Q: What is a Partial Hospitalization or Intensive Outpatient Program?

A: Partial Hospitalization Programs, or “PHP” and Intensive Outpatient Programs, or “IOP”, offer short-term, comprehensive treatment options for children, adolescents, adults and older adults who are living with emotional difficulties and/or addiction issues that may compromise the quality of their lives. The distinctive element of PHP and IOP is the participant’s opportunity to be within their normal environment (e.g. home, work, school, etc) when not in program, and to practice the new skills they’re learning. Ultimately, they maintain important relationships, and become more confident by implementing new coping strategies.

AMITA Health Behavioral Medicine offers a well-coordinated program of care that provides intensive treatment directed by a physician in a structured setting. Our program focus includes education, group therapy, family therapy, medication management, case management, and peer support. Our clinical approaches include treatment protocols in Cognitive Behavioral Therapy (CBT); Acceptance and Commitment Therapy (ACT); Exposure, Response, Prevention (ERP); mindfulness based-treatment; and Dialectical Behavioral Therapy (DBT). More information about these approaches are available on our website at ABBHH.org/PHP.

Partial Hospitalization Program is six hours during the day (typically 9 am – 3 pm) and includes lunch, which offers an opportunity to connect to peers with like issues and circumstances.

Intensive Outpatient Programs are less intense and are generally 3 hours a day, four days a week. We can be flexible with IOP programming, offering treatment in the morning, afternoon, or evening depending on patients’ work, school, or family schedules.

Q: How long is each of the programs?

A: There isn’t a set timeframe for our programs. On average, patients attend for two to three weeks in a PHP program and 4 to 5 weeks in an IOP program, but this can vary depending on a number of unique variables for each patient. Some of these variables include progress toward treatment goals and symptom management.
Q: **What kind of specialized treatment programs are provided at AMITA Health Behavioral Medicine?**

A: The following programs are provided:

- Adolescent PHP/IOP
- Adult PHP/IOP (three locations)
- Center for Addictions (PHP/IOP)
- Center for Anxiety and OCD (PHP/IOP)
- Center for Eating Disorder (PHP/IOP)
- Center for Self-Injury (PHP/IOP)
- Child PHP

We also offer specialized treatment options for:

- Millennial Patients
- Older Adults
- Professional Wellness
- Perinatal Mood Disorders
- Healthy Sleep
- Pain with Opiate Dependence
- School Anxiety and Adolescent Chemical Dependency
- DBT Skilled-based Group for Adolescents

The PHP and IOP programs at AMITA Health Behavioral Medicine provide programming based on a patient's presenting needs and issues. We pride ourselves in offering the menu of treatment options above so that each patient's plan of care can be truly individualized.

Q: **What kind of results can I expect?**

A: We offer strength-based, patient-centered care. At AMITA Health Behavioral Medicine we know that results are important to our patients, their families, healthcare providers, payors – and to our associates who are providing the care. It’s important that those who seek care experience a decrease in their symptoms, and that the quality of their lives improves. It is equally important that our patients learn new skills that are sustainable. Our Center for Evidence-based Practice routinely collects data to insure that our treatment approaches are significant and meaningful.

Q: **Do you have to attend PHP or be an inpatient before you can attend IOP?**

A: Participation in these outpatient programs is voluntary. Patients must meet "medically-necessary" criteria to be enrolled in this treatment. Patients may enter either a PHP or an IOP program at any time, depending on their presenting symptoms and needs. Inpatient treatment is recommended if a patient is harmful to self or others or is unable to care for him/herself. Most patients discharging from the inpatient units will, in fact, “step down” to a PHP or an IOP if the patient, family, physician, and case manager agree that this continued care would be beneficial.

Q: **What are the groups like in PHP and IOP?**

A: Our treatment focus is on education, in addition to medical monitoring and therapy groups. Depending on each program we offer group therapy that might cover: stress management/relaxation/ self-hypnosis, mindfulness, expressive therapy (art, music, movement, drama), goal setting, sleep hygiene, medication management, nutrition guidelines, spirituality, family therapy and multi-family support, psychoeducation, and aftercare to name a few.

Q: **What kind of additional supports are a part of the PHP and IOP?**

A: Aftercare is essential, and the hallmark to assuring that new skills are maintained. Discharge planning begins the day of admission. It’s also critical that families are involved and remain involved in the treatment planning, treatment program, and discharge planning processes.

Q: **What is expected of me?**

A: We want only the best for those that participate in our treatment services. It’s important to be a partner in that process. We hope that participants are able to attend daily (or when scheduled), and be able to fully engage in the treatment planning, treatment process, and discharge planning.

Q: **Does my Health Insurance cover payment for the program?**

A: AMITA Health Behavioral Medicine accepts most health insurances, including Medicare. We also accept Medicaid for children and adolescents (up to age 20). We have financial specialists available to you to discuss your options. We encourage our patients to contact their insurance benefit providers for specific details of their coverage for these programs.

Q: **Where are the AMITA Health Alexian Brothers Partial Hospitalization Programs? Is transportation provided?**

A: Most services are offered at AMITA Health Alexian Brothers Behavioral Health Hospital in Hoffman Estates. Additionally, an Adult PHP/IOP is offered at the AMITA Health Alexian Brothers Center for Mental Health in Arlington Heights, and our Evening Adult IOP program in Elk Grove Village. Since the geographic region we cover is vast, we cannot provide transportation. However, in an emergency, we are able to send patients home by cab or in the hospital van. Many children are brought to and from the program by Illinois Medicaid covered cabs. Since we have a national reputation, many of our patients are not from the Chicago area. We have relationships with local hotels and Ronald MacDonald Houses which are able to provide low cost housing, and sometimes transportation, to the programs.