

## What to Expect in the Pine Rest Adult Partial Hospitalization Program

### **What is Partial Hospitalization?**

The Adult Partial Hospitalization Program is a behavioral health treatment program with the goal of assessing and stabilizing current acute symptoms of mental health. Even though Patients in a Partial Programs are experiencing psychiatric symptoms, they must be able to keep themselves safe. Safe means, not a risk to self or others, not intoxicated or detoxing, able to function and tolerate a full day of programs.

Partial Hospitalization Programs are a step up in treatment from outpatient therapy 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 in Adult Partial Hospitalizations Program?**

- Monday-Friday 8:30am-3:15pm

### **How long will I be in the Adult PHP?**

It is recommended that you attend 7 to 8 days; however, *criteria can affect the length of stay.*

### **Can I attend one day and leave?**

The partial programs are a multi consecutive day treatment program, we ask that you commit to at least 4 days. It is most effective if you are present for 7 to 8 days.

### **What will I do in the Adult PHP?**

You will be participating in many types of groups & classes including: psychotherapy group and psychoeducation groups. Additionally, you will meet individually with a Case Manager/therapist for an initial assessment and to set treatment goals. Partial Hospitalization is a group and class-based service. You will also meet with a psychiatric provider (psychiatrist or psychiatric physician assistant) at least 1-2 times per week for ongoing care and evaluation. You WILL NOT meet with psychiatric provider daily. Our providers will manage psychiatric medications only; all other medical issues will need to be addressed by your Primary Care Doctor.

### **What will I learn from all this?**

You will learn how to regulate your emotions and understand why this regulation is important. You will also grow in your understanding of how therapy works, which will make outpatient appointments more effective. You will begin to understand and apply a variety of strategies such as mindfulness, coping skills, communication skills, and relationship skills.

### **Who will be caring for me?**

You will become part of a small group that includes peers in addition to a core group of staff. The staff on each unit function as a multidisciplinary team including a psychiatrist, nurse practitioner (NP), physician assistant (PA), case Manager/therapist, registered nurse, occupational therapist, discharge planner & chaplain (if desired).

### **What is expected of me in the Partial Hospitalization Program?**

- Participate in the admission day. Please plan to be here from your admission start time until 3:15pm, bring a lunch and a book. there may be wait times. You may join groups once admission process is complete.
- Participate in groups and classes

- Take medications every day as prescribed & fill new prescription the day they are prescribed.
- Ensure that you attend programming each day all day unless ill. If ill or have an existing appointment that cannot be rescheduled call 616-281-6363 ext. 6904. 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 you.

### **How is transportation handled in the Partial Programs?**

While in the Adult Partial Hospitalization Program, you are responsible for arranging or providing transportation for yourself.

### **Can I continue to see my therapist and/or psychiatry provider while in the Adult Partial Hospitalization Program?**

Unfortunately, no. Insurance will only cover the services of one provider and one therapist at a time. However, know that you will be seen regularly (1-2 times per week) by a psychiatry provider throughout the duration of stay. Due to the importance of you fully participating in treatment, we ask that you also put all other appointments (dentist, family doctor, etc) on hold, while you are in the partial hospitalization program.

### **What can I bring to the Partial Hospitalization Program?**

It is important that you bring your patient binder & a pen each day. You will be informed if any other items are necessary. On admission day lunch will be provided. All the following days, you can bring your own lunch or money for the cafeteria. If you have medications that you take throughout the day, please bring these. You can keep them on your person or place them in a locker. No partial staff may hold medication for you or dispense medications to you. Please note that this is a tobacco free campus, there is no smoking or vaping of any kind on campus. To ensure patient's privacy you will be asked to turn off your cell phone and smart watches while in groups.

### **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 you maintain the progress made during your time in the program. Some of these services include outpatient therapy & psychiatry appointments or medication management with your family doctor. It is very important that you establish relationships with these service providers as they will be caring for you following discharge from the Adult Partial Program.

### **Can I complete psychological testing while in the partial program?**

Unfortunately, no, all psychological testing for ADHD, dementia, autism, cognitive issues, forensic issues, etc. must be done at the Psychological Consultation Center upon completion of the program.

### **How can my family be involved in my treatment?**

Family and support persons are vital to one's treatment in mental health. Your therapist can give you information that can help your loved ones understand your diagnosis. They can also reach out to one support person if needed.

### **Can a family member call and receive information about my care?**

Yes, HOWEVER, please note for family to call and receive information about your treatment, you, the patient, must sign a consent form giving Pine Rest permission to speak with your family. Without a written consent Pine Rest will not be able to speak to family or acknowledge your presence in the program. Please note that naming someone your emergency contact person is not the same as written consent to speak with someone about your care in treatment.