

POLICY AND PROCEDURE

REACH for Tomorrow

Partial Hospitalization Program (PHP) – Program Description and Scope of Services

Effective Date: 08/15/2025

Approved By: Director of Medical and Clinical Services

Review Schedule: Annually or as Needed

Applies To: Integrated Primary Care/Behavioral Health, Day Treatment, PHP, Community Integration

Program Overview

The Partial Hospitalization Program (PHP) at REACH for Tomorrow provides an intensive, structured level of care for individuals experiencing acute or complex behavioral health or substance use symptoms that require more than outpatient support, but do not necessitate 24-hour inpatient treatment. The program operates as a step-up or step-down level of care, facilitating stabilization, recovery, and transition to a lower level of care in alignment with each person's individualized treatment plan.

PHP services are delivered within a multidisciplinary, integrated behavioral health and medical framework that emphasizes person-centered care, trauma-informed practices, and evidence-based treatment interventions. The program aligns with CARF 2025 Standards for Partial Hospitalization – Mental Health and Substance Use Disorders, OhioMHAS licensure requirements, and applicable payer guidelines.

Target Population and Admission Criteria

The PHP serves adolescents and adults who:

- Exhibit significant impairment in functioning due to a mental health or co-occurring substance use disorder;
- Require intensive, structured, daily treatment and monitoring;
- Have the ability to participate in at least 20 hours of programming per week;
- Do not present an imminent danger to self or others that would require inpatient care; and
- Demonstrate motivation to engage in therapeutic programming and medication management.

Admission, continued stay, and discharge criteria are based on ASAM Criteria (for SUD) and medical necessity per payer and CARF standards.

Hours and Frequency of Operation

The PHP operates five days per week, Monday through Friday, for a minimum of 20 hours per week of direct therapeutic contact. Services are provided during daytime hours, with the

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capacity for after-hours crisis support through REACH for Tomorrow's 24/7 crisis line. Length of stay is individualized based on clinical need, generally ranging from 2 to 6 weeks.

Program Structure

Services are delivered through a multidisciplinary team that includes licensed behavioral health clinicians, nurse practitioners, case managers, QMHS staff, and medical assistants. Psychiatric consultation and medical oversight are provided by the Director of Medical and Clinical Services and collaborating medical doctor.

Each participant receives a comprehensive assessment upon admission and an integrated treatment plan that addresses behavioral, medical, and social determinants of health. Services are documented in the organization's electronic health record (BestNotes) in compliance with HIPAA and 42 CFR Part 2.

Scope of Services

PHP provides a full continuum of integrated mental health and substance use disorder services, including:

1. Clinical and Therapeutic Services

- Individual psychotherapy
- Group psychotherapy (CBT, DBT, relapse prevention, trauma recovery, psychoeducation, and skills groups)
- Family or support system counseling
- Medication-assisted treatment (MAT) coordination and monitoring
- Dual-diagnosis education and support
- Crisis intervention and safety planning

2. Psychiatric and Medical Services

- Comprehensive psychiatric evaluation
- Ongoing medication management and review
- Nursing assessment and health monitoring (vitals, labs, medication adherence)
- Education on medication, side effects, and self-management
- Coordination with primary care and specialty providers

3. Case Management and Recovery Support

- Individualized care coordination
- Discharge and aftercare planning
- Linkage to community resources (housing, employment, peer recovery, and social supports)
- Coordination with probation, courts, or other involved systems when applicable

4. Integrated and Supportive Services

- Screening and monitoring of physical health needs

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- Psychoeducational groups addressing wellness, nutrition, and sleep hygiene
- Substance use monitoring (urine drug screening, confirmation testing)
- Support for co-occurring medical and behavioral health conditions

Program Goals and Expected Outcomes

The PHP aims to:

- Stabilize acute psychiatric and/or substance use symptoms;
- Improve functioning in emotional, behavioral, and social domains;
- Prevent hospitalization or relapse;
- Support medication adherence and recovery management;
- Transition individuals to lower levels of care with sustained community engagement.

Outcome measures include treatment goal attainment, symptom reduction scales (PHQ-9, GAD-7, C-SSRS), participation and completion rates, and follow-up linkage to outpatient services.

Discharge and Transition Criteria

Discharge occurs when:

- The individual demonstrates sufficient symptom stabilization to function safely in a less intensive level of care;
- Treatment goals have been substantially met;
- The individual elects to withdraw from treatment; or
- Continued participation no longer meets medical necessity criteria.

Discharge planning includes a written aftercare plan, follow-up appointment scheduling, and release of information for coordination with external providers.

Quality and Compliance

The program engages in ongoing performance measurement and quality improvement activities consistent with CARF Section 1.I and Section 2 standards, including:

- Routine peer review and clinical supervision;
- Monitoring of treatment outcomes and satisfaction data;
- Review of medication safety, incident reporting, and risk management;
- Staff competency verification and annual training compliance.