

Child/Family Center at Lindner Center of HOPE

Adolescent Partial Hospitalization Program



Adolescence is a stage of development full of transitions and wayfinding. Adolescence is also one of the most common time frames for initial onset of mental health concerns. Given these factors, a teen may struggle to manage home, school, and social activities without additional therapeutic support. The Child/Family Center at Lindner Center of HOPE offers a Partial Hospitalization Program (PHP) for adolescents (who do not meet the criteria for more intensive intervention of inpatient hospitalization) to receive day treatment, while living out their learned skills in the evenings and weekends at home. The program is designed to help meet the individual needs of each participant through:

- Psychoeducation
- Individualized treatment planning
- Intentional goal setting
- Evidence-based psychotherapeutic experiences in a group setting
- Personalized consultative evaluations and intervention potential
- A psychiatric evaluation with optional medication management
- Educational support
- Progress reports for families and referrers
- Aftercare assistance

Appropriate patients for the Adolescent PHP will be 12 to 18 (if still in high school) years of age with primary mental health concerns. Co-occurring presentations will be reviewed for appropriate fit. The standard length of the program is 10 business days with possible extension determined by the team based on individual needs and goals. Program hours are from 8:30 am to 3:30 pm.

The treatment team includes:

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| <ul style="list-style-type: none"> • Patient and their guardian(s) • Board-certified child and adolescent psychiatrist • Psychiatric nurse practitioner • Licensed social worker • Psychiatric registered nurse | <ul style="list-style-type: none"> • Mental health specialist • Recreational therapist • Spiritual care provider • Dietician • Teacher |
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Program

The goal of the program is to provide tangible insights and skills for adolescents and their families to apply to daily life. Learnings meant to foster resilience, improve communication, and maximize functioning will be taught. Coping skills can go on to address:

- A variety of mental health diagnoses
- School concerns
- Emotion regulation
- Interpersonal interactions

Some of the tools used to help participants work on needed skills include:

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| <ul style="list-style-type: none"> • Dialectical Behavior Therapy • Radically-Open Dialectical Behavior Therapy • Cognitive Behavioral Therapy • Specialized work with consulting clinicians • Educational support and transition prep • Process groups • Social skills groups • Communication groups | <ul style="list-style-type: none"> • Psychoeducation • Spiritual care enrichment • Recreation therapy • Dietary consultation and Nutrition groups • Individual and family treatment planning • Goal setting groups • Wrap up groups |
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Program Overview:

Location: Lindner Center of HOPE, 4075 Old Western Row Rd., Mason

Program Hours: Monday – Friday 8:30 am to 3:30 pm

Phone: 513-536-0KID (0543)



Program Facts:

- PHP enrollees check in every morning between 8:15 and 8:30 am and check out at 3:30 pm.
- This is a full-day program where the enrollee attends five days per week. The treatment team works with patients to develop individualized treatment goals.
- Standard duration of the program is 10 business days. The treatment team may make a recommendation regarding altering the length of admission based on the individual circumstances.
- Diagnosis of enrollee must fall within the diagnoses classified in the current edition of the DSM-V.
- Programming primarily takes place in group room space on the second floor of Lindner Center of HOPE.
- Program participants ideally will have an established outpatient provider who can provide mental health services after discharge. Social work can help with securing after-care if needed.
- Enrollees will be approved by the Adolescent PHP treatment team.
- Admission process entails:
 - Arriving at scheduled admission time.
 - Allowing at least 30min for the admission process.
 - Being prepared to complete an admission packet by providing phone numbers and addresses for the adolescent's outpatient providers and school contacts.
 - Planning for the adolescent to attend the program for the rest of the day.
- Lunch and afternoon snack are provided daily.
- The overall program is group-based.
- Groups are primarily skill development. Individual therapy can be arranged when clinically warranted.

**Referring professionals should use the referral form at lindnercenterofhope.org/adolescent-partial-hospitalization-program/*

Lindner Center
of HOPE. |  UC Health.

4075 Old Western Row Road
Mason, Ohio 45040
(513) 536-HOPE (4673)

lindnercenterofhope.org/adolescent-partial-hospitalization-program/

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Financial Obligations for Adolescent PHP

At Lindner Center of HOPE, we understand that dealing with the financial implications of mental illness can be difficult. That is why we are here to help. Together we can work through your financial obligations and insurance questions.

Many insurance plans have specific partial hospital benefits. Insurance plans with mental health benefits, but without specific partial hospital benefits, are typically willing to provide 2 days of partial hospitalization at the reimbursement rate of 1 day of inpatient hospitalization. Physician fees are billed separately. We will work with families to understand their financial responsibilities and that which may be covered by insurance. Lindner Center of HOPE is not a Medicaid provider.