

Frequently Asked Questions

Partial Hospitalization Program

Q . What does “Partial Hospitalization Program” mean?

A . Sutter Center for Psychiatry’s Partial Hospitalization Program (PHP) is a voluntary program designed to provide intensive group therapy throughout the day. PHP starts at 9:00am and ends at 3:15pm daily, Monday - Friday, with lunch, beverages, and healthy snacks provided. The primary treatment approach is group therapy and we engage in individual services throughout treatment as needed.

Q . What does the treatment day consist of?

A . PHP provides six groups each day. Your day begins with a check-in/goal setting group. Following this, there are two therapy groups, two educational groups, and a wrap-up group at the end of the day. We offer strengths based, participant centered treatment based on information from the goal setting group. Groups are tailored to benefit the unique needs and objectives of our participants with an emphasis on promoting hope and fostering the realization of your best possible future. Groups at PHP address topics on: depression, anxiety, interpersonal challenges, co-occurring disorders including substance misuse and abuse, suicidal thoughts, self-harming behaviors, diversity issues, and trauma. All groups and individual therapy are provided by licensed clinicians who operate from a recovery and wellness perspective. Clinicians are trained in Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and mindfulness based treatment approaches.

Q . What is expected of me when I come to PHP?

A . Timeliness and the ability to engage with respect and dignity towards yourself and others is important for successful treatment. It is also important to be present for the goal setting session so that you can benefit the most from this program. Daily attendance to all groups is encouraged, unless ill. Absences can affect your insurance coverage as well as the outcome of treatment.

Q . This program sounds good, but what do I have to pay? What will my copay be?

A . Most insurance coverage has a Behavioral Health Benefit(s) which often includes Partial Hospitalization. However, every insurance company is different and there is no universal answer. Calling your administrator or customer service representative to determine the amount of copay your individual insurance/plan requires for this type of treatment is encouraged. Copays will vary depending on your insurance plan. Sutter discharge planners can also help answer these questions.

Q . Are there any hidden charges?

A . We make every effort to inform you of copays in advance. However, you should check with your insurance company about what will be covered and what will not. We encourage you to check with them frequently throughout your time in the program.

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PHP Frequently Asked Questions *Continued*

Q . I have a lot going on in my life, can I come only a few days a week because of work etc?

A . Due to the requirements of insurance companies and the intensity of this kind of program we strongly encourage you to come daily and for the full program the 1st two weeks. After the first two weeks we can arrange for a variety of schedules to accommodate your needs.

Q . What if I don't have transportation?

A . A benefit of PHP is that we do offer transportation within reasonable limits. If you do not live within the transportation department's catchment area we will coordinate with you and our transportation department to arrange for a safe drop off place within our limits where we will come pick you up, i.e., you live in Placerville and can be dropped off for pick-up in Natomas. We do encourage you to arrange your own transportation for the first day of PHP.

Q . So how long can I stay in this program?

A . As long as is medically necessary for you in your stage of recovery. If you are actively suicidal, homicidal, or unable to keep yourself safe in the evening, it may necessitate a change in the level of care provided. We will work on an appropriate transition/ discharge plan with you throughout the course of your treatment.

Q . How long until I am discharged from the program?

A . Transition from care/discharge is based on progress towards the goals that you and your treatment team have set. Symptom management and/or reduction, what your insurance company is willing to pay, and what level of care to which you are transferring into is also taken into account. With the help of the multidisciplinary team, your Doctor will collaborate with you regarding your final discharge date.

Q . Will I see a psychiatrist while in the program? What medical support is provided at PHP?

A . You will see your psychiatrist on the first day of attendance and one to two times a week thereafter. Registered nurses will also be on sight throughout your time in the program.

Q . How will I get my medication?

A . No medication is distributed by staff at PHP. You need to bring your own personal medication(s) from home and take it as prescribed. Bring only the dose that you need for your time in the program.



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