

**Partial Hospital and Intensive Outpatient Programs - Unit Practice Manual
John Dempsey Hospital - Department of Nursing
The University of Connecticut Health Center**

PHP/IOP Program Overview

DESCRIPTION OF THE PARTIAL HOSPITAL PROGRAM (PHP):

The PHP is a psychiatric/substance abuse day treatment program that is for patients who are stable enough to be out of inpatient care but who require more intensive care than outpatient clinic visits.

WHAT ARE THE PROGRAM GOALS?

The goals are decided by you and the staff to meet your individual needs, but usually include at least one of the following:

1. To successfully transition back to community life after psychiatric/substance abuse hospitalization.
2. To prevent relapse and re-hospitalization during symptom stabilization.
3. To teach the patient about their disorder and how to manage it via the structure and support of the PHP therapeutic community, psycho-educations psychotherapies and carefully monitored medication trials.
4. To transition to a less intensive level of care as soon as possible.

TYPES OF TREATMENT PROVIDED IN THE PHP/IOP

The interest is in the biological, psychological, social and family relations and occupational (education, vocational, leisure) aspects of the patient's life. During the initial stay in the PHP/IOP, evaluation of the patient's status in all areas by reviewing their past records, talking to health care providers involved with their care and by the PHP assessments as needed. Focus of treatment is on some or all of these dimensions according to the patient's needs.

Each patient has a Treatment Coordinator (TC) who is a PHP staff member. The TC will manage and coordinate the various aspects of ongoing treatment. The patient will meet privately with the TC once a week individually. The TC will consult with outpatient psychiatrists, or psychotherapists, if there is one that is maintaining contact. Otherwise, a referral to an outpatient clinician will be made by discharge.

The psychiatric prescriber in PHP/IOP will prescribe and adjust psychiatric medications while the patient participates in the PHP/IOP treatment. The PHP/IOP prescriber will consult as necessary with the patient's outpatient prescriber to collaborate regarding medication management.

If the patient is currently receiving treatment outside this Health Center or programs, the therapist should phone (860) 679-2553 and ask for the program manager to discuss the treatment needs. The Intake Coordinator will talk with the current psychiatric care provider, if possible, to insure the consistency of care. During this discussion, more will be learned about the patient's needs and the patient will learn more about the program. To be in the treatment the patient will need to meet admission criteria (see Admission Criteria policy).

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THE INTENSIVE OUTPATIENT PROGRAM (IOP) LEVEL OF CARE

Within the day treatment milieu there is a lower level of care known as the IOP. It generally meets for three days per week for three hours on each day and is divided into three sections, depending on the patient's treatment needs. The various IOP programs are as follows: Transitional IOP which meets 3-5 days per week, 11A - 2P. The first of these is usually utilized for patients stepping down within the PHP level of care. These patients will remain with the structure of the PHP, but will begin attending less often until completing the program. Additionally, there are two separate IOP groups that are segregated into psychiatric care and dual diagnosis. The psychiatric IOP meets on Mondays, Tuesdays and Thursdays from 9A - 12N and the Dual IOP meets on Mondays, Wednesdays and Thursdays from 1:30P - 4:30P. Most of the issues outlined above for the PHP are included in all of these intensive outpatient programs.

If, after the discussion that usually occurs telephonically the patient and the current care provider agree that this is an appropriate treatment, an intake appointment is made. For additional questions or to discuss the admission process, please contact the PHP main number at (860) 679-2553 and ask for the program manager.

APPROVAL:

EFFECTIVE DATE: 5/08

REVISION DATES: