

## Partial Hospital Program and Mental Health

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When is going to a Partial Hospital Program (PHP) the right choice? Let's first begin explaining what a Partial Hospital Program entails. A Partial Hospital Program (PHP) is a mental health solution defined as "a time-limited, ambulatory, active treatment program that offers therapeutic all intensive, coordinated, and structured clinical services within a stable therapeutic milieu." It is an alternative to hospitalization and combines the best facets of inpatient care (structure and intense care) with the best of outpatient care (scheduling flexibility and lower cost). This type program allows patients the mobility and freedom to maintain home and social life and daily routines, while also maintaining work or school responsibilities. Let's now look a little deeper into various age programs and discuss who might benefit from a PHP program.

When looking at Adult PHP, some may be appropriate who experience persistent symptoms such as: Depression, Bipolar, Panic attacks/ anxiety disorder, PTSD, Anger, Addictions, and Obsessions/ Compulsions. Adults receive treatment services that include medical monitoring, individual therapy, group therapy, family therapy, and family support groups. Some various group therapy examples are: Grief/Loss, Relaxation/Yoga, Life Skills/ Wellness, Coping/Stress, Anger Management, Self-Esteem, Relationships, Relapse Prevention, Spirituality.

When looking at Adolescent(age 13-17) and Child(age 6-12) PHP, these programs may be appropriate for those with persistent symptoms such as: Depression, Stress Disorders ( trauma, pain, family dysfunction, and medial issues), Drug Abuse ( self-medicating for emotional problems), Anger outbursts, Disruptive Behaviors, Eating Disorders, Attention Deficit/ Hyperactivity Disorder, School Anxiety/ Failure, and Self Injury. Teens and Children receive treatment services that include medical monitoring, individual therapy, group therapy, family therapy, and family support/parenting groups. Parents learn they are not alone in their concerns for their children, and are able to learn new techniques to help address their child's behavior problem from a family systems perspective. Some of the various group therapy examples include: Goal Setting/Processing, Expressive Therapy, Self-Esteem, Problem Solving, Family Dynamics, Grief and Loss, Stress Management, Team Building, Relationship Identity, Social Skills, and Managing Fears at School.

If you or someone you know is wondering if a Partial Hospital Program is right for you, Psycamore is here to help. We have three locations throughout the State: Flowood, Biloxi, and Southaven and are currently providing our programs Telehealth. Your first visit is on us and we accept most all major insurance

programs including Tricare and CHIP. Pyscamore is committed to Restoring Health and Renewing Hope.  
For more information call 1877Pysch4U or visit us online at [www.pyscamore.com](http://www.pyscamore.com)