



# Adult Programs



**Inpatient Treatment** - Our comprehensive inpatient programs focus on stabilizing patients, ages 18 and older, during a psychiatric crisis. With the patient's and family's input, the multidisciplinary team determines the most appropriate course of treatment.

The staff take a holistic approach that can include:

- Group therapy
- Psychosocial education
- Experiential therapy
- Family meetings
- Medication management
- Relapse prevention
- Yoga
- Discharge planning

**The Compass Program** is for patients who are experiencing psychiatric conditions such as schizophrenia, schizoaffective disorder, bipolar disorder and major depression. Patients are provided a therapeutic environment to stabilize.

**The Horizon Program** is for patients who are experiencing psychiatric conditions such as depression, anxiety, grief and trauma. We provide a structured and therapeutic environment to give patients the support they need.



# Adult Programs

Highlands Behavioral Health System also offers a dual-diagnosis and detoxification programs to treat patients who are dealing with addiction.

**Outpatient Treatment - Ascent** is our **Partial Hospitalization Program (PHP)**, designed for adults who need intensive psychiatric services on an outpatient basis. The program meets 5 days a week for 6 hours each day. We offer a lodging option to accommodate patients who travel from a distance.

**Elevate** is our **Intensive Outpatient Program (IOP)** for adults, designed as a more structured level of care offering nine hours of therapy per week. Patients may enroll in this program directly from the community or they may transition from either the Ascent program or inpatient level of care. The program meets 3 days a week for 3 hours each day.



If you need help, we are here 24 hours a day, 7 days a week. **Call 720-348-2805.**

YOUR JOURNEY TO WELLNESS STARTS HERE

Highlands Behavioral Health System  
8565 S. Poplar Way  
Littleton, CO 80130  
720-348-2800  
[highlandsbhs.com](http://highlandsbhs.com)



Physicians are on the medical staff of Highlands Behavioral Health System, but, with limited exceptions, are independent practitioners who are not employees or agents of Highlands Behavioral Health System. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. For language assistance, disability accommodations, and the nondiscrimination notice, visit our website. 211972-3117 12/21