



PARTIAL HOSPITALIZATION (PHP)

Minimum requirements

- 2 groups a day 4 days per week (3 hours per group)
- 1 check-in every week with your counselor

-Provide 1 UA or breathalyzer sample weekly (unless discussed otherwise)

INTENSIVE OUTPATIENT (IOP)

Minimum requirements

- Any 4 groups of your choice per week (2 hours per group)
- 2 check-ins every month with your counselor

-Provide 1 UA or breathalyzer sample weekly (unless discussed otherwise)

OUTPATIENT GROUPS (OP)

Minimum requirements

- Any 2 groups of your choice per week (2 hours per group)
- 1 check-in every month with your counselor

-Provide 1 UA or breathalyzer sample weekly (unless discussed otherwise)

ADDITIONAL SUPPORTS

MDWAR suggests that you also become active in sober social support such as regular group exercise, 12-Step meetings, hobbies, worship, and non-using friends & family.

Monday	Tuesday	Wednesday	Thursday	Friday
Walk-in UA 9:30-5:30p	Walk-in UA 9:30-5:30p	Walk-in UA 9:30-5:30p	Walk-in UA 9:30-5:30p	Walk-in UA 9:30-5:30p
PART 1: 9:30-11:15a PART 2: 11:30a-12:30p	9:30-12:30p		9:30-12:30p	PART 1: 9:30-11:15a PART 2: 11:30a-12:30p
ZOOM/ IN-PERSON	ZOOM/ IN-PERSON		ZOOM/ IN-PERSON	ZOOM/ IN-PERSON
PART 1: 4:30p-5:30p PART 2: 5:45P-7:30p	4:30-7:30p	4:30-7:30p	4:30-7:30p	PART 1: 4:30p-5:30p PART 2: 5:45P-7:30p
ZOOM ONLY	ZOOM ONLY	ZOOM ONLY MAT Group	ZOOM ONLY	ZOOM ONLY

Maryland Wellness and Recovery, LLC

<https://mdwar.com/>

11125 Rockville Pike, Suite 302, Rockville, MD 20852

Info@mdwar.com or (240) 242-4225