

Adolescent Partial Hospitalization (PHP) FAQs

ALL ABOUT GROUPS

- Programming is Monday–Friday from 8:00 am – 3:00 pm.
- There are process (therapy) and psychoeducational groups. All groups are important and you'll need to plan to attend each of them every day.
- Individual therapy is not part of the program, but your therapist may meet with you individually to plan for safety, next steps and to address any urgent concerns.
- We offer family sessions and encourage you to involve your supports in your treatment.
- Educational liaisons will support you during your dedicated schooling and study hall times.

ABOUT THE TREATMENT TEAM

- Your treatment team consists of your therapist, your medical provider and your nurse.
- Your treatment team meets weekly to talk about the treatment goals you have set for yourself, your progress and steps towards discharge.
- You will meet with your medical provider at admission and every 7 days, as well as at discharge. They will review your medications and discuss your progress with you.
- Your nurse and medical provider will also ensure your physical health needs are met.

DON'T FORGET

- **Bring lunch and 2 snacks!** Meals are not available at the clinic and you'll need energy for your day. We do have refrigerators and microwaves available for your use.
- Guardians should provide any medications that will be needed during program hours to your nurse so they're readily available if needed.
- **Bring your schoolwork!** The educational liaison will be present to assist you with your schoolwork and during study hall. Chromebooks are available for your use.

WHAT'S NEXT?

- You are expected to attend group the day of discharge to celebrate your success and get information on your aftercare plan.
- We typically recommend that you step-down into our Intensive Outpatient Program to continue practicing your new skills. You and your guardian(s) help us decide what is best for next steps a, but we ensure you have at least one appointment within 7 days of discharge.

If you have any additional questions, need help with transportation or would like further information related to your care, you can reach one of our Outpatient Coordinators at **919.852.0996** or **919.746.8928**.

We look forward to helping you succeed and live a healthier lifestyle!