

Adult Partial Hospitalization



1-800-528-6624

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|--|--|---|--|--|
| 8:30 - 9:00 am | Milieu & Check in Mental Health Worker | Milieu & Check in Mental Health Worker | Milieu & Check in Mental Health Worker | Milieu & Check in Mental Health Worker | Milieu & Check in Mental Health Worker |
| 9:00 - 10:00 am | Community Meeting and Goals Group All(MHW, Therapist & PD) 60 Minutes | Community Meeting and Goals Group All(MHW, Therapist & PD) 60 Minutes | Community Meeting and Goals Group All(MHW, Therapist & PD) 60 Minutes | Community Meeting and Goals Group All(MHW, Therapist & PD) 60 Minutes | Community Meeting and Goals Group All(MHW, Therapist & PD) 60 Minutes |
| 10:00 - 11:15 am | DBT Skills Group Therapist 75 Minutes | DBT Skills Group Therapist 75 Minutes | DBT Skills Group Therapist 75 Minutes | DBT Skills Group Therapist 75 Minutes | DBT Skills Group Therapist 75 Minutes |
| 11:15 - 11:45am | Lunch | Lunch | Lunch | Lunch | Lunch |
| 11:45 - 12:45 pm | Reflective Skills Group Therapist 60 Minutes | Nutrition Group Dietician 60 Minutes | DBT Application Group Therapist 60 Minutes | Balanced Living Nursing 60 Minutes | Mindfulness Practice Therapist 60 Minutes |
| 12:45 - 1:45 pm | Art Therapy Group Art Therapist 60 Minutes | DBT Application Group Therapist 60 Minutes | Music Therapy Group Music Therapist 60 Minutes | Art Therapy Group Art Therapist 60 Minutes | Music Therapy Group Music Therapis 60 Minutes |
| 1:45 - 2:45 pm | DBT Application Group Therapist 60 Minutes | Substance Abuse Education Group Therapist 60 Minutes | Medication Group Dr. K/NPP/Med Staff 60 Minutes | DBT Application Group Therapist 60 Minutes | DBT Application Group Therapist 60 Minutes |
| 2:45 - 3:30 pm | Treatment Review and Evening Goals Group All (MHW, Therapist & PD) 45 Minutes | Treatment Review and Evening Goals Group All (MHW, Therapist & PD) 45 Minutes | Treatment Review and Evening Goals Group All (MHW, Therapist & PD) 45Minutes | Treatment Review and Evening Goals Group All (MHW, Therapist & PD) 45 Minutes | Treatment Review and Evening Goals Group All (MHW, Therapist & PD) 45 Minutes |

revised KL 7/11/2023

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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.

Community Meeting and Morning Goals Group: During the first group of the day, licensed clinicians take attendance, read community guidelines, and manage any community-related concerns. After a grounding mindfulness practice, each patient is assessed and their progress from the previous evening or weekend is reviewed. The clinician assists patients in identifying their problem behaviors and in making a goal for behavior change during the program day. Useful coping skills are reviewed in order to help the patient meet their treatment goals.

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 facilitates group discussion of medication concerns including compliance, effectiveness, symptom reduction, side effects and individual concerns raised by patients.

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.

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

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.