

We want to make you feel comfortable and safe so you can get the most out of your program. Here's what to expect on Day 1 of Foresight's Partial Hospitalization Program (PHP).

Please arrive 30 minutes before the program starts to check-in.



Check-In

Foresight's Practice Coordinator (PC) will:

- Greet you and check you in.
- Review documents that were sent by email and verify signatures. If any of your documents were not signed or completed, the PC will provide the documents you need to complete.
- Provide a tour of the office, including bathrooms and where to get water and snacks.
- Complete your initial vitals (weight, temperature, blood pressure) in preparation for your physical with the PHP Nurse. Taking vitals is a standard of care in a PHP program.

Scheduled Initial Assessments

The following 1:1 assessments will be scheduled in advance and take approximately 60 minutes on your first day. The assessments allow further evaluation and discussion of PHP treatment goals. For minors, the caregiver/guardian will be included in the assessments.

- **Therapist:** The group Therapist will schedule an initial session to review the program, identify goals of treatment, and discuss individual needs.
- **Psychiatry Provider:** The PC will schedule an initial medication assessment with one of our Psychiatry Providers to obtain medication history, discuss medication options, identify treatment goals, and discuss individual needs.
- **Nurse:** The PC will schedule a Medical History & Physical exam with the PHP nurse to assess for any medical concerns and provide health support throughout the program.

Group Therapy

Group Therapy will be led by a licensed Therapist who is a part of your treatment team. During the first day, the Therapist will:

- Review Group guidelines.
- Provide an overview of the day-to-day schedule.
- Invite group members to ask questions and share thoughts about being a part of the program.

Sample Schedule Monday through Friday

10:00-11:00a

Process Group

11:00-12:00p

Education Group

12:00p-1:00p

Education Group.

1:00p-2:00p

Lunch

2:00p-3:00p

Wrap-Up Group

Types of Groups

Process Group

- Process Group starts with members sharing a feeling word for the day and can request time to talk in group about a specific topic or issue.
- Group members are welcome to invite feedback and input from others to gain various points of view, which can lessen feelings of isolation in dealing with stressors.
- The group Therapist may bring a topic to the Process Group to help guide conversation and exploration.
- Please know, there is no pressure or requirement to open and share during the Process Group. It is normal for people to take time to become comfortable sharing in a group.

Education Groups

- Education Groups focus on following a set curriculum that covers many topics, including Mindfulness, Cognitive Behavioral Therapy, Communication, and Boundaries.
- These groups assist in instilling and practicing tools in real time in a non-judgmental, safe environment.
- Group members are encouraged to ask questions and take notes.
- The education is intended to be adaptable and meet each person's individual needs.

Wrap-Up Group

- During Wrap-Up Group, the Therapist will provide an overview of what was covered during the day.
- Wrap-up provides a space for members to reflect on what they have processed and learned that day.
- Members will identify one tool they plan to implement and how this will benefit their overall therapy goals.
- Members will provide a check-out feeling, then be dismissed.



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