

POLICY AND PROCEDURE

REACH for Tomorrow

Day Treatment Program Description

Program: Behavioral Health Day Treatment / Partial Hospitalization Program

Effective Date: February 15, 2026

Review Date: February 15, 2027

Responsible Party: Clinical Director / Director of Medical & Clinical Services

Program Overview

The Day Treatment Program, also referred to as a Partial Hospitalization Program (PHP), provides structured, intensive behavioral health services for individuals experiencing significant mental health or co-occurring substance use challenges. The program offers a level of care that is more intensive than traditional outpatient services while allowing individuals to remain in their community and home environment.

Program Goals

The goals of the Day Treatment Program include:

- Stabilization of acute behavioral health symptoms
- Reduction of psychiatric distress and functional impairment
- Development of coping and recovery skills
- Prevention of hospitalization or relapse
- Support for transition to lower levels of care
- Improvement in overall functioning and quality of life

Target Population

The program serves adults and/or adolescents experiencing moderate to severe mental health symptoms who require structured therapeutic support but do not require 24-hour inpatient hospitalization. Individuals may also present with co-occurring substance use disorders when appropriate for the level of care provided.

Program Services

Services provided within the Day Treatment Program may include:

- Group therapy
- Individual counseling
- Psychoeducational groups

POLICY AND PROCEDURE

REACH for Tomorrow

- Skills training (coping skills, emotional regulation, communication)
- Medication management and psychiatric services
- Care coordination and case management
- Crisis intervention when necessary
- Family involvement when clinically appropriate

Program Structure

The Day Treatment Program operates on a structured daily schedule that typically includes multiple hours of therapeutic programming. Participants attend scheduled sessions designed to support treatment goals outlined in their individualized service plans.

Programming may include a combination of therapeutic groups, clinical interventions, and support services delivered by qualified behavioral health professionals.

Admission Criteria

Admission to the program is based on clinical assessment and medical necessity. Individuals must demonstrate behavioral health needs that require structured therapeutic services beyond traditional outpatient treatment but do not require inpatient hospitalization.

Individualized Treatment Planning

Each individual served receives an individualized service plan developed collaboratively with clinical staff. The treatment plan identifies goals, measurable objectives, and interventions designed to address the individual's specific needs, strengths, and recovery priorities.

Multidisciplinary Team Approach

The program utilizes a multidisciplinary team approach. Treatment may involve collaboration among licensed clinicians, medical providers, case managers, and other qualified staff to ensure comprehensive and coordinated care.

Length of Participation

Length of participation varies depending on individual clinical needs, treatment progress, and medical necessity. Treatment progress is regularly reviewed through treatment plan reviews and multidisciplinary case discussions.

Discharge and Transition Planning

Discharge planning begins early in the treatment process and supports transition to appropriate follow-up services. Referrals may be made to outpatient counseling, medication management providers, community support services, or other levels of care as clinically indicated.

POLICY AND PROCEDURE

REACH for Tomorrow

Program Outcomes and Quality Monitoring

Program effectiveness is monitored through outcome measurement, client feedback, chart audits, and quality improvement activities. These processes support ongoing evaluation and improvement of program services.