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Four Winds Saratoga Partial Hospitalization Programs & Adult Intensive Outpatient Program

Four Winds Hospital in Saratoga is eager to share the status and updates of the Behavioral Health Services department, including the successful opening and start up of the Adolescent Partial Hospital Program (APHP) on site and in person since November 2022, the continued success of the Adult Partial Hospitalization Program & the Adult Intensive Outpatient Program (IOP) operating prior to, throughout and post pandemic.

The Adolescent Partial Hospital Program had been in the development since spring of 2022. With strong leadership, planning and persistence the program was able to open and is fully staffed with a group of skilled, knowledgeable, enthusiastic therapists, nurses, mental health workers, administrative assistants, patient coordinator, psychiatric treatment providers, program director and assistant program director. Currently, the program is running with a cohort of 15 adolescents aged 13-17 with the hopes to grow in census and expand to more cohorts to meet the needs of the community. The adolescent patients go through a thorough assessment process to ensure partial hospitalization is the right level of care to best meet their mental health treatment needs. These are youth who have a history of inpatient hospitalization, frequent need for crisis stabilization or response, their mental health interferes with overall daily functioning and PHP can help prevent a psychiatric hospital admission, or can also be utilized as a step down transition from inpatient level of care. The referral process includes a brief phone screening with their parent/guardian, obtaining collateral information from community providers (when required, with consent) and an in person evaluation with the adolescent and their family.

Once admitted the children engage in program in person, 8:30am-3:30pm, Monday through Friday, receiving intensive group therapy, individual and family therapy, psychiatric treatment services, nursing care, daily risk screenings, therapeutic crisis intervention, goal planning, education services, case coordination and discharge planning. The APHP treatment team meets daily to discuss and process effective individualized multi-disciplinary treatment approaches to caring for the



patients. The adolescents come to PHP with a variety of struggles including but not limited to: depression, anxiety, ADHD, trauma histories, issues with self-esteem, value and self worth, hopelessness, family issues, negative copings strategies, or limited coping strategies. With the individualized treatment plans and family involvement, combined with the group curriculum adolescents can make strong gains in the program developing coping strategies, effective emotion regulation skills, increased positive interpersonal communication, stronger distress tolerance abilities and adaptive mindfulness skills.

At this time, the Adult Partial Hospital treatment team is simultaneously programming for two cohorts, one that remains fully virtual five days per week and another that is virtual three days and in person two days per week. All of participants in this program have participated in an in person evaluation prior to beginning the program. The Adult PHP and Adult IOP have been running virtually since the beginning of the pandemic in 2020. Having virtual programming for the adult population has been

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essential in service provision. Telehealth has improved access to care for many, increasing timely services and coordination of care. Without telehealth many patients would not have received PHP or IOP level of care and programming needed, due to long distance travel, lack of transportation, debilitating anxieties, no access to service, etc. At Four Winds in Saratoga the adult PHP virtual program runs 25 groups a week through a variety of modalities based in Dialectical Behavioral Therapy (DBT). Also provided are balanced living groups, with nursing staff, art therapy groups with

a certified art therapist, psychotherapy, addiction based groups, co-dependency and coping with anxiety and depression. The patients are provided all group materials to reference electronically. The patients have responded significantly well to the virtual platform and telehealth, feeling it is effective and has supported them during times of significant need. The adults engage in goal planning, risk screens and safety discussions each day through the virtual platform which allows them to engage therapeutically from the comfort of their home.

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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