

Partial Hospitalization Program (PHP)

The New Foundation's Partial Hospitalization Program (PHP) for adolescents ages 11-17 years old provides a structured therapeutic treatment environment for individuals with substance abuse challenges, behavioral health issues, or both (also known as co-occurring disorders). This unique day program offers extensive hours to those needing intensive treatment programming. Our objective is to return an individual to his or her daily routine as soon as possible. To accomplish that, we take an intensive approach to treatment. A daily schedule includes focused goal setting, group therapy, academics and educational groups in which individuals address the issues that have disrupted their lives.

A multi-disciplinary approach is taken by a team of professionals that includes a psychiatrist, social workers and counselors, registered nurses and behavioral health technicians. They work together to provide comprehensive treatment. We provide each individual with the understanding and skills necessary to manage his or her disorder and allow a return to family, school, and community.

Program Hours & Days

Partial Hospitalization Program (PHP) operates Monday-Friday from 8:00 a.m. to 7:30 p.m.

Conditions/symptoms addressed:

- Mood Disorders
- Self-destructive Behaviors
- Poor Social Skills
- Family conflict issues
- Trauma/PTSD
- Depression and Anxiety
- Defiant behaviors
- Low Self Esteem
- Substance abuse and dependence
- As well as other psychiatric disorders and behavioral issues.



Treatment Approach

The New Foundation's integrative approach blends together today's most effective treatment strategies with long standing, evidenced-based techniques to help our clients achieve lasting recovery. These include:

- Trauma Informed Care
- Utilizing a Strength-based approach
- Dialectical Behavioral Therapy (DBT)
- Forward Thinking Interactive Journaling
- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing (MI)

Family Involvement

Substance abuse and mental health problems affect the entire family. Parent involvement plays a vital role in recovery. While children and adolescents are in treatment, parents participate in family therapy and a parent education group held every Monday night from 6:00 p.m. to 8:00 p.m. This group is designed to educate and train parents on recovery, trust, communication, limit setting, parenting and preparing for the return home.