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healthplan™**

## Partial Hospitalization Programs

### What are Partial Hospitalization Programs (PHPs)?

PHPs are specialized treatment programs for individuals with mental, behavioral or substance-related needs who would otherwise need inpatient psychiatric care. A team of master licensed clinicians, nurses, medical doctors and qualified mental health professionals manage PHPs. These programs help those who may benefit from planned programming, but do not need 24-hour supervision or medical assistance. They are also offered during the day and do not require an overnight stay. PHPs are considered a preventive care option.

### What services do PHPs offer?

Many PHPs offer several services to our members. These services may include, but are not limited to:

- Group, individual and family therapy.
- Medication Management.
- Activity therapies (art, music and yoga).
- Education programs and school classes.

### Do PHPs work?

Studies show PHPs have success as short-term programs. In some cases, PHPs can be used to prevent or reduce inpatient hospitalization.

Treatment in PHPs allow the member to:

- Stay in their home.
- Maintain a routine.
- Avoid disruptions from daily life.

Members may benefit from PHPs if they are:

- Failing, missing or skipping school.
- Failing to perform job duties.
- Making poor or risky choices.
- Experiencing an increase in anger outbursts.
- Having changes in behavior.
- Suffering from social withdrawal.
- Recently discharged from Inpatient Programming.

### PHPs:

- Meet 5 days a week.
- Last about 6 hours a day.
- Provide transportation (in some settings.)
- May be connected to an acute care site.
- Offer a school element for children and teenagers (in some settings.)

### How long are services covered for PHPs?

There is no set limit on the length of time services for PHPs may be covered. As long as the member continues to meet their goals and shows improvement, their coverage may be continued. Usually, people attend PHPs daily and receive close attention and medication monitoring. Typical PHPs last anywhere between 2-3 weeks (10- 15 treatment days). The timelines are different for every member.

Some factors may affect the results of treatment in PHPs, including:

- The type of the illness.
- Past history.
- Goals of treatment.
- A member's response.

For more information, please call Member Services at the number on the back of your Superior ID card.