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