

What to Expect When Your Child is in the Pine Rest Adolescent Partial Hospitalization Program

What is Partial Hospitalization?

The Adolescent Partial Hospitalization Program is a behavioral health treatment program with the goals of assessing and stabilizing current acute symptoms of depression, anxiety, impulsivity, and behavioral issues. The program accepts adolescent ages 13 to 17 years old.

Partial Hospitalization Programs are a step up from outpatient treatment and can be used as an alternative to inpatient hospitalization, if the patient is able to maintain safety, commit to using a safety plan and able to engage in and attend programming daily.

What are the program hours of the Adolescent PHP?

- Monday–Friday, 8:00am–3:30pm

How long will my child be in the Adolescent PHP?

Adolescents generally participate in the program about a week. It is recommended that your child attend 7 to 10 days; however, *criteria can affect the length of stay.*

Can my child attend one day and leave?

The partial programs are a multi consecutive day treatment program, we ask that you & your Adolescent commit to at least 5 days. It is most effective if your child is present for 7 to 10 days. However, treatment criteria (depression, suicidality, functionality) does affect length of stay and your child may be in the program a shorter or longer length of time.

What will my child do in the Adolescent PHP?

Your child will be participating in many types of groups including psychotherapy group and psychoeducation group. Partial is a group-based program. This program will help your child to be better prepared for individual therapy once he or she leaves the program. Our staff know that meeting with peers in a group setting can be a scary idea, however we find that being with people who are in a similar situation can be validating and helpful. Also, group therapy is considered a best practice for mental health symptoms. Your child will meet individually with a case manager/therapist for an initial assessment and to set treatment goals. You and your child will be encouraged to attend a family meeting. Your child will also meet with a psychiatry provider (psychiatrist or psychiatric nurse practitioner) at least two-three times per week for ongoing care and evaluation. The provider manages any psychotropic medication that your child may be taking.

What will my child learn from all this?

Your child will learn how to regulate his or her emotions and understand why this regulation is important. Your child will also grow in his or her understanding of how therapy works, which will make outpatient appointments more effective. Your child will begin to understand and apply a variety of strategies such as mindfulness, coping skills, communication skills, and anger management skills.

Who will be caring for my child?

The staff function as a multidisciplinary team including a psychiatrist, nurse practitioner (NP), case manager/therapist (LMSW), registered nurse, activity therapist, unit coordinator & chaplain (if desired). Your child will also meet with a general medicine practitioner for a physical and review blood work

What is expected of parents/guardian when their Adolescent is in the partial hospitalization program?

- Participate in the admission process which lasts about 2-3 hours (this can be shorter or longer depending on the patient's need). Once assessments are complete Adolescent will join groups.
- Complete and return the mandatory communication sheet daily.
- Return phone calls as quickly as possible.
- Ensure that your adolescent attends programming each day unless ill. Please call if your adolescent will be absent or ill (616-281-6363 x1105). At times absences are to be expected, however, if patient is absent two consecutive days; the patient will be discharged from the program.
- Share concerns, ask questions, and let staff know what would help your child.
- Engage your child by asking about his or her day in the partial program and review/reinforce what your child is learning about.
- Participate in family meeting, as family involvement is critical for optimal patient care and progress.
- Parent/guardian is required to pick up Adolescent on day of discharge.

How is transportation handled in the partial programs?

Parents/legal guardians are responsible for arranging or providing transportation for their child to and from the Adolescent Partial Hospitalization Program.

Can my adolescent drive themselves to the program?

Following the admission assessments, the treatment team will discern and speak with parents/guardian on a case by case basis. Parent/guardian is expected to drive the adolescent on first day of program

Can my adolescent continue to see his or her therapist and/or psychiatry provider while in the Adolescent Partial hospitalization program?

Unfortunately, no. Insurance will only cover the services of one provider and one therapist at a time. However, know that your child will be seen regularly by a psychiatry provider and therapist throughout the duration of his or her stay in the partial hospitalization program. Please put outside psychiatric & therapy on hold while your child is in the program. Due to the importance of your child fully participating in treatment, we ask that you put all other appointments (dentist, family doctor, etc) on hold, while your child is in the partial hospitalization program. Your child does need to participate in the full day of programming.

What can my adolescent bring to the partial hospitalization program?

We ask that your adolescent **DOES NOT** bring cell phones, smart watches and all other electronic devices. To ensure the privacy of all patients we cannot have these electronic devices present. Your Adolescent can bring his or her own lunch, please no peanuts or caffeine. Your adolescent **will not** be able to leave the program to purchase his/her own food. If your adolescent does not bring his or her own lunch, a lunch will be provided. We also recommend that your adolescent dress in layers as room temperatures may vary.

Why is the family safety planning meeting important?

Family meetings help improve the overall functioning of the family by addressing needs such as improving communication, strengthening relationships, and increasing each family member's understanding of treatment goals and the patient's safety plan.

What is a discharge plan?

One of the most important goals in the partial hospitalization program is the development of a plan to establish services and routines that will help your adolescent maintain the progress made during his or her time in the program. Some of these services include outpatient therapy & psychiatry appointments. It is very important that you, as a parent, establish relationships with these service providers and your child's school because the staff in the partial program can no longer participate in your adolescent's care after discharge.

Updated: 11/24/2021