Welcome to the Adult Partial Hospitalization Program (PHP). This packet will introduce you to our program and describe the services we provide.

**Physician Services**
Your PHP doctor will prescribe and monitor your medicines, order lab work when needed, and lead the team that coordinates your care.

**Nursing Services**
Our nursing staff will monitor your health and well-being. They will provide psycho-educational groups focused on your emotional health, and they will also help you learn about resources in your community.

**Social Work Services**
Once you’re admitted, you will have a social worker. He or she will address your individual, group psychotherapy, family and community needs.

**Attendance**
Beginning on __/__/__, you are scheduled to attend PHP from 9 a.m.-3 p.m. Monday-Friday. This schedule is subject to change due to holidays, attainment of treatment goals or insurance limitations.

Please be on time daily for PHP and remember to tell the staff if you need to leave early. If you are sick or have an unexpected change in plans, please contact us at (615) 322-2320. If there’s no answer, leave a message and we will return your call as soon as possible. Your message should include the reason you can’t attend PHP as scheduled, and the date when you’ll return. If you don’t call and the staff can’t reach you, we will contact your emergency contact person.

If you are absent for three sessions in a row, without contact, you may be discharged from the program.

**Meals**
Your lunch and healthy snacks are included each day. Please don’t bring food or drink unless your doctor says you should.

**Parking**
Parking is available in the front or back of the building. You will be issued a parking pass.

**Groups**
Please review the group description and schedule below. It’s important to be on time for each group in order to receive full benefit of the session.

**PHP Guidelines**
1. Attend PHP groups as scheduled.
2. Arrive on time.
3. Agree to set goals and review progress regularly.
4. Complete homework assignments as agreed upon with doctor and/or staff.
5. Take all medicines as prescribed. If you’re taking prescribed medicines during program hours, please bring them in a correctly labeled pharmacy container. Please give your medicines to staff when you arrive. They will be verified by VPH Pharmacy, labeled and kept in a safe place.
6. Recreational use of drugs or alcohol is not allowed. If you show signs of abusing drugs or alcohol, you may be discharged from the program and referred to an appropriate provider.
7. Suicidal or self-destructive behavior may result in discharge from PHP and may require an assessment for admission to an inpatient facility.
8. Don’t develop romantic relationships with other patients.
9. Don’t bring items such as weapons, electronic devices or food.
10. Please wear appropriate, comfortable clothing. Avoid revealing attire or clothing with sexually suggestive slogans or references to drugs/alcohol.
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<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>8:30-9:00</td>
<td>Morning Check in</td>
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<td>9:00-9:30</td>
<td>Community Meeting</td>
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<td>9:35-10:30</td>
<td>Medication Education</td>
<td>Effective Coping Skills</td>
<td>Crisis Plan Management</td>
<td>Effective Coping Skills</td>
<td>Medication Education</td>
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<td>10:35-10:50</td>
<td>Break (snack)</td>
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<td>10:50-11:45</td>
<td>Johari Window</td>
<td>Johari Chairs</td>
<td>DBT Overview</td>
<td>DBT/WRAP</td>
<td>DBT/WRAP</td>
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<td>11:50-12:40</td>
<td>Healthy Communication</td>
<td>Healthy Communication</td>
<td>Drama Triangle</td>
<td>Healthy Communication</td>
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<td>12:45-1:30</td>
<td>Lunch</td>
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<td>1:35-2:35</td>
<td>Journey into Recovery</td>
<td>Recreational Therapy</td>
<td>Journey into Recovery</td>
<td>Recreational Therapy</td>
<td>Weekend Planning</td>
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<td>2:40-3:00</td>
<td>Wrap up/Check out</td>
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**Morning Check-in:** Patients arrive and check in with staff. Coffee or juice is available before the meeting.

**Community Meeting:** There will be a meditation reading for the day. Each patient will set daily goals and discuss how they’ve met their weekly goals. Staff will share announcements and the group will discuss issues of concern.

**Medication Education:** Patients learn how their medicines work, why it’s important to take them and how to manage side effects.

**Coping Skills:** This group focuses on ways to deal with negative emotions such as depression, loss, anxiety and anger. The group focuses on positive coping mechanisms and relationships. The group provides modeling and feedback from peers on how to deal with things that create stress.

**Drama Triangle:** Patients will examine and discuss relationships (such as within families) and learn how family dynamics create and reinforce these roles.

**Johari Window/Johari Chairs:** These groups are models of self-awareness and personal development. They help patients understand relationships and how to express their personalities.

**ABCs of Crisis Plan Management:** A Cognitive Behavioral Therapy (CBT) approach helps patients understand Antecedents, Behaviors and Consequences of events. Patients discuss their own beliefs and coping techniques as well as situations from their own lives. New coping strategies are discussed.

**DBT Overview:** This group focuses on insight and self-awareness toward reactions and behavior in emotional situations. Patients learn about their own strengths and how to build upon them.

**DBT WRAP:** The Wellness Recovery Action Plan (WRAP) is a framework patients can use to overcome distressing symptoms and unhelpful behavior patterns. Activities here promote personal responsibility, hope, education, support and self-advocacy.

**Healthy Communication:** This group focuses on managing conflict with family, friends and at work by finding boundaries and improving personal strengths. It also provides a supportive place where patients can learn more about their communication issues.

**Journey to Recovery:** Patients discuss hope, empowerment, inclusion and their own meaning of life.

**Wrap Up/Check Out:** Patients give, receive and discuss feedback from the day and prepare for the next day of PHP.