

# The Adolescent Partial Hospitalization Program (PHP)



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

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.

## 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)

## Referral Criteria:

Anyone is welcome to make a referral by calling (845) 554-1365 x100 or e-mailing [phpreferrals@astorservices.org](mailto:phpreferrals@astorservices.org)

## Services Offered:

- Dialectical Behavior Therapy (DBT) as the primary evidence-based treatment model
- Daily group therapy
- Weekly individual therapy
- Family therapy, education, and coaching
- Weekly 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

## Cost:

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

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