

Adolescent Partial Hospitalization



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:00 am	Community Meeting and Goals Group MHW 30 Minutes	Community Meeting and Goals Group MHW 30 Minutes	Community Meeting and Goals Group MHW 30 Minutes	Community Meeting and Goals Group MHW 30 Minutes	Community Meeting and Goals Group MHW 30 Minutes
9:00 - 11:00 am	School 120 Minutes	School 120 Minutes	School 120 Minutes	School 120 Minutes	School 120 Minutes
11:00 am - 12:00 pm	DBT Skills Group Therapist 60 Minutes	DBT Skills Group Therapist 60 Minutes	DBT Skills Group Therapist 60 Minutes	DBT Skills Group Therapist 60 Minutes	DBT Skills Group Therapist 60 Minutes
12:00 - 12:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 - 1:15 pm	DBT Application Group Therapist 45 Minutes	Nutrition Group Dietitian 45 Minutes	DBT Skills Group Therapist 45 Minutes	Reflective Skills Building Therapist 45 Minutes	DBT Skills Group Therapist 45 Minutes
1:15 - 2:15 pm	Balanced Living Nursing 60 Minutes	Art Therapy Group Art Therapist 60 Minutes	Medication Education Group NPP/Med Staff 60 Minutes	Art Therapy Group Art Therapist 60 Minutes	Substance Abuse Education Group Therapist 60 Minutes
2:15 - 3:00 pm	DBT Skills Group Therapist 45 Minutes	DBT Skills Group Therapist 45 Minutes	DBT Skills Group Therapist 45 Minutes	DBT Skills Group Therapist 45 Minutes	DBT Skills Group Therapist 45 Minutes
3:00 - 3:30 pm	Treatment Review and Evening Goals Group All (MHW, Therapist & PD) 30 Minutes	Treatment Review and Evening Goals Group All (MHW, Therapist & PD) 30 Minutes	Treatment Review and Evening Goals Group All (MHW, Therapist & PD) 30 Minutes	Treatment Review and Evening Goals Group All (MHW, Therapist & PD) 30 Minutes	Treatment Review and Evening Goals Group All (MHW, Therapist & PD) 30 Minutes

revised kl 1/4/2024

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Description of Activities and Groups

Art Therapy Group: A Licensed Creative Arts Therapist facilitates interventions using art as a means of expression and self-soothing. Therapeutic concepts such as mindfulness, distress tolerance, and emotion regulation are reinforced through experiential learning. Data from art therapy projects is combined with other information gathered by the treatment team to inform treatment delivery.

Balanced Living: A Registered Nurse provides psychoeducation regarding healthy lifestyles to foster resilience and decrease vulnerabilities to symptoms of stress, anxiety, and depression. There is also nursing led discussion on managing healthy use of free time, incorporation of mindfulness, and increasing positive balanced living.

DBT Application Group: Principles of Dialect Behavior Therapy (DBT) and concepts taught and discussed throughout the day are then applied to everyday life situations. Clinicians will facilitate discussions on topics relevant to treatment and how to incorporate DBT skills into practice such as with family dynamics, interpersonal boundaries, increasing social supports, and problem solving.

DBT Skills Group: Adapted from standardized DBT, licensed clinicians use didactic and experiential modalities in daily Dialectical Behavior Therapy (DBT) groups to teach the core concepts of mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Therapeutic goals include: increasing mindfulness of the present moment, tolerating intense and stressful emotions without making them worse through impulsive or unsafe behavior, distinguishing problems that must be accepted from those that can be changed, decreasing vulnerabilities to unwanted emotions, and maintaining self-respect while effectively getting needs met in interpersonal relationships

Medication Education Group: The Psychiatric Nurse Practitioner or Registered Nurse facilitates group discussion of medication concerns including compliance, effectiveness, symptom reduction, side effects and individual concerns raised by patients.

Nutrition Group: Patients will learn information concerning healthy eating patterns and the effect poor eating can have on mood and behavior.

Substance Abuse Education Group: Patients receive psychoeducation regarding substance abuse prevention and recovery from a Credentialed Alcoholism and Substance Abuse Counselor (CASAC). Patients with goals related to substance abuse issues benefit from learning strategies to maintain sobriety while other patients may generalize these skills to changing other problematic behaviors.

Treatment Review and Evening Goals Group: Each day ends with a licensed clinician conducting an assessment of each patient's mood state, safety, and progress for the day. Each patient sets a goal for the evening or weekend. Patient peers and clinicians participate in giving feedback to each community member regarding their behaviors during the day. Patients are encouraged to reflect on the positive and negative aspects of the day. On Fridays, the group will make safety plans specific for the weekend. When patients discharge, the community holds a closure ceremony to encourage reflection on their progress in the program.

Reflective Skills Building: Combination of journaling and clinical discussion pertaining to individual participant's treatment plans and goals for their time in the program. Discussion and connection of learned skills in program to everyday issues and needs.