

## Frequently Asked Questions

### When is PHP held?

PHP is offered daily Monday through Friday. Depending on your child's schedule, daily programming will start between 8:30 and 9:00 a.m. and end between 3:30 and 4:00 p.m. Your child will be given their program schedule during the intake assessment.

### How long does the program last?

Treatment is different for every child based on individual goals and progress. The average length of enrollment in PHP is between 3 and 6 weeks. Your child's treatment team will talk with you to develop an individual treatment plan which includes planning for discharge.

### Who may be appropriate for PHP?

PHP may be recommended in response to escalating mental health needs for children and adolescents age 10-17. A referral to PHP may be appropriate for children and adolescents who:

- Have experienced an increase in their mental health symptoms or a decrease in their functioning as a result of their mental health diagnosis.
- May benefit from multidisciplinary interventions.
- Are unable to maintain functioning in their school setting due to emotional concerns.
- Have recently experienced hospitalization for mental health needs.
- Need more support than traditional outpatient therapy.
- Are able to maintain safety at home and in the community and have adequate supports to maintain safety and structure outside of scheduled program hours

### How are referrals made?

Patients are referred to PHP by a medical or mental health provider. When a referral is received, our PHP team will contact you to provide more information about the program and schedule a start date for your child. On the first day, you and your child will complete an intake evaluation, meet with members of the treatment team, and learn more about PHP expectations and responsibilities.

### Who is on the PHP care team?

While enrolled in PHP, your child is cared for by a collaborative treatment team of mental health therapists, psychiatrists, psychologists, nurses, mental health coaches, an educational consultant, and other allied mental health professionals.

### What if my child already has a therapist in the community?

During PHP, your child typically will not meet with any outpatient community therapists or medication providers. On discharge from the program, the team will coordinate with your child's community providers to support a successful transition.

### What does my child need to bring to PHP?

Patients are permitted to bring program-approved materials each day. The PHP Family Handbook contains a detailed list, which will be shared with you when your start date is scheduled. Lunch and snacks are provided.

### What about school?

Your child will participate in daily academic support sessions while in PHP. These are facilitated by our educational consultant, who is a Virginia licensed educator. Patients are encouraged to bring in current schoolwork to be completed during these times. The Virginia Department of Education provides guidance on how school districts manage absences. Our educational consultant will support you in communicating absences to your child's school.

