



## Dutchess 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.

PHP can support a youth and their family at any point in their mental health journey, whether it's their first time participating in mental health services or they are transitioning from another program. Youth participate daily Monday through Friday from 8:30am – 3:30pm.

### 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
- 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

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