

**BEHAVIORAL HEALTH SERVICES**

# Partial Hospitalization Program/ Intensive Outpatient Program

## SCOPE OF TREATMENT

### WHO SPECIFICALLY IS TREATED IN THIS PROGRAM

Adults who require intensive treatment to stabilize an acute mental disorder who are not able to be managed in a traditional office-based setting, or require intensive medication management, or are not progressing in outpatient care. This is a frequent level of care as step-down from inpatient once acute crisis has passed. This program is designed for patients who can benefit from CBT/DBT/process therapies and can recover well enough to resume op care within two to six weeks. Many of these patients when admitted may still have suicidal ideation but no active intent. Many patients have a personality disorder or comorbid PTSD which complicates their recovery, thus requiring this level of care. PHP: six hours per day M-F; IOP: three hours per day up to five days per week. Program goal is to teach and practice coping skills; intensive medication management; couples/family work to build community support system; return to work/school planning, etc. Weekly multifamily groups.

### WHO TO REFER

Adults age 18 – 60's who can benefit from daily intensive treatment for symptom reduction, increased coping skills, require intensive medication management, need focused family/couples work in context of symptom reduction, unable to perform usual role activities because of acute symptoms and need daily structure to prevent further relapse.

## EXCLUSIONARY CRITERIA

Patients with a severe, recurrent mental illness in acute exacerbation (active psychosis, schizophrenia, schizoaffective disorder, severe OCD, patients with unmanaged bipolar, etc.) – these diagnostic categories are better suited for our CCP track; patients with primary diagnosis of eating disorder; patients without stable living environment and no social supports and require residential setting; patients with severe DD & PDD.

## OTHER PERTINENT INFORMATION

This is not a crisis service. Appointments are scheduled and attempt to admit within same week as assessment. Treatment begins with phone screen and a scheduled in-person assessment. Referrals provided to patient and referring source if patient not admitted.

## APPROPRIATE CONTACT INFORMATION FOR PROGRAM

**Intake line: 650-988-8468 or toll-free at 866-789-6089**

## LOCATION

### MOUNTAIN VIEW

El Camino Hospital's Old Main Hospital  
Outpatient Behavioral Health Services  
2500 Grant Road, Mountain View, 94040

## BEHAVIORAL HEALTH SERVICES

**ASPIRE** (After-School Program Intervention and Resiliency Education)  
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### WEBSITE

[http://www.elcaminohospital.org/Programs\\_and\\_Services/Behavioral\\_Health/Acute\\_Psychiatric\\_Partial\\_Hospitalization](http://www.elcaminohospital.org/Programs_and_Services/Behavioral_Health/Acute_Psychiatric_Partial_Hospitalization)