We’d like to take a moment to welcome you to the **Partial Hospital Programs** (PHP) at Butler Hospital. Our programs have proven to be an effective option for individuals who need structured programming but who do not require an inpatient level of care.

Our Partial Hospital programs provide comprehensive treatment to men and women ranging in age from young adults to seniors. Treatment takes place in group and one-on-one sessions and is tailored to each individual’s unique needs. All interventions are provided within our confidential, supportive, and structured environment.

This short packet of information will help you to become more familiar with our programs. As you review the material, please feel free to ask any questions you may have.

We are looking forward to working with you!

*The Partial Hospital Staff*
# Packet Contents:

**WELCOME!**

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Programs:
What we offer.

Cognitive Behavioral Therapy Program
The CBT program utilizes a multi-disciplinary approach to provide group and individual interventions for individuals who are struggling to effectively cope with serious emotional problems, work-related concerns, relationship challenges, and psychiatric disorders (including, but not limited to: depression, anxiety, and bipolar disorders). This program offers a unique opportunity for individualization of treatment based upon learning style – providing slower-paced interventions and environmental modifications as needed (i.e. group size, location, style, etc.).

Integrated Therapies Program
This program offers evidence-based treatment primarily using existential and interpersonal therapy. The program’s unique approach, which is tailored to each group member’s needs, provides space for self-exploration and acquisition of effective problem-solving strategies. Treatment is based on the fundamental existential principle that all human beings have the power to influence the direction of their lives and create meaningful interpersonal connections.

Women’s Program
The first of its type in the region, the Women’s Program is dedicated to treating women who feel hopeless, overwhelmed, depressed, and suicidal, utilizing Dialectical Behavior Therapy as a primary treatment model. This program also assists women who are self-injurious, painfully lonely, feel “out-of-control,” or have relationship difficulties.

Alcohol and Drug Program
ADP is one of the first Partial Hospital Programs in the country. The program specializes in the treatment of addictions and underlying co-occurring disorders, such as depression, anxiety, and post-traumatic stress disorder. The ADP clinical team works with you to develop a treatment plan that matches your personal situation and recovery goals. Through the use of daily groups and individual sessions with your physician and counselor, the team will help you step onto the road to recovery.

The Hall at Center House
The Hall at Center House is a Partial Hospital Program specializing in the treatment of emerging illness among young adults ages 18 – 26. This program implements a multi-disciplinary and evidence-based approach to group and individual interventions to treat primary illnesses of depression, anxiety, mood disorders, and psychosis. The program includes theory and skills groups, interactive groups, and individual therapy.

Interventions:
What treatment involves.
See also pg. 6

Typical interventions include:
• Daily individual meeting with a staff psychiatrist or therapist
• Illness and treatment education
• Symptom management education
• Skills and education groups
• Group therapy

Your treatment may also include:
• Medication consultation and/or management
• Aftercare set-up support and/or referral
• Family involvement
• Nutrition consultation
• Neurological evaluation
• Vocational consultation

Treatment varies slightly from program to program based upon expert clinical staff, theoretical models/philosophies, and treatment modalities.
All programs run five (5) days a week, Monday through Friday.

- **CBT:** 9:00 am – 3:00 pm
- **WPP:** 9:00 am – 3:00 pm
- **ADP:** 9:15 am – 3:30 pm
- **ITP:** 7:45 am – 2:15 pm
- **The Hall:** 9:00 am – 3:30 pm

*Hours may vary slightly on first day.*

The following programs are located in the Goddard Building:

- **1st Floor:** Cognitive Behavioral Therapy and Women’s Partial Programs
- **2nd Floor:** Alcohol and Drug Partial Program
- **3rd Floor:** Integrated Therapies Program

**Location:**

- Goddard Building [1]
- Center House [7]

**Location:**

- **The Hall** is located in Center House West on the 3rd Floor. [7]

You can access all of the programs through the Partial Hospital Entrance [2] located behind the Goddard Building.

**Parking:**

- Lot C [5]

Parking for all partial hospital programs is available in Lot C [5] located behind the Goddard Building.

**Admissions:**

Your first day in the program will begin in the admissions office located on the first floor of the Blumer [6] building. (Enter through the Partial Hospital Entrance [2] in Lot C [5], turn right then take the first hallway on your right.) The admissions staff will register you for your program and provide you with the program materials. You will also meet with a pharmacy staff member to review any medications you are taking.

**Campus Map**

[1] Goddard Building Partial Hospital Programs
[2] Partial Hospital Entrance
[3] Main Entrance
[4] Sawyer Building
[5] Parking Lot C
[6] Blumer Building
[7] Center House West 3rd Floor
The length of your stay in Partial Hospital will depend upon your individual treatment needs. You will discuss the length of your stay with your treatment team. The average length of stay in each program is as follows:

<table>
<thead>
<tr>
<th>Program</th>
<th>Length of Stay</th>
</tr>
</thead>
<tbody>
<tr>
<td>CBT, WPP, ITP, and The Hall</td>
<td>5 – 7 days</td>
</tr>
<tr>
<td>ADP</td>
<td>5 – 10 days</td>
</tr>
</tbody>
</table>

Absences: During your stay, it is expected that you will attend the program each day, for the full day, until discharge. As such, we highly recommend that you make accommodations for or cancel any outside appointments/responsibilities to avoid missing days. We understand that this is a significant time commitment for you, and ask that you prioritize your treatment. Please discuss any attendance concerns with staff as soon as possible. If you unexpectedly need to be late or absent on any day, please call the program and let us know:

<table>
<thead>
<tr>
<th>Program</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>CBT &amp; WPP</td>
<td>455 – 6224</td>
</tr>
<tr>
<td>ITP</td>
<td>680 – 4111</td>
</tr>
<tr>
<td>ADP</td>
<td>455 – 6212</td>
</tr>
<tr>
<td>The Hall</td>
<td>680 – 4240</td>
</tr>
</tbody>
</table>

Lunch: The hospital cafeteria, Sam’s Place, offers breakfast (7:30am – 10:00am) and lunch (11:30am – 1:30pm) for a reasonable price and the Blackstone Café features “grab ‘n go” items throughout the day. You may also bring your lunch if preferred.

Dress: Your personal appearance can be a reflection of how you feel about yourself and impact the way you are perceived by others. As such, we are asking not that you be uncomfortable, but that you dress in a manner which does not bring undue attention to yourself and that is respectful to yourself and others. Please refrain from wearing suggestive or revealing clothing, or clothing with references to drugs, alcohol, or profanity. 

ADP: Refer to dress code policy.

Courtesies: Please be mindful.

Phones: Cell phone use is strictly limited during program hours. Out of respect for peers and staff, please:

- Leave your cell phone turned off while in groups
- Refrain from texting during groups
- Refrain from taking pictures on hospital grounds (to maintain confidentiality of everyone on campus)

Calls: If you must take a call, please set your phone to vibrate and step out of the group. You may use your phone during breaks and lunch. If you do not have a cell phone and need to make a call, there is a phone available to you on the unit – please ask a staff member.

ADP: Cell phones are not permitted on the unit – you must step off the unit prior to use.

Smoking: Butler Hospital takes pride in remaining a smoke-free and tobacco-free campus. There is no designated smoking area and smoking on campus is strictly prohibited.

Failure to comply with the no-smoking policy may result in discharge from the program.

Visitors: All Partial Hospital treatment rooms and patient lounge areas are for patients only. PHP does not offer visitor access during program hours. You may spend time with your visitors in the cafeteria during your lunch break.

Grounds: The hospital grounds are beautifully maintained throughout the year and we invite you to enjoy the grounds while on breaks. Please do not feed the animals or enter the woods surrounding the property; and please dispose of any trash in the receptacles provided. Again, smoking on grounds is not tolerated.
The Partial Hospital Programs

Treatment:
A brief overview.

Doctor: All programs provide individual consultation with a staff psychiatrist, clinical nurse specialist, or therapist.* During this time you will discuss your treatment concerns, needs, and program progress.

*varies by program

Medication: As part of your treatment your doctor may review your current medication regimen. This will help him/her to gain a greater understanding of your treatment needs. Your doctor may suggest new or additional medications or consider making modifications to your current regimen. You may be asked to sign a release of information which allows your doctor in Partial Hospital to speak with your outpatient provider regarding your treatment.

If you are prescribed medications while attending the program, you will receive a written prescription from your PHP doctor to take to your local pharmacy.

Social Services: In each program, a member of the multi-disciplinary treatment team will meet with you to address aftercare concerns, facilitate family communication, and/or liaison with outside treatment providers.

The option to include your family members and outpatient providers in your treatment is not mandatory and will only take place with your written permission.

Groups: Daily groups are used as a primary component of treatment in all programs. Groups are an opportunity to connect with others, receive and offer support, share information, and develop new skills.

All groups are confidential. We ask that you please be respectful of your peers – anything discussed within the group must stay within the group.

Also, please refrain from sharing intimate personal details while in group – you will have an opportunity to share this information one-on-one with staff.

Consultations: As part of your treatment, your doctor may request a consultation. Consultations may include: Neurology, Neuropsychology, Occupational Therapy, Nutrition, etc.

Labs: Your doctor may order blood work to assist in diagnosis or to identify if medications are working. Some lab tests require fasting the night before. Your doctor will let you know if you need blood work, and if you need to fast. A staff member will show you to the lab, typically in the morning hours.

Emergencies: In the event of an emergency or if you need assistance after program hours, please call the Hospital Main Number. The operator can page your doctor to return your call, or you may request to speak with a doctor in our emergency services (PAS).

Main Hospital #: 401-455-6200