

## ABOUT COLUMBIA HOSPITAL

Columbia Hospital is a 250-bed acute care facility with over 30 years of experience in providing the highest quality of care to our patients. Our medical staff has grown to over 400 members and the hospital has over 650 employees. Columbia Hospital is accredited by The Joint Commission and the American Osteopathic Association. The hospital has been a primary teaching affiliate of Nova Southeastern University for over 25 years.

In addition, all departments make customer service a priority. Columbia continues to live up to its reputation of having state-of-the-art medical and diagnostic technology, a highly qualified medical staff, and an unwavering commitment to compassionate patient care.

### Additional services include:

- 24-hour Emergency Department and
- Primary Certified Stroke Center
- Breast Care Center
- Critical Care Unit
- Interventional Vascular Suite
- State-of-the-Art Imaging and MRI
- Outpatient Rehab Services
- Wound Management
- Center for Pain Care
- The Orthopedic & Spine Institute of the Palm Beaches



### Directions to Columbia Hospital:

Columbia Hospital is conveniently located in West Palm Beach, east of I-95 off of 45th Street at Congress Avenue.

For more information,  
please contact PHP at 561-882-0252  
Monday - Friday from 8:30 pm to 5:00 pm



2201 45th Street | W. Palm Beach, FL 33407

[www.columbiahospital.com](http://www.columbiahospital.com)



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Services will be provided in a nondiscriminatory manner without regards to age, race, gender, national origin or disability.

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## PARTIAL HOSPITALIZATION PROGRAM

*A Day Treatment Program  
for Adults and Seniors*



## PARTIAL HOSPITALIZATION PROGRAM

The Partial Hospitalization Program (PHP) at Columbia Hospital provides an intensive level of psychiatric treatment in an out-patient setting. The primary goal of PHP is to improve a patient's level of functioning and reduce symptoms to prevent relapse or hospitalization. Each patient participates in a formal comprehensive clinical evaluation completed by a multidisciplinary team of psychiatrists, social workers and registered nurses. Individualized treatment plans incorporate the results of the multidisciplinary evaluations with the patient's strengths, limitations and goals for treatment. The patient's goals are reviewed and updated weekly in the team meetings and individual sessions.

## TREATMENT MODALITIES

### Group Therapy

- Communication Skills
- Medication Education
- Problem Solving
- Coping Skills
- Grief and Loss
- Interpersonal Relationships
- Cognitive Therapy
- Relapse Prevention
- Self-Esteem
- Stress and Anxiety
- Goals
- Addictions

Aftercare planning is a critical part of the treatment process and begins at admission. The patient in coordination with the treatment team, the patient's psychiatrist, therapist, and significant others participate in developing an aftercare plan that includes therapy referrals, support groups, community agencies and services.

## REFERRALS & ASSESSMENTS

Patients come to the program as a transition from the hospital or come from the community to provide stabilization.

Referrals can be made directly by psychiatrists, mental health professionals, social service agencies, family members or others who have reason for concern about a person's mental health and behavior and to prevent hospitalization.

For referrals and assessments, please call (561) 882-0252 between the hours of 8:30 am to 5:00 pm, Monday through Friday.

### Individual Therapy

### Family Therapy

### Medication monitoring and education

### Morning snack and lunch

### Transportation Services

### Discharge Planning

## ADMISSIONS CRITERIA

- 18 years of age and older
- Impairment in areas of:
  - Depression
  - Anxiety and panic disorders
  - Bipolar
  - Co-occurring disorders such as eating disorders and substance abuse
  - Trauma
  - Other psychiatric symptoms
- Medically stable to participate in the program
- No immediate risk of harm to self or others
- Willing and capable to participate in cognitive-based therapy
- Does not primarily require custodial care
- Have psychiatric symptoms that impair social, occupational, or other important areas of functioning.

Length of participation in the program varies with the individual and may range from 2 to 12 weeks on average.

## PROGRAM HOURS

**Monday through Friday**

**8:30 am to 2:30 pm.**

**Medicare and most insurances are accepted.**