



Brighter Futures Start Here

Partial Hospitalization Program (PHP) for Adults

Lancaster Behavioral Health Hospital's PHP provides quality outpatient care in a highly structured and welcoming environment.

We offer individualized treatment to help enhance overall mental wellness and provide a path to success in a setting that promotes positive behavioral change. The multidisciplinary team, led by a psychiatrist, includes nurse practitioners, licensed social workers, counselors and support staff.

The program is designed for adults with acute mental health issues, or an acute exacerbation of chronic mental illness, who require a more intensive and supervised program than what is typically offered at lesser levels of care. Programming is designed to reduce or control symptoms, help prevent relapse and improve the individual's level of functioning.

We can be the answer you are looking for.
Call us today at **717-740-4160** or visit
lancasterbehavioral.org to learn more.

Lancaster Behavioral Health Hospital



Penn Medicine
Lancaster General Health



Treatment, Compassion and Hope
Today, Tomorrow and Always.



How the Program Works

Patients will participate in a minimum of 20 hours per week of therapeutic services primarily consisting of group therapy. The program runs six hours per day, five days per week. Treatment goals are based on diagnostic evaluation, done at the time of admission, and may include:

- Process Group Therapy using evidence-based treatment practices such as Dialectical Behavior Therapy, Seeking Safety and Wellness (Illness) Management and Recovery
- Psychoeducational groups
- Individual therapy
- Family therapy

Comprehensive aftercare plans are established to meet the needs and strengths of individuals through one or more of the following resources:

- Appointments with outpatient therapy
- Medication management
- Case management
- Linkage to appropriate community supports
- Crisis plans, should an emergency arise

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lancasterbehavioral.org

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