

GOAL AND PHILOSOPHY

The goal of the Partial Hospital Program is to stabilize an acute episode of mental illness.

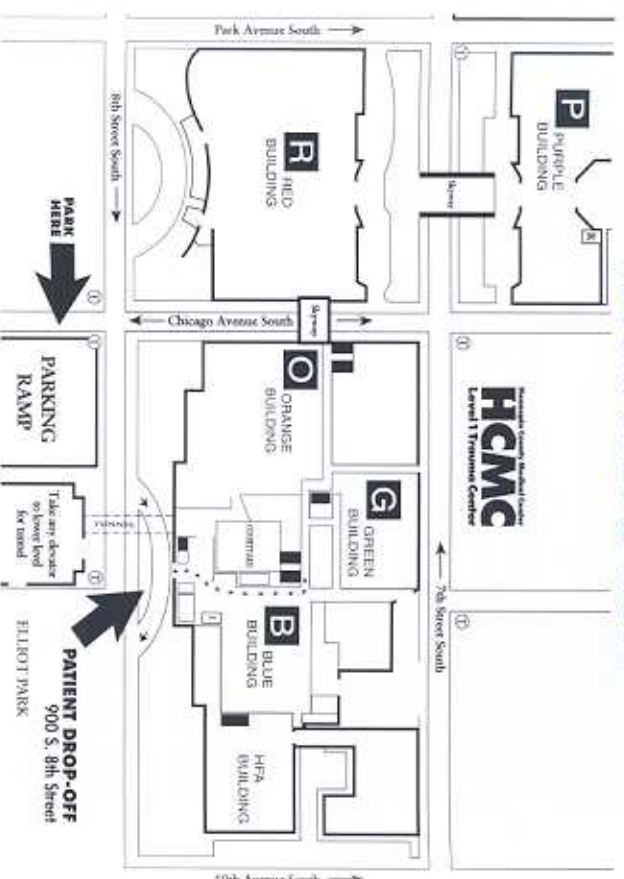
The program philosophy is based on the belief that individuals can make significant changes in how they cope with life's stresses. The program objectives are to assist in:

- reducing stress.
- utilizing an individual's strengths and resources.
- developing effective patterns of thinking, feeling, and behaving.
- resolving problems through goal achievements.
- providing education that will give knowledge and skills to cope with current and future stresses.

OUTCOME/DISCHARGE CRITERIA

- Patients have met the goals of their individual treatment plan.
- Patients are no longer a potential danger to themselves.
- Patients have reached their potential for progress in the program, and other recommendations have been made based on clinical need.
- Patients are utilizing their individual coping skills.
- Patient's psychiatric symptoms have stabilized.

PROGRAM LOCATION



GENERAL INFORMATION

The program is not designed for individuals with primary developmental disabilities, predatory or organic type aggressive behaviors, or chemical dependency. Assistance with transportation will be negotiated based on individual need. A noon meal is provided; special dietary requirements can usually be accommodated.

Referrals to the program can be made by contacting the Partial Hospital Program at (612) 873-2212.

HENNEPIN COUNTY MEDICAL CENTER
PARTIAL HOSPITAL PROGRAM

85.212

(Blue Building, Level 5, Room 212)

(612) 873-2212

Hours: Monday – Friday, 10:15 a.m. to 4:30 p.m.

PARTIAL HOSPITAL PROGRAM

Hennepin County Medical Center
HCMC
Level 1 Trauma Center

PSYCHIATRY

(612) 873-2212

PARTIAL HOSPITAL PROGRAM

The HCMC Adult Partial Hospital Program is a time-limited, structured program of psychotherapy and other therapeutic services specifically designed to meet the mental health needs of persons in an acute crisis. The program provides short-term (approximately 3 weeks) intensive mental health treatment as an alternative to inpatient hospitalization or as an option following inpatient hospitalization.

ADMISSION REQUIREMENTS

Individuals who:

- are 18 years of age or older;
- are experiencing acute symptoms of mental illness;
- meet criteria for inpatient hospitalization;
- have family and/or community resources necessary to support the client's safe residence in the community during their involvement in the program;
- are an actual and/or potential danger to self;
- are experiencing a failure of outpatient treatment evidenced by intensification of symptoms, or need more observation and evaluation to establish a diagnosis so proper treatment can be initiated;
- would benefit from a coordinated program of service but do not require 24-hour care;
- would be able to participate in an intensive daily group program and utilize insight as a means of coping with stressful life conditions;
- have been identified by a diagnostic assessment as having a need for partial hospitalization.

PROGRAM STRUCTURE

The Partial Hospital Program provides approximately six hours of structured group treatment from 10:15 a.m. through 4:30 p.m. each day, Monday through Friday. Each group session is 45 minutes in length, with 15-minute breaks between sessions.

Treatment group sessions offered during the program day include goal setting/skills development, occupational therapy/socialization, lecture, psychotherapy, and therapeutic recreation/wellness.

The treatment team includes a psychiatrist, clinical nurse specialist, occupational therapist, recreational therapist, and a mental health staff member.

MEDICATIONS

- Each patient undergoes an initial intake evaluation, including complete psychiatric history, diagnosis, and treatment plan by the psychiatrist.
- Each patient is evaluated by the psychiatrist three days each week for medication management.
- During the patient's stay in the Partial Program, the patient will not be followed by his/her regular psychiatrist but will, after treatment, be referred back to that individual.
- Each patient will be allowed to self-administer medications and may bring those medications to take during the program. The patient will be responsible for his/her medications.

EXPECTATIONS OF GROUP MEMBERS

Group members will:

- respect the rules of confidentiality;
- be prompt and regular in attendance of the program, keeping interruptions in the groups to a minimum. If unable to attend on a particular day, the patient will contact the program at (612) 873-2212;
- remain sober during their Partial Program stay;
- refrain from physical violence, verbal abuse, or threats to others;
- refrain from borrowing/lending of money, medications, or personal items between group members;
- refrain from sexual or romantic relationships with other group members in the program;
- dress in appropriate clothing and maintain a personal appearance appropriate for a work or social setting.