

Vanderbilt  
**Adolescent Partial  
Hospitalization Program**

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Referrals:  
**(615) 875-1900**

**Vanderbilt Psychiatric Hospital**  
1601 23rd Avenue South  
Nashville, TN 37212

**VanderbiltBehavioralHealth.com**

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VANDERBILT  HEALTH

DP-Q620



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**Adolescent Partial  
Hospitalization  
Program**

Ages 13-17

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## **VANDERBILT ADOLESCENT PARTIAL HOSPITALIZATION PROGRAM (PHP)**

**Designed to help adolescents struggling with emotional or social difficulties renew and rebuild their mental health.**

We use evidence-based treatments personalized to each client's needs and symptoms, including comprehensive therapy and medical evaluation services. We work collaboratively with parents and/or caregivers to help their teenager reach their goals.

**We provide a warm, therapeutic environment where clients can:**

- Build healthy coping skills
- Improve distress tolerance skills
- Reduce or eliminate self-harm behaviors
- Shorten hospital stays

### **At a glance:**

- Program hours follow a daily structured format
  - Monday – Friday
  - Hours: 8 a.m. – 2 p.m.
  - No overnight stay required
- Clients participate in group, family and individual sessions:
  - **Process-oriented psychotherapy**
  - **Experiential skills training**
  - **Psycho-education**
  - **Milieu therapy**
  - **Group therapy**
  - **Recreation**
  - **Family therapy sessions:** Adolescents experience better results when family is involved (required twice a week)
  - **Psychiatric care:** Involves medication consultation and management by a psychiatrist (at least twice a week)
    - Parents and/or caregivers are encouraged to share any questions or concerns about medication with their teenager's assigned psychiatrist. It may also be decided medication is not necessary.
- Additional touchpoints:
  - We coordinate with outpatient therapists and/or medication providers to ensure continuity in each client's care after discharge
  - A nutritious snack will be available at the start of the program each day
  - Lunch is also provided daily