

Vanderbilt
**Adult Partial
Hospitalization Program**

Referrals:
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VanderbiltBehavioralHealth.com

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DP-0620



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**Adult Partial
Hospitalization
Program**

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VANDERBILT ADULT PARTIAL HOSPITALIZATION PROGRAM (PHP)

Designed to help adults struggling with mental health concerns whose symptoms are not responding to current outpatient therapy and/or medication.

We use evidence-based treatments personalized to each client's needs and symptoms, which may include:

- Anger or irritability
- Inability to regulate emotions
- Interpersonal conflicts
- Isolation
- Mood-related sleep disturbances
- Recurring suicidal thoughts

We provide a safe environment where clients can:

- Develop healthy self-care and sleep hygiene
- Experience optimism and hope
- Explore and shift negative core beliefs/thinking patterns
- Find support and encouragement
- Gain insight into unhealthy relationship patterns
- Learn adaptive coping skills like mindfulness, emotion regulation and distress tolerance
- Learn to focus on self and others

At a glance:

- Program hours follow a daily structured format
 - Monday – Friday
 - Hours: 9 a.m. – 3 p.m.
- Clients participate in structured groups led by licensed social workers and a registered nurse:
 - **Process-oriented psychotherapy**
 - **Experiential skills training**
 - **Psycho-education**
 - **Milieu therapy**
 - **Group therapy**
 - **Recreation**
 - **Family therapy sessions**
 - **Psychiatric care:** Involves medication consultation and management by a psychiatrist (at least twice a week)
- 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