ALEXIAN BROTHERS CENTER FOR MENTAL HEALTH

ADULT
PARTIAL HOSPITALIZATION AND INTENSIVE OUTPATIENT PROGRAM
(PHP/IOP)
In Arlington Heights

Participant Handbook

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3/13/12; 5/10/13
ADULT PARTIAL HOSPITALIZATION AND INTENSIVE OUTPATIENT PROGRAM

Program Descriptions

We know how challenging life can be these days. Life stressors, family pressures, and other issues can increase levels of anxiety, stress and depression. During these tough times, please know that you don’t have to go through it alone.

The Alexian Brothers Center for Mental Health in Arlington Heights offers a Partial Hospitalization Program (PHP) and an Intensive Outpatient Program (IOP) to meet an individual’s needs in a community-based setting. These comprehensive, short term (1-4 week) programs provide support for adults and older adults who may be experiencing an increase in psychological/emotional distress. We offer medical evaluation, intensive therapeutic groups, and individual and family meetings.

Treatment Advantages Include:

- Immediate and comprehensive evaluations
- Cutting edge treatment models
- No waiting list
- Small groups allowing for intensive, individualized services
- Medication monitoring with doctor offered several times weekly
- Non-hospital, community based setting

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The goal of our programs is to assist individuals who need more treatment than traditional outpatient services, but do not need an overnight stay at the hospital. Clients attend groups which are offered Monday – Friday from 9:00-3:00pm.

Admission:

The Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP) are for individuals 18 and older who are suffering significant emotional distress and are finding it difficult to manage their life in a work, school and/or home setting. One call or one click is all it takes to start the healing process.

Cost:

The Partial Hospitalization Program (PHP) is covered by most private insurance plans and Medicare. The Intensive Outpatient Program (IOP) is covered by most private insurance plans. Self-payment options are also available based on a sliding fee scale. Assistance with transportation may be provided with some geographical limitations.
What Former Clients are Saying About the Partial Hospitalization Program......

“I can’t tell you how helpful and reassuring you were to me. This was very difficult…and you made it easier.” -KG-

“I truly learned a lot and have started some beneficial new habits.” -LJ-

“I really can say that I feel I have made great strides in my recovery.” -MG-

“I know I still have a lot of work to do, but I feel that I will come out on top with a bit of hard work and resilience.” -CE-

“PHP changes lives. I was hesitant to enroll in the program, but glad I did. The program challenged how I think and made me realize that I have the ability to handle whatever life throws at me.” -SC-

“PHP is a great stepping stone from the safety of the hospital to the real world. The group sessions gave me a lot of insight. You learn, not only from the professionals, but from your fellow group members. I feel I am getting a little bit stronger every day.”

“PHP for me was a life changing experience. It is a process, but it put me on the right track to getting me back to myself. Being surrounded by people who truly care and understand me is what kept me coming back every day. THANK YOU TO ALL THE PROFESSIONALS AND THE PEOPLE WITH Alexian Brothers because without you all, I wouldn’t be alive today.”
“This program changes lives! Just by being here, you are taking a very important step. PHP can’t prevent bad things from happening in your life, but does give you the ability to handle whatever life throws at you. Come to PHP with an open mind. By participating in sessions, you will gain a variety of tools to make your life better. Keep coming back and you will notice a positive difference. Thank you, PHP for changing my life.”

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PHP/IOP Guidelines

Daily Program Hours: Monday – Friday 9:00 am – 3:00 pm

As a community mental health agency, we take great pride in providing PHP/IOP services, and it is here in the community that we feel these services are best provided. These are service lines that are remarkably different, yet clinically beneficial to our population. We believe in the power and reality of recovery and are honored to offer these stabilization services to you. In order to receive the maximum benefit of the programs, as well as meet the criteria for your insurance carrier, it is important to understand the structure of the programs and to comply with the following requirements:

- PHP is a short-term (1-4 week) program that operates Monday – Friday from 9:00am – 3:00pm. Approved individuals are required to attend the full week of services. Although emergency situations may require an adjustment in your schedule, we anticipate that these occurrences will be rare and that you will be able to attend the program daily. Please make every attempt to schedule other appointments, such as other medical visits, outside of the PHP hours of operation.

- IOP is a short-term (3-5 week) program that serves as a step-down from the Partial Hospitalization Program or as an adjunct to individual outpatient therapy. The program runs concurrently with the PHP program and also is in operation Monday – Friday from 9:00am – 3:00pm. Because this
program is designed to be less intensive than the PHP program, participants attend on a part-time basis. Participants typically attend either shorter days (9:00am-1:45pm) or fewer days per week. IOP schedules can be subject to insurance company requirements.

- PHP/IOP services are provided with the oversight of on-staff psychiatrists. If you are currently receiving services from another doctor, please allow us to contact that individual to coordinate care. You are able to continue receiving your medications from your current doctor, but insurance guidelines require a visit with a doctor at PHP/IOP at least once a week, including an initial visit within 24 hours of starting the program.

- PHP/IOP programming is built upon respect and confidentiality. The staff members of the program will do all that we can to protect confidentiality and insure a safe, comfortable environment for care. We ask that clients of the program share the same values and maintain a safe, confidential program. Please inform your primary therapist for any concerns that you have while participating in the program.

- Any insurance co-payments that you are responsible for should be made at the front desk. You may choose to do this daily or may take care of this at the end of each week of programming.

- **Insurance companies have a minimum requirement of the number of services individuals must receive in order for a PHP/IOP day to be covered. If an individual does not participate in the number of services required by the insurance company, that individual will be responsible for payment on services provided.**
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PHP/IOP GROUP THERAPY GUIDELINES

ARRIVE ON TIME, STAY, AND MAKE SURE YOU’RE AVAILABLE FOR THE DOCTOR
  ❖ Do not keep others waiting.
  ❖ Avoid leaving group unless it is an emergency
  ❖ On the days when you wish to see the doctor, please plan to stay around the program during the lunch hour or coordinate with staff if you do need to go out during lunch.

BE SUPPORTIVE TO EACH OTHER
  ❖ Turn off all cell phones and electronic devices so that members know everyone is focused on what is going on in the group.

BE CONSTRUCTIVE
  ❖ Avoid criticism, give constructive feedback.
  ❖ Refrain from advice giving. Offer suggestions from your own experiences by using “I” statements.
  ❖ Refrain from rescuing someone who seems to be experiencing discomfort – being uncomfortable is often a sign that therapy is working

GIVE EQUAL TIME TO ALL
  ❖ Give everyone a chance to talk.
  ❖ One person at a time talks, no side conversations.

KEEP IT PRACTICAL
  ❖ Focus on solutions, not on how bad things are – refrain from telling “war stories”
RESPECT CONFIDENTIALITY
▶ Do not discuss other people’s personal things with people outside of the group.
▶ Discuss what you are learning about coping with your symptoms and stressors with others.
▶ Do not talk about other people who are in group with you.
▶ Be aware that if you see a therapist outside of our center, they will not acknowledge you unless you do so first in order to protect your privacy.

LET PEOPLE KNOW IF YOU ARE UNHAPPY!!
▶ Bring concerns about the program or the groups up in the group.
▶ Do not stay mad at the group without letting us know.
▶ If you have an issue with anyone in group, please take it up with them directly outside of group.