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Psychoeducation and Life Skills Curriculum Outline

Partial Hospitalization Program (PHP)

Effective Date: 08/15/2025

Approved By: Director of Medical and Clinical Services

Review Schedule: Annually or as Needed

Applies To: All Programs — Outpatient MH/SUD, IOP, PHP, and Integrated Primary Care/Behavioral Health

Purpose

The purpose of this curriculum outline is to provide structured psychoeducation and life skills training within the Partial Hospitalization Program (PHP). These services support recovery, improve daily functioning, enhance coping abilities, and promote independence in community living.

Program Overview

Psychoeducation and life skills groups are structured components of PHP programming. These groups provide practical tools and knowledge to help individuals manage symptoms, strengthen coping strategies, and improve social and functional abilities.

Curriculum topics are delivered through therapeutic group sessions facilitated by qualified clinical staff and may be adapted based on participant needs.

Core Psychoeducation Topics

1. Understanding Mental Health Conditions

- Symptoms and diagnosis
- Treatment options
- Medication education
- Stigma reduction

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2. Understanding the Recovery Process

- Recovery principles
- Personal recovery planning
- Hope and resilience

3. Stress and Anxiety Management

- Stress response education
- Relaxation techniques
- Mindfulness practices

4. Emotional Regulation

- Identifying emotions
- Managing emotional intensity
- Healthy emotional expression

5. Trauma Awareness

- Effects of trauma
- Trauma-informed coping strategies
- Safety and grounding skills

Life Skills Training Topics

1. Daily Living Skills

- Personal hygiene and self-care
- Time management
- Organization and routine building

2. Communication Skills

- Assertive communication
- Active listening
- Conflict resolution

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3. Problem-Solving Skills

- Identifying problems
- Generating solutions
- Decision-making skills

4. Social Skills Development

- Healthy relationship boundaries
- Building supportive relationships
- Navigating social situations

5. Community Functioning

- Accessing community resources
- Transportation planning
- Employment readiness and education support

6. Wellness and Health Education

- Nutrition basics
- Sleep hygiene
- Physical activity and wellness practices

Relapse Prevention and Coping Skills

Participants learn strategies to maintain stability and prevent relapse, including:

- Identifying triggers and warning signs
- Developing coping strategies
- Creating personal crisis or safety plans
- Strengthening support systems

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Teaching Methods

Curriculum content may be delivered using multiple interactive methods including:

- Group discussion
- Skills practice exercises
- Role-playing activities
- Worksheets and structured activities
- Psychoeducational presentations

Integration with Treatment Plans

Psychoeducation and life skills topics are aligned with individualized treatment plan goals. Clinicians connect group curriculum content with each participant's therapeutic objectives and encourage application of learned skills in daily life.

Documentation Requirements

Facilitators document group services in the clinical record including:

- Group topic and objectives
- Interventions used
- Participant attendance
- Level of engagement
- Observed progress toward treatment goals

Program Review

Curriculum topics and effectiveness are reviewed periodically as part of program evaluation and quality improvement activities. Feedback from participants and clinical staff may inform updates to the curriculum.