

ADOLESCENT

PARTIAL HOSPITALIZATION & INTENSIVE OUTPATIENT PROGRAMS

PHP



-VIRTUAL IOP-



smokeypointbehavioralhospital.com

Smokey Point Behavioral Hospital offers a Partial Hospitalization Program (PHP) and an Intensive Outpatient Program (IOP) as part of the continuum of care offered for adolescents (13-17) and can be used as a step-down from inpatient care.

For Individuals Experiencing:

- Anxiety
- Depression
- Emotional dysregulation
- Mood disorder
- Post-traumatic stress disorder (PTSD)

Teaches Skills Based on the Curriculum, The Zones of Regulation and Collaborative Problem Solving® (CPS):

- A curriculum comprised of lessons and activities used to gain skills in the area of self-regulation and emotional control.
- CPS focuses on building skills like flexibility, frustration tolerance and problem solving, rather than simply motivating kids to behave better.

Additionally, Skills Based on the Four-Core Components of Dialectical Behavior Therapy (DBT) Are Taught:

 Distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness.

Program Components for PHP/IOP:

- Group therapy.
- Weekly meetings with a psychiatric provider to include medication management.
- Patient-centered treatment planning with a multidisciplinary team of psychiatric professionals.
- Transgender and non-binary population track available, with a focus on family support.

PHP and IOP aims to strengthen emotional and social functioning while providing the tools to return to healthy daily activities.

Program Schedule (6 weeks):

- For specific dates and times, please contact the phone number below.
- An outpatient representative will determine which program meets the patient's level of care. At this time, PHP is offered in-person and IOP is offered virtually.

Coverage may depend on your health plan benefits. Once benefits have been verified, an outpatient representative will contact client about next steps.



To learn more about our PHP/IOP programs, call 360.651.6400 ext. 6367.

We are a smoke free facility.