



Astor Services for Children & Families promotes the well-being of children, adolescents and their families through a range of programs.

### The Adolescent Partial Hospitalization Program (PHP)

The Adolescent Partial Hospitalization Program (PHP) is licensed by the NYS Office of Mental Health and provides intensive therapeutic treatment to youth ages 11 to 18. PHP is designed to maintain adolescents in the community and prevent psychiatric inpatient hospitalization. PHP operates Monday through Friday from 8:30-3:30pm.

#### Services Offered:

- Dialectical Behavioral Therapy (DBT) as the primary evidenced-based treatment model
- Intensive group therapy
- Individual and family therapy
- Weekly DBT Caregiver Support Group
- Medication management
- Linkages and referral services
- Discharge planning
- Crisis intervention
- 2 hours of onsite education (provided by Dutchess County BOCES)
- 24 hours/7 days a week coaching in the event of a behavioral health crisis

#### Referral Criteria:

- At risk of inpatient psychiatric hospitalization (inability to remain safe with self and/or others)
- Significant inability to function at school, home, or in the community
- Discharge from a higher level of care, such as inpatient hospitalization or residential treatment facility
- Step up from outpatient services
- Step down from acute inpatient hospitalization

#### Cost:

PHP accepts all insurance and Medicaid. Clients without insurance can utilize a sliding-scale fee.

To refer or obtain more information, please contact:

**Gina Bizzoco-Fraatz, LCSW-R**

*Site Coordinator of*

*Adolescent Partial Hospitalization Program*

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