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Framework for Implementation of a Partial Hospitalization Program

Katelynn Krause
Grand Valley State University

Erin Bachler
Grand Valley State University

Stephanie Moon
Grand Valley State University

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Title: Framework for Implementation of a Partial Hospitalization Program
Authors: Katelynn Krause, Erin Bachler & Stephanie Moon

Objective: The aim of this study was to investigate which disciplines, program structures, and outcome measures are currently utilized within partial hospitalization programs (PHPs) across the United States (U.S.). This intervention included which diagnoses are treated within these programs, and the distinct role occupational therapy (OT) can have within PHPs.

Method: Due to a lack of current research and existing literature on PHPs, a survey designed to identify program components was administered to a sample of 150 currently operating PHPs in the U.S. to determine an optimal framework for a new partial hospitalization program (PHP).

Results: Twenty-nine respondents completed the online survey, 83% of which were administrative staff or managers. Findings reveal widespread use of Dialectical Behavior Therapy (DBT), stress management education, medication management, and use of the PHQ-9 for outcome measurement.

Discussion: Despite the ability of occupational therapists (OTs) to administer these common, evidence-based components, underutilization of the profession still exists. The findings from this research study ultimately indicate the need for OT services in PHPs, and serve as a reference for institutions seeking to implement effective PHPs that promote long-term recovery for patients with mental health diagnoses.