Partial Hospitalization Program in San Diego for Addiction Care

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SAN DIEGO, CA - August 14, 2026 -
San Diego-based Bonus Round Recovery is highlighting its continuum of care from residential treatment through outpatient care, including a partial hospitalization program in San Diego for adults who need structured addiction treatment without requiring overnight residential care. The organization also provides intensive outpatient programming and transitional housing, giving clients options as their treatment needs change throughout recovery.

Bonus Round Recovery?s PHP typically operates five to seven days per week, with six to eight hours of programming each day. Its 12-week format gives clients time to establish routines, participate in therapy, develop practical coping skills, and prepare for the next stage of care. The program can serve as a step down from residential treatment or a step up from intensive outpatient care when additional structure is needed.

Treatment combines clinical programming with practical recovery education. Services can include individual and group therapy, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, process groups, psychoeducation, mindfulness exercises, relapse prevention planning, and life-skills education. Case management can also support coordination of outside resources, insurance matters, and transition planning.

Bonus Round Recovery also focuses on helping clients build skills that support long-term stability beyond the treatment setting. Through structured programming, clients can work on recognizing triggers, strengthening healthy routines, improving communication, and developing strategies for managing responsibilities in daily life. These skills can help make the transition between levels of care more manageable while giving clients practical tools they can continue using as they move toward greater independence.

Bonus Round Recovery maintains an 8:1 client-to-clinician ratio and emphasizes individualized treatment planning. Programming incorporates trauma-informed care, family education, individual counseling, and practical instruction in communication, financial management, employment readiness, and time management. Medical and psychiatric support can include health assessments, ongoing monitoring, psychiatric evaluation, crisis intervention protocols, and coordination with outside healthcare providers.

Transitional housing is another part of the organization?s continuum of care. For clients who need a more stable living environment outside treatment hours, transitional housing provides a setting centered on routine, accountability, and peer support while clients participate in daytime programming. This can help create greater continuity between structured treatment and increased independence.

The organization was founded by Linnsey and Tony, whose own experiences with addiction and recovery influence Bonus Round Recovery?s approach. The organization states that they lead the program with the belief that recovery works best when people feel genuinely known, rather than processed. Their experiences taught them that judgment can close doors, while real relationships and consistency can help create opportunities for recovery.

That philosophy shapes how Bonus Round Recovery operates at every level. Decisions are made with the individual client in mind rather than according to a one-size-fits-all protocol. The leadership team also remains closely involved in the day-to-day program, keeping leadership connected to the people it serves and the realities of recovery.

The program is designed for adults ages 18 to 80 who may benefit from a structured daily schedule while continuing to live outside a residential setting. This can include individuals transitioning from detox or residential treatment and those who have found less intensive outpatient care insufficient. The program can accommodate different recovery circumstances while providing a consistent framework for treatment, skill development, and planning for the next stage of care.

It is not intended for people who require 24-hour medical supervision, inpatient psychiatric hospitalization, or acute detoxification. By offering multiple levels of support, Bonus Round Recovery aims to help clients navigate changes in treatment needs while maintaining continuity and individualized planning. More information is available at https://bonusroundrecovery.com/. Bonus Round Recovery provides PHP, IOP, and transitional housing services through its partial hospitalization program in San Diego.

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