



## Adolescent PHP

### CARE FOR ADOLESCENTS

#### Structured Outpatient Care

**TrustPoint Hospital** offers various levels of care so that we can meet young people where they are on their healing journeys. Our adolescent partial hospitalization program (PHP) provides a more structured environment than the traditional outpatient setting.

#### Benefits of a PHP

Our adolescent PHP includes therapeutic interventions five days a week for six hours each day. Unlike inpatient and residential programs, a PHP offers the flexibility to return home after the treatment day ends. This allows your child to pursue extracurricular activities, spend time with family, and maintain their friendships.

#### Who We Help

Our PHP offers developmentally appropriate treatment for young people ages 13–17 who are struggling with symptoms of various behavioral health concerns, including depression, bipolar disorder, anxiety disorders, and co-occurring substance use disorders.

#### How We Help

Our expert team provides age-appropriate care that addresses the specific needs of adolescents, and each young person who participates in our PHP follows a treatment plan that is fully personalized for them.

**(615) 203-8239**

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## CARE EXPERIENCE

### Types of Therapy

Your child may engage in a combination of therapies depending on their individualized care plan. We offer group, individual, and family therapies to help young people learn how to manage their symptoms, as well as medication management services provided by a board-certified psychiatrist. We will work closely with your family to determine which therapies will be most beneficial for your child.

### Treatment Modalities

We designed our PHP for adolescents using proven treatment modalities to help them build a foundation for lasting healing. Our multidisciplinary teams may integrate cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), experiential therapies, and solution-focused therapy into your child's care experience depending on their individualized treatment plan.

### PHP Schedule

Our adolescent PHP includes morning and afternoon groups. There is also an hour of academic programming each day, and all participants receive lunch and two snack breaks.



**Schedule an  
Assessment**

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