

# Adolescent and Young Adult Services

## Young Adult Partial Hospital Program *at Butler Hospital*



### **What is a partial hospital program?**

Partial Hospital programs aims 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 a.m. to 3 p.m., Monday through Friday. Groups are run by occupational therapists, occupational therapy assistants, and individually licensed therapists, and provide the opportunity for education, skill development and support. Patients meet with an independently licensed therapist for a private therapy session each day in addition to 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 program?**

Our **Young Adult PHP** is a day program that serves young adults, ages 18 to 26, who are struggling with depression, anxiety or other mood related symptoms, who would benefit from the five day a week, six hour program day model. By offering a space unique to young adults, individuals are likely to be more able to relate to each-others issues. The average length of stay is five to seven business days.

### **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**.

### **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 trying to focus 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 to make this