

## What is the Partial Hospitalization Program (PHP)?

Partial hospitalization is an intensive short-term group based program if you're experiencing an acute episode of depression and/or anxiety. Often, individuals in the program are receiving therapy for the first time and will be transitioning back to work, school or home. Groups meet five hours a day, five days a week, for about two-to-three weeks. You'll also have regular follow-up with a medication manager. This program may offer a step-down from hospitalization.

### PHP weekly program example:

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:50	Psychotherapy	Psychotherapy	Psychotherapy	Psychotherapy	Psychotherapy
10:00-10:50	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
10:50-11:10	Break	Break	Break	Break	Break
11:10-12:00	Sleep OT	Exercise OT	Exercise OT	Nutrition OT	Stress Mngmt. OT
12:00-1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-1:50	Depression	Suicide	Borderline Personality	Grief & Loss	Chemical Dependency
2:00-3:00	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up

## Thank you!

We appreciate your interest in Fairview Range's Partial Hospitalization Program. We look forward to serving you.

## Questions?

For further questions please call the PHP Intake Coordinator at 218-362-6984 or email at [lsieber1@range.fairview.org](mailto:lsieber1@range.fairview.org).

### Fairview Range Medical Center

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Visit [www.range.fairview.org](http://www.range.fairview.org) for more information.

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# Fairview Range Behavioral Health

*Adult Partial Hospitalization Program*



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## What is group based programming?

We provide a safe, therapeutic, goal directed and supportive environment designed for individuals experiencing an increase in symptoms or other mental health concerns. Each program provides various groups focused on education, skill building, self awareness and self expression. Clients develop individual goals and actively participate in their treatment and aftercare planning. Our programs provide a structure for clients to learn how to maintain mental health stability, improve overall functioning, establish support systems and utilize community resources. Groups share and support one another while developing healthier ways of coping, problem solving and crisis management skills.

## How will I pay for this?

Many insurances cover part or all of the costs associated with the Partial Hospitalization Program. Additionally, our staff will do a preliminary insurance coverage check, and if there are any concerns they will put you in contact with a financial counselor. Financial counselors are available on site Monday through Friday during normal business hours and by phone at 218-362-6624.



## I'm interested! How do I sign up?

You will need a doctor's order to get involved in Fairview's Partial Hospitalization Program. Set up an appointment with your primary doctor and let him or her know about your interest in PHP. Once that is completed we will be in contact with

you about setting up your diagnostic assessment.

All clients must complete a diagnostic assessment with a program mental health professional prior to beginning treatment. Please note each assessment typically takes 1-2 hours to complete. Assessments may also include gathering collateral information from current or past providers and consultation with the program treatment team.

A plan to start treatment will be coordinated with you once insurance authorization is received and when there is availability in the program. We will do our best to keep you informed of any potential waiting lists or delays.

