

PARTIAL HOSPITALIZATION PROGRAMS

Partial Hospitalization Programs, also known as **PHP** or **DAY** Programs, represent a midpoint along the treatment intensity continuum **between** an outpatient service and inpatient. It can provide intensive treatment as an **alternative** to a full psychiatric hospitalization and typically **help support** children who are struggling with mental health diagnoses such as ADHD, anxiety, depression, bipolar disorder, etc.

PHPs are **time-limited** programs, which create focused environments that can motivate patients and the treatment teams to invest maximum effort in resolving the crisis. While in the PHP program, patients try to resolve their crises, understand their triggers, and try to learn healthy coping behaviors.

The **main treatment components** include group therapy, patient education, medication management, and individual meetings to discuss aftercare referrals, safety planning, relapse prevention, and school re-entry.

EXPERT TEAM TO CARE FOR YOUR CHILD

Our team of experts works closely with families, schools, community clinicians, and involved agencies to help children and adolescents function with minimal disruptions to their life:

- Children **continue to live at home** while they participate in a program.
- Children typically participate in a program for **2-5 weeks**.
- Children attend the Partial Hospitalization Program **3-5 days a week**, for **4-5 hrs** at a time.
- Families are assigned a case manager who coordinates their child's care and is their primary contact.
- The **multidisciplinary care team** includes child psychiatrists, psychologists, nurses, mental health counselors, and teachers.

YOUR CHILD'S TREATMENT

Our team members focus on helping your child learn skills to:

- Manage their emotions
- Improve their relationships
- Meet academic expectations

Treatment is tailored to your child's needs and includes:

- Psychiatric consultation
- Group psychotherapy
- Family meetings
- Individual therapy
- Psychoeducational groups
- Creative arts group
- Academic/tutorial classrooms

Local Partial Programs/Day program

Wayside Day Center

<https://www.waysideyouth.org/aboutus/ourservicesoverview/services/psychiatric-day-treatment-center/>

Phone: 508-561-1814

Phone: 774-279-7008

Address: 1 Frederick Abbott Way, Framingham, MA 01701

Crown Adolescent Health

<https://crownadolescenthealth.com/teen-treatment-massachusetts/partial-hospitalization/>

Phone: 888-608-8137

Email: info@crownadolescenthealth.com

Address: 109 Oak Street, Newton, MA 02061

Kiwi Recovery

<https://www.kiwirecovery.com/our-programs>

Phone: 617-958-2339

Email: hello@kiwirecovery.com

Address: 86 Baker Ave Extension, Suite 230, Concord, MA 01742

Westborough Behavioral Healthcare Hospital- “Taking Shape Program”

<https://www.westboroughbehavioral.com/node/1589>

Phone: 508-329-6412

Address: 300 Friberg Pkwy, Westborough, MA 01581

McLean Hospital

<https://www.mcleanhospital.org/treatment/teen-partial>

Phone: 617-855-2804

Phone: 877-771-0882

Email: mclbapp@partners.org

Address: 115 Mill St, Belmont, MA 02478

Bournewood Hospital (Additional speciality in psychosis)

<https://www.bournewood.com/partial-hospital-program/>

Phone: 617-676-3440

Address: 300 South Street, Brookline, MA 02467

Walden Behavioral Care (Eating Disorder Program)

<https://www.waldeneatingdisorders.com/eating-disorder-treatment-programs/partial-hospitalization/>

Phone: 888-305-2997

Email: intake_coordinators@waldenbehavioralcare.com

Address: 112 Turnpike Road, Suite 100 Westborough, MA 01581

Address: 69 Hickory Drive, Suite 2000 Waltham, MA 02451

Live Parent Coaching- Put in referral yourself or outside providers can

[Baker Center: BPT](#) : BPT is a program that helps caregivers learn ways to manage and improve their child's behavior. Using selective attention, BPT helps caregivers learn how to increase positive, prosocial behaviors through the use of one-on-one time and praise while also reducing challenging behaviors using a consistent, predictable, and structured approach. While BPT is the frontline treatment for children and adolescents with disruptive behavior challenges and ADHD, it can also support individual therapy for children with anxiety, depression, and traumatic stress by strengthening the child-caregiver relationship and establishing a more consistently reinforcing home environment.

Independent Self Paced-complete on your own

[Mayo Clinic Cooperation Coach](#): Mayo Clinic Cooperation Coach helps parents increase their kids cooperation and decrease anger and other emotional outbursts. You can **use this program on your own** to learn about behavior management and make an individualized plan to increase your child's cooperation and decrease emotional outbursts. You can either complete the **whole program** in one sitting which takes approximately **60 to 90 minutes**, or you can do each of the three steps individually, in about 30 minutes each, starting with the Overview.