

For some psychiatric patients, partial hospitalization can be a useful alternative to inpatient treatment. The acute partial hospitalization program at El Camino Hospital uses cognitive behavioral therapy as its theoretical framework. Our goal is to enable patients to effectively continue their treatment after discharge by transitioning to a traditional outpatient psychiatrist and/or therapist.

About El Camino Hospital

As an independent, nonprofit hospital with campuses in Mountain View and Los Gatos, we are empowered to do whatever it takes to bring you the finest quality care. Our administrative leadership helps foster a dynamic, collaborative environment. Our world-class physicians actively seek out the latest treatments and technologies to benefit our patients. And all of our nurses, staff and volunteers share our commitment to excellence. Together, we do our utmost to bring you compassionate, comprehensive medical care that is truly state-of-the-art. Our key medical specialties include cancer care, heart and vascular services, neuroscience, genomic medicine, urology, ophthalmology, orthopedic and spine surgery, and women's health.

For a more detailed look at our capabilities, please visit our Web site at www.elcaminohospital.org.

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E-0403_PHPBro Aug09

Acute Psychiatric Partial Hospitalization Program



El Camino Hospital
THE HOSPITAL OF SILICON VALLEY



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About our programs

The partial hospitalization program (PHP) and the intensive outpatient program (IOP) both provide intensive, goal-oriented short-term treatment. The idea is to help patients overcome dysfunctional emotions and behaviors, and develop the coping skills they need to get on with their lives. Treatment is tailored to the individual person.

Partial hospitalization program:

- 6 hours a day, 5 days a week, Monday–Friday.
- Length of stay varies depending on medical necessity, but the average is 15 days.

Intensive outpatient program:

- Up to 3 hours a day, 5 days a week, Monday–Friday
- 6–12 sessions, depending on the patient's needs



Typical day

- 9:30 a.m. — Individual appointments
- 10:00 a.m. — Community meeting
- 10:30 a.m. — Group therapy
- 12:00 p.m. — Lunch
- 1:00 p.m. — Cognitive behavioral group
- 3:00 p.m. — Stress management group
- 4:00 p.m. — Home

Our staff

Our staff consists of psychiatrist-medical directors, clinical nurse specialists, registered nurses, marriage and family therapists, occupational therapists, and psychologists. The team is experienced and empathetic, and gets to know each patient individually so as to provide treatment that is both personalized and relevant.

Admission

Patients are referred to the outpatient programs by their community psychiatrist and/or therapist, or by psychiatric inpatient hospitals. Occasionally, it's the patients' families, or even the patients themselves, who initiate acute psychiatric partial hospitalization. All prospective patients must make an appointment for an initial assessment to determine the best level of care.

Fees and insurance

Most insurance plans cover the partial hospitalization/intensive outpatient programs. Psychiatrist fees are separate from hospital program fees.

Location

El Camino Hospital Behavioral Health Services, 2500 Grant Road, Mountain View, California.

Contact information

For more information, or to make an assessment appointment, please call 650-940-7254 or 866-789-6089 (toll-free).

