



## Partial Hospitalization Program Appointment Information Packet

Your contact number for the duration of the program will be **781-336-6608**

### **REASONS FOR CONTACT**

- A. You did not receive your zoom link (not including day of intake, please see below for intake instructions)
- B. Technical issues with zoom platform
- C. Program specific questions
- D. All other questions and concerns

### **WHAT TO EXPECT FOR INTAKE**

1. You will receive a phone call the day before your scheduled appointment to confirm the date and time of your intake
2. We will be calling you at your scheduled intake time with zoom instructions and login information
3. Intakes can take anywhere from 30 minutes – 1 hour
4. You will need to have smart device ready to do your appointment via telehealth
5. If your appointment is at 8, 9, or 10, you will begin the program that same day, directly after your intake appointment
6. Arrangements to be out of work/school should be made prior to your intake as you will begin program that same day/ next day

## **PARTIAL PROGRAM FAQ**

### **1. What does a day look like in a partial program?**

Partial is a therapeutic day program where you will gain the necessary coping skills and medication management you need to stabilize your mental health disorder

1. You will participate in a 30 minute- 1 hour intake session with a therapist. Here is where you will be assessed by a clinician to see if you are appropriate for the program. This process will be performed virtually over zoom.
2. Once admitted to the program, a case manager will be assigned to you. You will have brief individual check-ins with your therapist daily. Here is where you can express your needs of your therapist.
3. You will receive a medication consult from one of our psychiatric Nurse Practitioners. This process is detailed below:
  - a) You will be assessed for your need of medication. If our psychiatric NP decides medication would be helpful and with your consent, you will be prescribed medication
  - b) Our NP will send it to your local pharmacy where you can pick it up at the end of the day
  - c) You will receive check ins with our NP 2/week to check in to see how the medication is helping
  - d) If adjustments must be made, our NP can talk you through it
  - e) You will also receive medication education to ensure you are aware of the prescribed medication, how to take it, what to avoid while taking it, etc.
4. You will have 5 therapeutic groups/ day. You will also participate in check-in group in the morning and wrap-up group in the afternoon.
5. Your case manager will also be able to help set up after care appointments for you. These may include PCP, therapist, and prescriber.

\*Adolescent only\* You will participate in 1 hour of tutoring each day

## **2. Can I do the program in person?**

No, however you may participate virtually. We offer a virtual adolescent track (13-18\* school aged), and a virtual adult track (18+).

## **3. I am in school or work during the day, can I do the program in the evenings or weekend?**

You will have to make arrangements to be out of work/school for 2-3 weeks. Partial Hospitalization is a M-F day program that runs from 9-2 for adolescents and 10-3 for adults.

## **4. What do I do if I have to miss school? (Adolescents only\*)**

You will participate in 1 hour of tutoring each day. Arrangements for homework assignments can be made between the school and program prior to start date.

## **5. Can I take a day off if I have a doctor's appointment?**

Yes. Please let the program know a day in advance and we will hold your spot. Please call **781-336-6608** to notify the program if you intend to be away for an appointment.

PLEASE NOTE: 3 consecutive days off will result in an administrative discharge and your programming will end.

## **6. Can I take a day off if I have a doctor's appointment?**

Yes. Please let the program know a day in advance and we will hold your spot.

PLEASE NOTE: 3 consecutive days off will result in an administrative discharge and your programming will end.

**7. What if I am sick and can't make it one day? Who should I notify and how?**

You can take a sick day. Just let the program know in the morning when you can. Please call **781-336-6608** to notify the program to report your absence.

PLEASE NOTE: 3 consecutive days off will result in an administrative discharge and your programming will end.

**8. Do I have to stay the full 2-3 weeks?**

No. This program is completely voluntary. Length of stay contingent on the clinical need.

**9. Do parents participate in the intake? (Virtual and In person)**

The majority of the intake will be with the participant alone, however parents will be asked at the end of the intake for additional information.

**10. Do I have to be at home while my child is in the program?**

No.

**11. How many participants in a group?**

Groups will not exceed 20 participants.