

Young Adult Partial Hospital Program

What is a Partial Hospital Program?

Partial hospital programs aim to support individuals with significant mental health problems, but who do not require inpatient hospitalization. Partial Hospital level of care offers group therapy sessions from 9:30 a.m. to 2:30 p.m., Monday through Friday. Groups are run by occupational therapists, occupational therapy assistants, and individually licensed therapists, who provide the opportunity for education, skill development, and support. Patients meet with a therapist for a brief, private therapy session each day in addition to attending groups. They meet with a psychiatrist on the day of admission, the day of discharge, and in between as needed.

What is Unique About the Young Adult Partial Program?

Our Young Adult Partial Program is a day program that serves young adults, ages 18 to 26, who are struggling with depression, anxiety, or other mood-related symptoms. The program's theoretical framework draws on aspects of cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT). The supportive environment empowers young adults to learn how to foster resiliency and gain control of their symptoms in order to live a healthier life. The average length of attendance is five (5) consecutive business days.

Our Treatment Philosophy in Adolescent and Young Adult Services

The resilient treatment approach is a model which informs the way we deliver care across our services. In contrast to focusing on a reduction of symptoms, we seek to help individuals progress towards having a life they can be proud of. Our help consists of accurately identifying and then treating biological, psychological, and social factors that may be limiting the ability of the individual.

How do I Register for the Programs?

Referrals from healthcare professionals are optional. Self-referrals are common and welcome. Services are covered by most health insurance plans, and we are happy to assist you with reviewing your coverage options. To start the process or to get help determining which program might be best for you, contact our Behavioral Health Services Call Center at 1(844) 401-0111.

For more information, use your smartphone's camera to scan the QR code, or go to:
www.butler.org/services/partial/young-adult-partial-program

