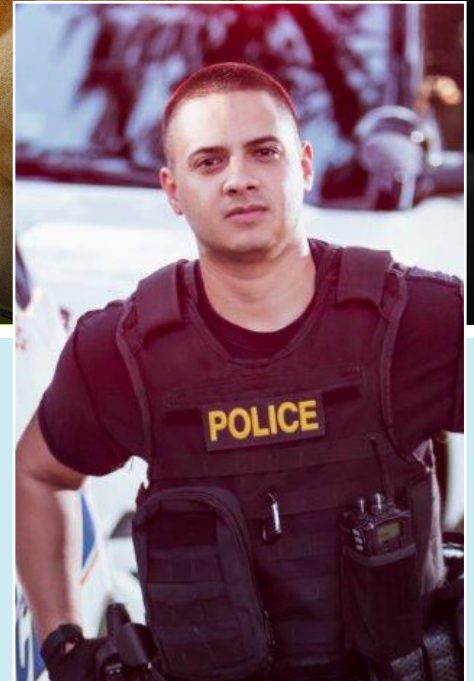


because you matter!

# FIRST RESPONDERS TREATMENT PROGRAM

Alvarado Parkway Institute Behavioral Health System offers a variety of treatment options to address the unique mental health and substance use disorders needs of the San Diego First Responder Community. Our treatment is evidence based and is designed to manage and alleviate symptoms of depression, anxiety, issues related to repeated trauma exposure, and/or addiction. Evening programming is available for clients whose daytime commitments make it difficult for them to pursue treatment programs offered during regular business hours.



## VIP POINT OF ACCESS

We understand that the needs of the First Responder Community are unique and require programming that allows for **confidential** treatment which goes beyond that of other client demographics. We have designated staff that are assigned to handle inquiries from First

Responders and their families 24 hours a day, 7 days a week, including holidays.

### From this initial point of contact, we will:

- Immediately work to ensure a confidential appointment with our Assessment Services Department.
- Carefully assess the client to determine the most appropriate level of care within our continuum.
- Assign the client to a clinical treatment team who has been trained to provide individualized care to first responders and their family members.

### Based on the initial assessment, the client will initially be placed:

- **Inpatient** – assigned to a unit designed to meet the programming needs of First Responders and their family members. Clients will be seen by a physician daily and engage in group therapy throughout their stay; **OR**
- **Outpatient** – assigned to a treatment track designed to meet individualized programming needs.
- Treatment options will be tailored to individual needs and will include evidence-based approaches designed to address concerns often experienced by first responders and their

**CONTACT:  
1-800-766-4API (4274)**

**PRESS OPTION 1**  
*to be routed directly to our Intake Department. Caller should identify themselves as a First Responder or the family of a First Responder. The call will immediately be referred to a First Responder designated clinical professional.*

family members. These trauma-informed treatments will include **Cognitive Behavioral Therapy, Acceptance Commitment Therapy, Mindfulness Based Stress Reduction, Seeking Safety, Cognitive Processing Therapy, and biofeedback therapy.**

- Clients struggling with substance use disorder and mental health issues will receive combined, evidence based treatment that begins with an assessment by an addictive disorders counselor, specifically trained in this area.

We offer a variety of group and individual trauma informed treatment therapies including **family therapy, and addiction support groups.**

**Throughout treatment clients can expect:**

- Family and outside support will be encouraged to participate in treatment when indicated and **individualized visitation hours will be accommodated.**
- **We will ensure client confidentiality.** Should a client express concerns regarding

confidentiality, our treatment team will work quickly and sensitively to address those needs.

- Client wellbeing and comfort during their stay with us is of utmost importance. We will ensure comfortable accommodations and will address any specialized dietary requests.
- API has ample outdoor recreation space and recreation time will be integrated into the treatment planning for all clients.

## CONTINUUM OF CARE

As a Behavioral Health System API offers First Responder clientele access to our full continuum of care. Through our continuum of care API's ever expanding family of services provides comprehensive, compassionate, excellent care to the First Responders' community!



**INPATIENT HOSPITAL** - Our 66 bed acute care hospital provides a 24-hour medically supervised environment which emphasizes safety and stabilization. We provide evidence-based individual and group therapies including chemical dependency detoxification and aftercare planning.



**PARTIAL HOSPITALIZATION PROGRAM** - We provide a highly-structured and intensive full-day program designed to improve symptoms, promote stabilization, and avoid re-hospitalization. This short-term program can be used to decrease inpatient stay for some patients.



**INTENSIVE OUTPATIENT PROGRAM** - Our outpatient programs provide an intermediate, comprehensive level of care; a step between intensive treatment and full reintegration into the community. Half-day segments promote recovery and long-term stabilization. A variety of evidence-based treatment modalities support patients on their journey to recovery.



**RESIDENTIAL TREATMENT** - Short-term residential treatment facilities for patients needing around-the-clock monitoring and supervision while recovering from mental illness and co-occurring disorders.



**HOME HEALTH CARE** - Promontory Home Health is designed to maximize patient's independence and recovery in the comfort of their home. Behavioral health services available.



**COUNSELING** - The API Counseling Group provides individual, couples, and family therapy with a qualified behavioral health professional. Evening appointments are available to meet the needs of working adults.



**PHARMACY** - Conveniently located next door to our hospital, 4-Front Pharmacy is a full-service pharmacy providing programs to assist with specialized behavioral health medications.