



## An alternative to inpatient treatment.

Have mental health symptoms recently become much worse—for you, or for someone you love? The Adult Partial Hospitalization Program may be able to help.

Our program specializes in short-term stabilization, which can often be a good alternative to inpatient hospitalization. It can also be used to transition from an inpatient admission.

### Getting here

Here is our address:  
2617 West Henrietta Road  
Rochester, NY 14623

If you are getting here by bus, please review current bus schedules.

### For more information

Please call 585-276-7620.



# Adult Partial Hospitalization Program



## Who is it for?

The Adult Partial Hospitalization Program is for people who are at least 18 years old. You must also meet the following requirements:

- You are experiencing acute symptoms of a psychiatric disorder that is impairing your ability to function safely.
- You are not succeeding in a traditional outpatient setting.
- You are motivated to engage in a group-based treatment setting on a daily basis for one to two weeks.
- You are committed to ending any substance abuse and using healthy coping skills to manage your symptoms.



## How it's different.

"Partial hospitalization" means you receive intensive daily treatment like you would if you were in the hospital by coming to our program each day, but then you spend your evenings at home.

As a result, you get the advantages of an inpatient program—like multiple group sessions each day—without staying in the hospital full-time.

## How it works.

Our program provides a number of services that help to stabilize your symptoms and improve your daily life.

- Daily group sessions
- Individual therapy 1–2 times per week
- Safety planning
- Medication assessment and management
- Family involvement, education and support
- Coordination of care with other providers
- Planning of your discharge to outpatient providers
- Referral for mental health follow-up

## FAQ

### Q: How do I get referred?

A: Your current provider will make the referral.

### Q: What can I expect at my first appointment?

A: We will give you a brief introduction to our program. You will also meet with a financial counselor about program costs and insurance coverage. Then you will be evaluated by a clinician to make sure this program is right for you.

### Q: Is there a charge for parking?

A: No, parking is free.

### Q: What are the hours of the program?

A: Monday through Friday, 8:30 am until 1:30 pm.

### Q: How long does the program last?

A: It depends on your treatment needs. The average length is about two weeks.

### Q: Should I bring a lunch?

A: Yes, you should plan on bringing your own lunch. We have a refrigerator and a microwave, as well as vending machines.

### Q: Will I have to wait to be admitted?

A: We aim to start your care as soon as possible after the admission decision is made. This most often means you will start within a few days of completing your intake if admitted.

### Q: What can I do ahead of time to get ready for starting the program?

A: You should make plans for child care needs, transportation, leave from work, and rescheduling any other unnecessary commitments.

