

PARTIAL HOSPITALIZATION PROGRAMMING



PROGRAM OVERVIEW

Palmetto Behavioral Health offers two partial hospitalization programs for adults requiring intensive treatment outside of an in-patient stay. Palmetto accepts most major insurances including Tri-Care. The two adult programs are:

PARTIAL HOSPITALIZATION PROGRAM

More intensive of the two programs

Meets Mon-Friday 8:30-2:30pm
Located at 2777 Speissegger Drive,
N. Charleston, SC 29405
843-747-5830

INTENSIVE OUTPATIENT PROGRAM

Meets Mon-Friday 8:30-12pm
Located at 2777 Speissegger Drive,
N. Charleston, SC 29405
843-747-5830

Both the Partial Hospitalization Program and the Intensive Outpatient Program are based on an integrative, multisystemic, biopsychosocial orientation designed to look at issues from all areas.

PROGRAM DETAILS/OFFERINGS

Comprehensive Psychosocial Assessment

All patients receive a comprehensive biopsychosocial assessment used to help identify the most appropriate course of treatment and overall focus of the partial programming.

Psychiatric Evaluation

All patients receive a psychiatric evaluation by a psychiatrist. The psychiatrist will consult with program therapists and patient in relation to determining the treatment plan, estimated length of stay, discharge criteria and tentative plan for the continuum of care.

Individual and Family Therapy

Family Psycho-Educational Program: Education and support for families regarding patient illness, family resources and interventions. One on one family sessions are also available on an as needed basis. Likewise, individual therapy is provided as needed to address specific concerns and issues.

Dialectical Behavior Therapy Treatment Track

We offer a treatment track under the supervision and facilitation of a Certified DBT Therapist. Within this track Palmetto uses Dialectical Behavioral principles as part of a highly structured skills based program.



Admissions: 843-747-5830

please see other side

PROGRAM DETAILS/OFFERINGS *(continued)*

Group Therapy

All patients receive group therapy on a daily basis that consists of four parts.

1) DAILY CHECK-IN/DAILY SELF-INVENTORY:

Patients complete a Daily Self-Inventory at the beginning of each session. This inventory is used during the check-in section of the group to address patient needs and help them focus on here-and-now issues.

2) PSYCHOTHERAPY:

Psychotherapy in both programs deals primarily with helping the patient relate present day problems with their past in an effort to express emotions, link behaviors and thoughts and identify strengths to aid in empowering one to solve their own problems.

3) SKILL ACQUISITION:

This portion of the program focuses on learning skills such as those related to communication, assertiveness, anger management, coping and decision-making. Patients also discuss issues relating to their diagnosis so that they have the best information about their diagnosis and its treatment.

4) PRACTICAL APPLICATION OF SKILLS GROUP:

Offered to Partial Hospitalization Program members only. It includes role-playing and other practical application of theoretical concepts.

Recovery Notebook

Patients are given a Recovery Notebook to keep handouts, notes, and journal entries, to identify coping skills and to formulate a comprehensive safety plan.

Art Therapy

We offer art therapy programs facilitated by a certified art therapist. Programming occurs 1-2x per week.

Discharge Planning

Discharge planning begins at the time of admission to ensure effective wrap around services once they have completed one of these programs.

ADMISSIONS/QUESTIONS

Please call 843-747-5830 and ask about one of our intensive outpatient programs.

Questions: Call Cordes Simpson at 745-5110.

personal, private, professional



www.palmettobehavioralhealth.com

2777 Speissegger Drive, Charleston, SC 29405