

ADULT PARTIAL HOSPITALIZATION PSYCHIATRIC (PHP) PROGRAM



THERE ARE OPTIONS. THERE IS HOPE.

McLaren Northern Michigan offers outpatient psychiatric services for people who benefit from structured programming, but do not require 24-hour supervision or medical assistance.

For the millions of Americans struggling with mental health issues, finding the care they need – either for themselves or a loved one – can be a challenge. Oftentimes therapy or medications may no longer be sufficient, but symptoms might not warrant inpatient care.

That's why McLaren Northern Michigan developed the Partial Hospitalization Program (PHP), a day treatment program for adults in need of comprehensive psychiatric services in an outpatient setting.

ABOUT THE PROGRAM

PHP is a short-term (typically one to two weeks), comprehensive service designed to help patients get back on track with supportive psychiatric care. The program runs five days per week, from 9:00 a.m. to 4:00 p.m., in a secure and structured environment.

Each day, program participants consult with an attending psychiatrist and are actively involved in group therapy, activity therapy, and educational groups. Patients are also assigned a case manager to help them identify ways to meet their treatment goals, navigate their way through the program, and assist them with any additional appointments or visits to referral sources that are needed.

Specific services include:

- Daily psychiatric monitoring
- Comprehensive assessment
- Medication management
- Insight-oriented group therapy
- Family therapy/education
- Anger management and conflict resolution
- Expressive therapy
- Discharge planning
- Family and individual sessions are offered by appointment before and after programming hours

To be admitted to the PHP, a professional referral is preferred. This may include a psychiatrist, primary care physician, social worker, therapist, emergency room provider, or other medical professional.