

Program Hours: 6pm - 9pm

The Referral Process

Individuals may be referred to our programs by physicians, mental health professionals, discharge planners, parents or other family members, EAP's, or by self-referral. Initial screening assessments and consultations are provided free of charge. We also offer free verification of benefits.

Give us a call!

(510) 574-4851

Monday - Friday, 7:30am - 3pm

or

(888) 796-1101

24-hours a day, 7 days a week

The Treatment Team

A multi-disciplinary team of mental health professionals work together to evaluate each patient and determine the most appropriate individualized treatment plan. The patient is the foremost member of this team, which includes board certified psychiatrists, psychologists, marriage and family therapists and registered nurses. Patients benefit from treatment employing cognitive-behavior therapy and other evidence-based approaches. Our board certified psychiatrists prescribe medication, as needed.