



Rockland County Adolescent Partial Hospitalization Program

The Adolescent Partial Hospitalization Program (PHP) provides short-term intensive therapeutic treatment to youth ages 11-18 who are struggling at home, at school, or in the community.

This group therapy program helps youth learn to safely manage their emotions to prevent out of home placement to psychiatric hospitals and other residential programs.

Youth participate in program daily, Monday through Friday from 8:30am – 3:30pm with access to after-hours 24/7 coaching support.

Services Offered

- Dialectical Behavior Therapy (DBT) as the primary evidence-based treatment model
- Daily group therapy
- Family therapy, education, and coaching
- DBT Caregiver Support Group
- Behavioral health assessment
- Substance use screening and treatment
- Treatment planning
- Psychiatric evaluation
- Medication management
- Linkage and referral to support services
- Discharge planning
- 2 hours of onsite education (provided by LearnWell)
- 24 hours/7 days a week coaching and support for behavioral health crisis

To Participate

Youth must be experiencing one of the following:

- Unable to be safe with self and/or others
- Unable to function at school, at home, or in the community
- At-risk of out of home placement (such as emergency department visits or psychiatric hospitalization)

Cost

PHP accepts Medicaid and most insurances. For those without insurance, a sliding-scale fee is available.

Contact

Merrill McGarity, LCSW-R (she/her/hers)
131 N Midland Ave., Nyack, NY 10960
(845) 405-4146
RocklandPHP@astorservices.org
www.astorservices.org