

Welcome to our program.

Our Child and Adolescent Partial Hospitalization Service is the only program of its kind in the Upstate New York area. The program serves as a less restrictive alternative to inpatient psychiatric hospitalization for adolescents who do not require the security of a locked inpatient unit. It is also utilized for at-risk adolescents who are in need of a step-down from an inpatient psychiatric hospitalization. The program includes a school component during the academic year, as well as several hours of group therapy daily throughout the year.

The average length of stay is 13 treatment days, although this varies depending on individual patient needs.



**For more information,
or to make a referral, please call
the Intake Coordinator at
585-273-1779.**

Child and Adolescent Partial Hospitalization Service

1860 South Avenue, 2nd Floor
Rochester NY 14620
Phone: 585-273-1776
Fax: 585-273-1386

golisano.urmc.edu/behavioralhealth

Part of Strong Memorial Hospital.



v6/2020

Child and Adolescent Partial Hospitalization





Eligibility

Our Child and Adolescent Partial Hospitalization Service provides care for patients 12 to 18 years of age with a variety of acute psychiatric diagnoses. To be eligible, adolescents must be enrolled in a school program and have not yet made a transition to an adult living situation. Patients must also be:

- Able to demonstrate safe and cooperative behavior to benefit from this intensive treatment (therapeutic physical holds and restraints are not utilized in this program)
- At risk for inpatient hospitalization or in transition from an inpatient hospital stay
- In need of more support than what is provided by 45-minute weekly or bi-weekly counseling sessions
- Experiencing significant functional impairment at home, in school or in the community, despite the efforts of current outpatient providers

We also offer an Adult Partial Hospitalization Service for individuals ages 19 and older. For more information call 585-279-7850.

Services we provide

Adolescents in our program receive partial hospitalization services including:

- Approximately six hours of treatment, Monday through Friday
- Treatments such as:
 - Individual, group and family therapies*
 - Psychiatric evaluation and medication options
- Proactive and intensive treatment:
 - When coupled with time spent at home on evenings and weekends, patients are able to practice skills in coping with their various stressors
 - Patients then return to program to discuss what is and is not working
 - Our team-based approach actively involves patients and families who play an integral role in their health care

**Therapy is evidence-based and geared toward each patient's presenting problem. Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Trauma Informed Therapy and Systems Theory are the primary models of treatment.*



A dedicated team

Our experienced treatment team includes:

- Child/adolescent psychiatrist
- Psychiatric nurse practitioners
- Psychiatric nurses
- Clinical social workers
- New York State licensed teachers
- Art and recreation therapists



Each patient's community providers are also consulted – and community supports are encouraged to participate in treatment.

Program hours

During the school year, patients attend the program Monday through Friday from 7:45 a.m. to 2:00 p.m., with earlier dismissal on school holidays. Summer hours are from 7:45 a.m. to 1:00 p.m.

Referrals

Our Child and Adolescent Partial Hospitalization Program accepts referrals from physicians, psychiatrists, therapists, social workers, counselors, school personnel and mental health agencies both in and outside of Monroe County.