Vanderbilt Adolescent Partial Hospitalization Program

Referrals:
(615) 875-1900

Vanderbilt Psychiatric Hospital
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Nashville, TN 37212

VanderbiltBehavioralHealth.com

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Ages 13-17
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