

What is Partial Hospitalization?

Partial Hospitalization is an intensive structured day treatment program for adults who have a mental health diagnosis, functional impairments, increased crisis issues, and poor coping skills. The primary goal of PHP is to offer comprehensive treatment, so patients can improve their ability to engage in the demands of life with improved functioning. PHP can be a stepdown treatment option for those who have recently discharged from inpatient psychiatric treatment. PHP may also be an alternative treatment option for those at risk for, but not requiring, inpatient psychiatric hospitalization.

Who is Eligible?

Adults who meet criteria for PHP:

- Have a diagnosed mental health disorder.
- May be experiencing suicidal ideation (thoughts of dying or ending their lives) or homicidal ideation (thoughts of killing others), without an active plan.
- Have the cognitive ability to fully understand and participate in group discussions.
- Have a reasonable expectation of improving.
- Healthy natural support system made up of family and/or friends.
- Transportation to and from the program each day.
- Would likely decompensate emotionally, mentally, or behaviorally without PHP services.
- May be at-risk for in-patient psychiatric treatment or,
- Recently completed in-patient hospitalization and would benefit from stepping down to PHP before returning to out-patient therapy.

Who is not Eligible?

Those who do not meet criteria for PHP:

- Minors under the age of 18 years.
- Substance abuse or dependency is the primary issue driving treatment.
- Contemplating suicide with the means and an active plan to end their life.
- Contemplating homicide with the means and an active plan to kill someone else.
- Non-medicated actively psychotic individuals experiencing hallucinations, delusions, and exhibiting bizarre or violent behaviors.
- Incapable of understanding and/or participating in group discussions because of cognitive deficits.
- Do not have a reasonable expectation of improving their mental health issues.
- Do not have access to/and or transportation to and from the program each day.
- Mental health needs exceed that of PHP, and require in-patient psychiatric hospitalization.
- Mental health needs could be treated in a less restrictive therapeutic environment, such as out-patient therapy.

How does the Admissions Process Work?

Once a patient has been referred for Partial Treatment, the program coordinator will arrange to meet with the patient over the phone for an evaluation interview. The program coordinator will assess each patient's appropriateness for the program using the program's criteria for eligibility. The interview can last 30 minutes to 1 hour. Once a determination has been made, patients will either be scheduled for admission into the partial program or offered a recommendation for a resource that is better suited to meet the patient's needs.

What is a Treatment Plan?

A mental health treatment plan shapes and defines the focus of PHP treatment. It is basically the road map that charts the patient's plan for change and growth. Individualized treatment plans are developed with the help of PHP staff after the completion of the patient's admission assessment.

Individualized treatment plans address:

- Medication education & compliance
- Personalized treatment goals
- Discharge planning preparation
- Crisis & symptom stabilization
- Therapeutic group participation

What are the Program Hours?

The Partial Hospitalization Program operates Monday- Friday from 8:30am - 1:30pm. There is a 45 minute lunch break from 12:15 pm - 1:00 pm, lunch is on your own. The program encompasses a variety of treatment modalities with particular focus on the illness management and recovery model, Cognitive Behavioral Therapy (CBT), and Dialectical Behavioral Therapy (DBT) skills. The PHP therapeutic engagement consists of five group sessions. Group sessions include psycho-therapy process, psycho-therapy education, and psychiatric nursing education. Patients will meet with the program's board-certified psychiatrist weekly. Additional services available (as needed): visits with the program nurse, individual counseling sessions, goal development planning, and brief family therapy sessions.

What is the Typical Length of Treatment?

The overall length of stay in partial treatment varies and is determined on a case-by-case basis for each individual patient. Treatment can be as short as 5 days {1 week} or as long as 15 days {3 weeks}. Actual length of treatment is determined in conjunction with input from the patient, their insurance company, and the treatment team (which includes; the psychiatrist, therapist, nurse, & program coordinator).

How Can Partial Hospitalization Help?

Partial hospitalization provides intensive mental health treatment by teaching effective coping skills. Other valuable skills taught in the program are symptom management, challenging distorted thinking patterns, improving communication skills, medication management/compliance, and identifying reasons to value life. PHP uses researched evidence-based treatment modalities, such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy skills (DBT skills), Strengths Perspective and Systems Theory.

What is the Process for Referrals?

Referrals are welcome from independent practicing psychiatrists, out-patient behavioral health therapist, inpatient psychiatric treatment professionals, primary healthcare providers, and other involved professional medical or behavioral healthcare practitioners. Please contact the PHP program coordinator, Danielle Coleman, LCSW at 704-403-1831 if you'd like to make a referral, inquire about services, or have general questions about the PHP admissions process. In addition to phone calls, referrals can be sent via fax to 704-403-1858; or emailed to: danielle.coleman@atriumhealth.org.

Which Insurance is Accepted?

Atrium Health Cabarrus Partial Hospitalization Program accepts most private insurances and Medicare. Once an individual begins PHP treatment, each participant's insurance company is contacted to obtain authorization for treatment. If program participants have questions regarding costs that may be billed to them directly, it is recommended that participants contact their insurance company.

How Can Natural Supports Help Treatment?

The support and involvement of family and friends is a vital part of the PHP treatment process. Family members are an important component of treatment success. Natural supports can help participants when they are aware of their loved one's treatment goals and therapeutic needs. PHP therapists will make every effort to accommodate family members' schedules when coordinating family therapy sessions that support the treatment goals of patients.

What Happens at Discharge?

Upon completion of PHP, to maintain continuity of care, patients are referred to mental health treatment providers, such as, outpatient therapists and psychiatrists/psychiatric providers for medication management services.

Sample PHP Schedule - A typical day in our Partial Hospitalization Program (PHP) may look like this:

8:30 - 9:00 am – “Daily Check-in Group” *This 30 min group is an ideal opportunity for patients to report their progress, discuss completed homework, or share challenges they encountered the night before. Before the session starts, patients will complete a ‘check-in’ sheet. This sheet allows participants to share (in writing) their current mood, symptoms, feelings, and/or issues they may want to explore throughout the treatment day. The information provided on the ‘check-in’ sheet allows PHP staff to be aware of issues, needs, or requests patients may have.*

9:15 - 10:15 am – “Psycho-therapy Process Group” *This group encourages patients to discuss any issue, matter, or situation that they'd like to explore in a safe therapeutic setting while the therapist and group members listen and offer constructive feedback. Patients may be challenged to consider how their distorted or faulty thinking is getting in the way of living their lives in healthier and more satisfying ways. Patients are supported without judgement as they share their inner most thoughts and feelings. Please note: it is normal for some patients to experience intense emotions, cry, or feel irritable during this session.*

10:30 - 11:15 am – “Psycho-educational Group” *This group focuses on educating patients about their mental health disorders and teaches coping skills that lessen problematic symptoms. Participants are taught new and healthier ways to deal with the issues they encounter. Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy Skills (DBT) are two of the primary therapeutic tools that are used to help patients challenge dysfunctional thinking, track behavioral patterns, make needed adjustments, and cultivate an improved outlook on life.*

11:30 - 12:15 pm – “Psycho-educational Group” *The next group of the day is another psycho-ed group. Group members are encouraged to actively participate in discussions. Participants often find that other group members can relate to some of the challenges they experience. There is a benefit to knowing that your issues are not just personal to you, but that others struggle with the same or similar issues. In addition to being encouraged to actively participate during the group sessions, therapists also recommend that patients integrate the new skills they are learning by practicing the skills in the evenings and on the weekends. This practicing concept is called “homework”.*

12:15 pm – Lunch (on your own)

1:00 - 1:30 pm – “Check-out Group” *The final group of the day is an opportunity for patients to report how their day has gone. Patients can share challenges and successes they encountered during the day. Plans for the evening and ideas for how to complete homework assignments.*



Atrium Health Cabarrus

Partial Hospitalization Program

Patient Handbook

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Yolonda Tindal, LCSW & Charity Knox, LCSW
Program Therapist
704-403-1815

PHP Program Fax
704-403-1858

After Hours Crisis Support

If you are experiencing a crisis in the evening or on the weekend...

Please go to the nearest Emergency Department

- **Atrium Health Cabarrus** (Formerly North East Hospital): 704-403-3000
920 Church Street N, Concord NC 28025
- **Atrium Health - Behavioral Health Charlotte**: 704-444-2400
501 Billingsley Rd. Charlotte, NC 28211
- **Atrium Health Union**: 980-993-3100
600 Hospital Dr. Monroe, NC 28112
- **Atrium Health Stanly**: 980-323-4000
301 Yadkin Street. Albemarle, NC 28001

If you cannot go to any of the locations listed above... Call the following numbers for HELP!

- Suicide Prevention Hotline: 1-800-273-8255
- Mecklenburg Co. Mobile Crisis: 1-704-566-3410 (option 1)
- Union, Rowan, Stanly, Cabarrus Co. Mobile Crisis: 1-866-275-9552