



What to expect in the Partial Hospital Program

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Untitled by John Gunnar Jarpe



Partial Hospital Program

- Short-term, intensive mental health treatment program
- Prevent hospitalization when possible
- Promote stabilization and recovery
- Monday/Wednesday/Friday 10am-3:45pm
- Tuesday/Thursday 10am-4:30pm
- ~3 weeks



Components

- Goal-setting Group
- Education Group
- Occupational Therapy Group
- Psychotherapy Process Group
- Psychotherapy Skills Group
- Therapeutic Recreation Group
- Recap Group
- Individualized psychiatric services



Referral considerations

- Approaching criteria for hospitalization
- Sufficient resources for safety
- Mental health recovery goals
- Free from alcohol/drugs at programming
- Other considerations



How to refer

- HCMC providers: *Referral to Partial Hospitalization Program* order in Epic
- External referral form at HCMC.org
- Epic SmartPhrase `.PHPREFERRALINFO`
- Call PHP with questions: 612-873-2212



Hennepin County
Medical Center

“This is my story”

Faces of Recovery

A project by our patients with
guidance from Mary Bartley, OTR/L,
PHP Occupational Therapist



“This is my story”

“Our stories are journeys of our lives, provide us with resilience, allow us to find our voice.”



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Mental Health Diagnoses

- Bipolar Disorder
- Depression
- Anxiety
- Borderline Personality Disorder
- PTSD
- ADHD
- Obsessive-Compulsive Disorder
- Alcoholism



My diagnosis affects my life

- “Changed the way I see myself.”
- “Not able to take care of daily responsibilities.”
- “Limiting my work ability.”
- “Keeping me off track.”
- “Feelings of not wanting to be bothered.”
- “Dealing with people.”
- “Feeling like I let others down.”



I wish people could understand that

- “Most of the time I’m like everybody else.”
- “My diagnosis does not define me.”
- “I didn’t ask for this.”
- “I’m not trying to be rude when I get distracted.”
- “I am sad sometimes.”
- “I am still me.”
- “Mental illness is like a physical illness.”



The positive things I have learned

- “I’m strong!”
- “I am a fighter.”
- “I have worth and deserve to be treated with respect.”
- “I’m not willing to give up.”
- “I am stronger than I give myself credit for.”
- “Substances numb all emotions, not just sadness.”
- “I am beautiful inside and out, illness and all!”



What I want to tell others who are dealing with mental health issues

- “Stay strong and be proud of who you are and the battles you have won!”
- “There are things that can help you function in life.”
- “To be strong, mindful of what we need to do better.”
- “Get help. Talk about it. Find support.”
- “It’s not an indictment against you. It’s an illness like any illness.”
- “Never give up. Progress not perfection.”

