**Purpose:**
The Partial Hospitalization Program (PHP) is a short-term comprehensive service designed to assist patients, 18 years of age and older who are experiencing acute symptoms related to behavioral health and substance abuse issues. The goal of the PHP is to help individuals achieve their maximum level of functioning.

The Partial Hospitalization Program provides an alternative to inpatient hospitalization and may serve as a step-down from inpatient treatment prior to engaging in outpatient therapy. While in treatment, patients continue to be active with family, friends, and other community supports and maintain many of their daily responsibilities.

**What Can I Expect?**
When you choose to participate in the Partial Hospitalization Program you are making a decision to be actively involved in your treatment. The PHP is goal oriented, action oriented and change oriented. You will initially meet with a clinician who will complete an evaluation. You will be asked to help determine your treatment goals and make small steps each day to reach those goals. You will be assigned a case coordinator who will meet with you on a weekly basis to help you evaluate your progress.

The services offered to help you achieve your goals include the following:

- Medication evaluation, management and teaching.
- Group Psychotherapy
- Psychoeducational groups including: stress management, wellness and recovery, assertiveness, addictions, relapse prevention, goal setting, DBT skills, anger management.
- Expressive therapies (poetry, art, journaling).
- Family meetings when clinically indicated.
- Coordination of treatment with outside providers to ensure continuity of care.

"Plant the seeds of expectation in your mind; cultivate thoughts that anticipate achievement. Believe in yourself as being capable of overcoming all obstacles and weaknesses."

Norman Vincent Peale

[For more information, call us at 860.823.6322 weekdays between 8:30 a.m. - 5:00 p.m.]
I want people to know that growth happens and recovery happens and it’s never too late. There’s always hope out there.

Lyn Legere – from the documentary Shadow Voices: Finding Hope in Mental Illness, speaking about her journey through depression and addiction.

About the Program:
The Partial Hospitalization Program is an intensive group treatment modality that consists of therapeutic and educational groups offered Monday through Friday for up to six hours a day. The duration of treatment varies according to individual need. Private insurance or public assistance programs frequently cover all or part of the cost of treatment.

Our Staff:
A multidisciplinary team of experienced professionals provides treatment. These disciplines include psychiatry, psychology, psychiatric nursing, licensed professional counseling, and social work. A primary clinician will coordinate the patient’s treatment throughout their stay in the Partial Hospitalization Program.

The program staff works collaboratively with other departments in The William W. Backus Hospital, as well as community-based healthcare and social welfare resources, to provide additional services. These include hospital social services, dieticians, vocational rehabilitation services, protective services, case management and the Women’s Center.

Staff also encourages participation in outside support groups such as Alcoholics Anonymous, Narcotics Anonymous, and Al-Anon.

Our clinical and secretarial staffs work together to maintain the confidentiality of all who are in the Partial Hospitalization Program.

Admission Criteria:
The individual must demonstrate symptoms of sufficient severity to bring about significant impairment in day-to-day social, vocational, and/or educational functioning.

- The individual must be able to maintain adequate control over his/her behavior, and must not be immediately dangerous to him/herself or others.
- The individual must have transportation to/from the Program. This may be arranged through some insurance companies.
- The individual must have the necessary community resources (e.g., family, case management) to support consistent participation in the program.
- The individual must demonstrate sufficient motivation and capacity for active participation in all aspects of the program.
- The individual may be referred by an outpatient provider or may self-refer.