



UPDATE

April 2023

Four Winds Partial Hospitalization Program (PHP)

Four Winds is pleased and excited to announce the reopening of our Adult Partial Hospital Program (PHP). Our Adolescent PHP will reopen Fall 2023.

Currently, our nation is in the midst of a mental health crisis. Part of that crisis has to do with a shortage of mental health resources that occurred as a result of the pandemic, now leaving long waitlists for many programs. A mental health crisis can be an unpredictable event in most people's lives. These kinds of events can be traumatic for everyone involved and create the need for an immediate action plan. Many families and loved ones of a person in a mental health crisis don't know where to turn for help. When in a crisis there are clear solutions, which includes calling 911 or going to your nearest emergency room, possibly resulting in an admission to an inpatient psychiatric setting. The acute mental health symptoms are clear and the person who is in crisis needs immediate safety. Very often after someone has been in an inpatient setting there will be a recommendation by the inpatient team for a step down to a PHP program.

The PHP is the highest level of outpatient psychiatric care you can receive. This is a program that is available for people who struggle with persisting mental health challenges that interfere in big ways with living their day to day lives and the demands of regular life are a struggle to maintain. Their symptoms don't rise to the level where they need to be in the safety of a hospital setting for round the clock care, but once a week outpatient treatment is not nearly enough to address the intensity of their struggles.

A PHP or Partial Hospital Program, is the resource that best addresses these kinds of challenges. At the Four Winds Adult PHP, patients participate in a group treatment program based in the principles of DBT (Dialectical Behavior Therapy), through a variety of modalities to do just that, providing them with more intensive support and treatment to be able to handle day to day life with less struggle and

improved ability to cope. Patients at PHP are evaluated by an multidisciplinary team who works collaboratively with their outpatient mental health providers, including therapists, NPP's and MD's to create the most effective treatment plan.

Four Winds Adult PHP is a short-term 2 to 3 week program that meets every weekday from 8:30 am to 3:30 pm; lunch is provided. The program is aimed at reducing those struggles that are interfering with returning to regular life activities and responsibilities. Throughout this intensive treatment program, patients have the opportunity to learn and rehearse new DBT coping skills and set goals for using these skills at home in the evenings and on weekends. The day is packed with group therapies in a variety of modalities, including Art and Music Therapy, Substance Abuse psychoeducation, medication group, balanced living and nutrition.

Each morning, patients discuss whether their application of skills at home was successful. Clinical staff problem-solve with the patients regarding barriers to the use of new skills. This intensive support is a wonderful way to help patients make the connection between what's discussed in group and what to do in real life. As patients achieve stability and can use skills with confidence, they are often encouraged to gradually transition back to work or school.

If you know someone who struggles with mental health challenges that create barriers to moving forward in their life that was not able to successfully address in traditional outpatient treatment, the PHP program, may provide the therapeutic treatment program needed to get beyond what keeps them stuck.

For more information or to request admission to our Adult PHP program, please call Four Winds Hospital at (914) 763-8151 and follow prompts for Admissions.

About Four Winds... *Four Winds Hospitals are located on two serene campuses in New York State. Four Winds Westchester is 50 minutes north of midtown Manhattan. Four Winds Saratoga is located in Saratoga Springs, 30 minutes north of Albany. Four Winds Hospitals is a leading provider of specialized inpatient and outpatient behavioral health services for children, adolescents and adults.*

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