

Partial Hospitalization Program(PHP) Outpatient program

Program length will vary based on progress and need with a minimum of 2 weeks.

A referral from a Licensed Practitioner with the ability to give a DSMIV Diagnosis is required for entry into the program.

BENEFITS OF TREATMENT

A successful treatment experience can greatly improve the quality of your physical and emotional health.

Many individuals seek psychiatric treatment for a variety of reasons. Regardless of their reason(s) for being here, all group members have a common understanding and commitment to wellness.

PHP utilizes an integrated approach in an effort to provide participants with a greater satisfaction of their overall wellness. Participants are asked to collaborate with providers in creating goals for themselves. Participants must also take an active role in participation in order to achieve the greatest benefits from programming.

SERVICES INCLUDE:

- Psychological assessments
- Medication reviews
- Group psychotherapy
- Instructional education on cognitive-based therapy techniques
- Coping skills
- Mindfulness-based stress reduction
- Nutrition tips
- Spiritual care



Scan to learn more at
[MercyOne.org](https://www.mercyone.org)



Monday -Thursday
9 a.m. -2 p.m.
(breaks included)

AN INTEGRATED APPROACH:

A typical week of PHP will include interactions with:

- Psychiatric Provider
- Therapist
- Nurse Coordinator
- Pharmacist
- Occupational Therapist
- Spiritual Care Provider
- Various community Resources

INDIVIDUAL AND FAMILY SESSIONS

Individual and Family Sessions are not scheduled into a typical day. Rather they are available on a case-to-case basis as determined by the care team.

GROUP SESSION BENEFITS

- Treats psychological disorders.
- Receive feedback and offer support in a positive environment.
- Greater insight into thoughts, feelings and behaviors through open, honest and direct discussion of feelings and emotions.
- Improvement of interpersonal relationships and communication skills.
- Make connections, improve confidence, raise self-esteem and undergo personal growth and change.



For more information, consult your brain health provider, primary care physician, or call 563-589-9602.