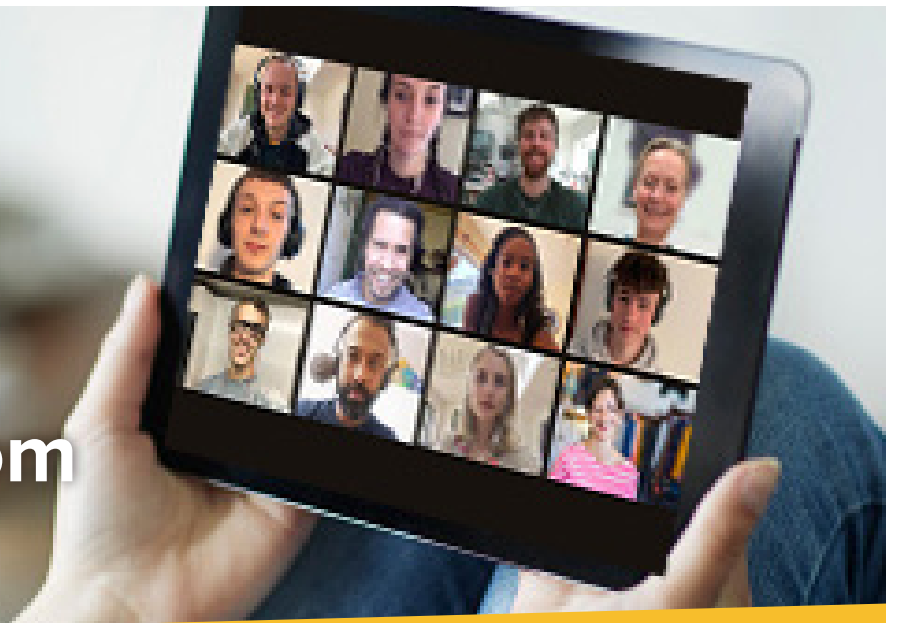
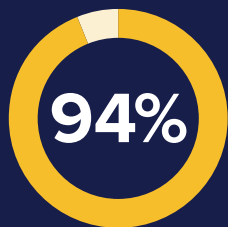


Our Outpatient Programs Are Now Available Virtually on Zoom



We are conducting telehealth services via a virtual platform. This HIPAA-compliant format allows you to see and speak with a Therapist just as you would during an in-person session — all in real time, respectful of social distancing practices.



of patients who step down to a lower level of care are more satisfied with their treatment overall.

Source: Mental Health Outcomes, February 2020.

Virtual Outpatient Advantages:

- Continued treatment from our trained professionals
- Can easily access from any location on computer, smartphone or tablet
- Do not need to leave the house, can access from comfort of own home
- No transportation or childcare issues
- Protected access for privacy - only other patients are in your online group
- Same quality programs as they were in person
- Medication management offered in our Partial Hospitalization Program
- Short-term programs can assist with transition from inpatient to one-on-one outpatient therapy
- Covered by most insurance plans including Medicare

Let Old Vineyard be your Next Step in treatment. Call us today at 336-794-3550 to see how we can help you on your path to recovery.



3637 Old Vineyard Road / Winston Salem, NC 27104
336-794-3550 / Fax: 336-252-2404 oldvineyardbhs.com



Physicians are on the medical staff of Old Vineyard Behavioral Health Services, but, with limited exceptions, are independent practitioners who are not employees or agents of Old Vineyard Behavioral Health Services. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.

For language assistance, disability accommodations and the non-discrimination notice, visit our website. 202973-4022 7/20

Outpatient Day Programs

Mental Health PHP and IOP Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30	Connect with Goals				
10:20	Break				
10:30	Mindfulness	Distress Tolerance	Emotion Regulation	Interpersonal Effectiveness	Wise Mind
12:30	Lunch for PHP and End of Day for IOP				
1:15	Distress Tolerance	Emotion Regulation	Interpersonal Effectiveness	Mindfulness	Planning the Weekend
2:20	Break				
2:30	Reflections	Reflections	Reflections	Reflections	Reflections
3:30	End of Day				

Dual PHP Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30	Connect with Goals				
10:20	Break				
10:30	Managing Cravings	Building Support	Common Challenges	Relapse Prevention	Finding Purpose
12:30	Lunch and Break				
1:15	Distress Tolerance	Emotion Regulation	Interpersonal Effectiveness	Mindfulness	Planning the Weekend
2:20	Break				
2:30	Reflections	Reflections	Reflections	Reflections	Reflections
3:30	End of Day				

***Groups are subject to change as the needs of the group change



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