

## PSYCHIATRIC CARE: *Partial Hospitalization*

### WALDEN'S PARTIAL HOSPITALIZATION PROGRAM

Patients attend the partial-hospitalization program based on a schedule they develop with their primary therapist. Partial-hospitalization treatment is designed to provide ongoing support to individuals, so that they do not require hospital care.

The partial-hospitalization staff assists patients in maintaining their therapeutic regime and helps them make the lifestyle changes they need to make to live independently and achieve full recovery.

**WHO IS SERVED:** Patients 16 or older with psychiatric disorders that are stabilized and able to function with some level of independence.

#### GOALS:

- Increase emotional and cognitive stability.
- Identify contributing factors of current distress and initiate changes to alleviate distress.
- Develop and implement an Individual Recovery Plan (IRP) that identifies specific goals, life changes and effective methods for achieving those goals.

#### DURATION:

Patients typically participate for three to four weeks.

#### PROGRAM HOURS:

9 a.m. to 3 p.m., seven days a week.

### TREATMENT

The focus of treatment is on learning new skills and strategies that are practiced during off-treatment hours and developing relationships with others. Treatment includes case management, management of medication, individual and group therapy. Case managers conduct individual and group therapy and help establish and coordinate care with the outpatient team.

#### A TYPICAL DAY:

9-9:30 a.m.	Community Meeting/Goals Group
9:45-10 a.m.	Current Events Group
10:15-10:45 a.m.	Snack/Menu Planning
10:45-11 a.m.	Gentle Exercise
11:15-Noon	Education or Didactic Group
12:15-12:45 p.m.	Lunch
12:45-1 p.m.	Fresh Air Break
1:15-2 p.m.	Process or Skills Group
2-2:15 p.m.	Snack
2:15-3 p.m.	Dual Diagnosis Recovery Group