

Intensive Therapy Services While You Live at Home



If you are struggling with anxiety, bipolar disorder or depression that may be combined with substance use issues, an outpatient program can help. We offer day and evening programs for adults and adolescents so you can benefit from intensive therapy while still living at home.

For a free, confidential evaluation, available 24/7, call 916-386-3620.



Sutter Health
Sutter Center for Psychiatry

7919 Folsom Blvd #100
Sacramento, CA 95826

sutterpsychiatry.org

Two Options for Care

Option One

Our Voluntary Intensive Outpatient Program gives you the tools to manage your symptoms and build your recovery. By confronting thoughts and behaviors and processing them in group therapy, you learn to:

- Identify and build on your strengths
- Understand your symptoms and stressors
- Build a pathway to recovery

Day program: Monday to Friday

Adults: 10 a.m. to 12:45 p.m.

Evening program: Monday to Thursday

Adolescents (ages 13-17): 3:30 to 6:15 p.m.

Adults: 4:30 to 7:15 p.m.

Option Two

Our Voluntary Partial Day Program offers a six-hour daily program for people who need more extensive therapy, or for those who are ending a stay in our psychiatric hospital. Lunch is included.

Monday to Friday

Adolescents (ages 13-17): 8 a.m. to 2:15 p.m.

Adults: 9 a.m. to 3:15 p.m.

Our Mission

Sutter Center for Psychiatry places the patient first and always. We work with patients and families in the most challenging situations to bring resiliency and hope to individuals' lives.



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