



ADOLESCENT PARTIAL HOSPITALIZATION PROGRAM

*Focused Care. Real Support.
A Brighter Path Forward.*



INTENSIVE DAYTIME MENTAL HEALTH SUPPORT

designed to help adolescents stabilize, build coping skills, strengthen functioning, and successfully transition back to their everyday lives.



**AGES
13-18**

PROGRAM HIGHLIGHTS



**MONDAY-FRIDAY
9 AM - 3 PM**



**APPROXIMATELY
10 TREATMENT DAYS**



**LUNCH
PROVIDED**



**DEDICATED
SCHOOL LIAISON**



**NEXT-DAY
ASSESSMENTS
AVAILABLE**



Our mission is to provide compassionate, evidence-based mental health care to help adolescents and families **feel better, function better, and live better.**



You are not alone.
We are here to help.

ppsyach.com

IS PHP RIGHT FOR MY TEEN?

Our Adolescent Partial Hospitalization Program (PHP) provides intensive daytime mental health treatment while allowing your teen to return home each evening.

WHEN TO CONSIDER PHP

PHP may be appropriate when your teen is experiencing:

-  Significant anxiety affecting daily functioning
-  Depression or persistent sadness
-  Emotional dysregulation or frequent emotional outbursts
-  School refusal or increasing absenteeism
-  Difficulty managing stress
-  Declining academic performance related to mental health
-  Social withdrawal or isolation
-  Family or peer relationship difficulties
-  Difficulty coping with life changes
-  Recent psychiatric hospitalization and need for continued support

WHAT IS PHP?

PHP is a structured, intensive program that provides a higher level of care than traditional outpatient therapy.

Your teen will receive evidence-based treatment during the day and return home in the evenings, weekends, and holidays.

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A brighter path forward.*

PHP VS. INPATIENT CARE



PHP

- ✓ Daytime treatment (Mon-Fri, 9 AM – 3 PM)
- ✓ Return home each evening
- ✓ Maintain family connections
- ✓ Continue school transition support
- ✓ Cost-effective alternative to inpatient care



INPATIENT

- ✓ 24/7 hospital stay
- ✓ Away from home
- ✓ Disrupts school and daily routine
- ✓ Higher cost
- ✓ Reserved for acute crisis situations



THE GOAL OF PHP

To help your teen stabilize, build coping skills, restore hope, and successfully transition back to their everyday life.



IMPROVE
MENTAL HEALTH



BUILD SKILLS
& RESILIENCE



STRENGTHEN
RELATIONSHIPS



SUPPORT SCHOOL
& FUTURE GOALS



FAST ACCESS TO CARE

NEXT-DAY INTAKE ASSESSMENTS AVAILABLE

Early intervention can make a meaningful difference. Our team works quickly to get your teen the support they need, when they need it.



YOU ARE NOT ALONE. WE ARE HERE TO HELP.

We're here to support your family every step of the way.



9117 Cincinnati Columbus Road
West Chester, OH 45069



(513) 229-7585 Ext. 2



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ppsy.com

A DAY AT OUR PHP PROGRAM

Structured days. Supportive care. Meaningful progress.

Our daily schedule is designed to provide balance, build skills, and support your teen's healing.

PROGRAM AT A GLANCE

	AGES	13–18
	DAYS	Monday – Friday
	HOURS	9:00 AM – 3:00 PM
	DURATION	Approximately 10 Treatment Days
	LUNCH	Provided Daily



Every day brings opportunities to grow, heal, and move toward a brighter future.

We walk alongside your teen every step of the way.

EVIDENCE-BASED TREATMENT



DBT SKILLS

Build emotional regulation, distress tolerance, and interpersonal skills.



CBT

Identify and change unhelpful thought patterns to improve mood and behavior.



MINDFULNESS

Increase awareness, reduce stress, and strengthen focus and self-control.



WELLNESS & COPING SKILLS

Develop healthy habits, self-care, and strategies for lifelong well-being.

Focused Care. Real Support. A Brighter Path Forward.



MENTAL HEALTH TREATMENT WITHOUT LOSING CONNECTION *to School*

We understand that school is an important part of your teen's life.
Our dedicated **Education Liaison** helps make sure they stay supported academically while focusing on their mental health.



OUR DEDICATED EDUCATION LIAISON

Your point of contact for school communication and support.



COMMUNICATION WITH SCHOOL

We communicate with counselors, teachers, and administrators to keep everyone informed.



ATTENDANCE DOCUMENTATION

We provide attendance documentation for excused program days.



SCHOOL PAPERWORK

We help coordinate any necessary school paperwork and accommodations.



RETURN-TO-SCHOOL PLANNING

We work with you, your teen, and the school to create a successful plan for transition.



COLLABORATION WITH EDUCATORS

We partner with school staff to support your teen's success—both during and after PHP.



We're in this together.

Our goal is to support your teen's mental health while helping them stay connected to their education and future.

TREATING TODAY SUPPORTING TOMORROW



You don't have to navigate school coordination alone.
We help bridge the gap between treatment and education—so your teen can heal, grow, and thrive.

SCHOOL IS IMPORTANT

Staying connected to school can provide a of normalcy, confidence, and purpose.
We are here to support your teen's education every step of the way.



STAY CONNECTED

We help your teen maintain important relationships and stay engaged with their school community.



SUPPORT SUCCESS

Coordinated planning helps reduce stress and sets your teen up for a successful return to school.



LOOKING AHEAD

Our goal is to help your teen build the skills, confidence, and stability for a brighter future.



Focused Care. Real Support. A Brighter Path Forward.

YOUR TEEN'S CARE TEAM

Compassionate. Experienced. Here for You.

Our multidisciplinary team works together to provide comprehensive, individualized care that supports your teen through every step of their journey.

A TEAM APPROACH TO HEALING



THERAPISTS

Provide individual and group therapy, lead evidence-based treatment, and help teens build coping skills, manage emotions, and create positive change.



MEDICAL PROVIDERS

Psychiatrists and nurse practitioners evaluate, diagnose, and provide medication management when appropriate to support stabilization and overall wellness.



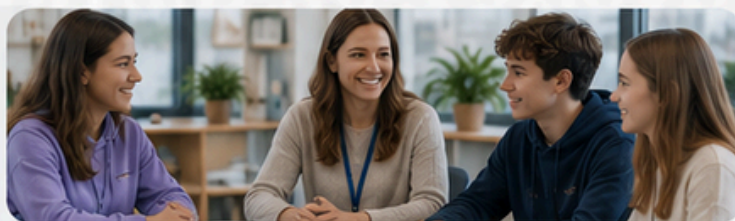
EDUCATION LIAISON

Coordinates communication with your teen's school, provides attendance documentation, assists with school paperwork, and supports a successful return-to-school plan.



PHP TEAM

Our dedicated staff provides daily support, encouragement, and oversight to ensure your teen feels supported, safe, and seen every step of the way.



FAMILY: A VITAL PART OF THE TEAM

Your involvement makes a difference. We partner with families through communication, education, and discharge planning to support long-term success.



TOGETHER, WE HELP TEENS HEAL, GROW, AND THRIVE.

Every team member is here for one reason:

to help your teen feel better, function better, and live better.



GETTING STARTED WE'RE HERE TO HELP.

Simple steps. Support every step of the way.

From your first call to the first day of treatment,
our team is here to make the process easy and supportive.

1



INITIAL CONTACT / PHONE SCREEN

Call us or complete a brief phone screen. We'll gather basic information about your teen and current challenges to help determine the next best steps.

2



INSURANCE VERIFICATION

Our team verifies your insurance benefits and explains coverage, copays, and any authorization requirements.

3



ONSITE ASSESSMENT

Your teen meets with a licensed clinician for a comprehensive assessment to determine if PHP is the right level of care.

4



AUTHORIZATION

If PHP is recommended, we obtain the necessary authorization from your insurance provider so treatment can begin.

5



ADMISSIONS & ORIENTATION

We review program details, complete necessary paperwork, and help you and your teen feel prepared for the first day.

6



FIRST DAY OF PHP

Your teen begins treatment! Our team welcomes them and helps them settle in for a positive and supportive experience.

7



TREATMENT & DISCHARGE PLANNING

Throughout treatment, we collaborate with you and school to support progress and plan for a successful transition home.



OUR GOAL

To make the process as smooth and stress-free as possible—so your teen can get the support they need, when they need it.



WE'RE WITH YOU

Our team will guide you every step of the way and answer any questions you have. You are never alone in this process.

We are here to help.



NEXT-DAY ASSESSMENTS AVAILABLE

Early support can make a meaningful difference.



YOU DON'T HAVE TO DO THIS ALONE.

We are committed to walking alongside you and your teen every step of the way—from the first call to a brighter tomorrow.



AFTER PHP: CONTINUED SUPPORT.

Healing doesn't stop here.

The end of PHP is a new beginning. We are here to support your teen as they continue to grow, heal, and thrive in their everyday life.



WE'RE WITH
YOU EVERY STEP
OF THE WAY.

CONTINUUM OF CARE AT PPS

Your teen's needs are unique, and care should be too.
We offer a full range of outpatient services to support lasting progress.



OUTPATIENT MEDICATION MANAGEMENT

Personalized. Safe. Effective.

Our providers carefully evaluate, prescribe, and monitor medications to help manage symptoms and improve overall well-being.

- ✓ Psychiatric evaluations
- ✓ Medication prescribing & monitoring
- ✓ Side effect management
- ✓ Ongoing support & adjustments



OUTPATIENT THERAPY

Focus on You.

One-on-one therapy provides a safe, confidential space to explore challenges, build skills, and work toward personal goals.

- ✓ Anxiety, depression & mood disorders
- ✓ Trauma & stress
- ✓ Life transitions & self-esteem
- ✓ Coping strategies & emotional wellness



FAMILY THERAPY

Stronger Families. Better Together.

Family therapy helps improve communication, strengthen relationships, and create a supportive home environment.

- ✓ Communication & relationship building
- ✓ Conflict resolution
- ✓ Parenting support
- ✓ Healing & connection



OUR GOAL

To help your teen build on their progress, strengthen resilience, and create a healthy, meaningful future.

We're here for the journey ahead.

FREQUENTLY ASKED QUESTIONS



WHAT HAPPENS AFTER PHP?

We create a personalized aftercare plan, which may include outpatient therapy, medication management, family therapy, and school support.



WILL MY TEEN CONTINUE THERAPY?

Yes. Ongoing outpatient therapy helps maintain progress and provide continued support as they transition back to daily life.



CAN MY TEEN SEE A PROVIDER FOR MEDICATION MANAGEMENT?

Yes. Our psychiatric providers offer continued medication management to ensure stability and ongoing support.



DO YOU OFFER FAMILY THERAPY?

Yes. We encourage families to participate in therapy to strengthen communication and support lasting change.

We're here to help.

Whether your teen is stepping down from PHP or continuing their mental health journey, our team is here every step of the way.

LET'S CONNECT

- ☎ (513) 229-7585 Ext. 2
- ✉ welcome@ppspsych.com
- 📍 9117 Cincinnati Columbus Road
West Chester, OH 45069



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Compassionate care.
Evidence-based treatment.
Real results.

