

## Group Topics

Anger Management  
Assertiveness Training  
Bipolar Disorder  
Career Counseling  
CBT-Distorted Thoughts  
Choices  
Community Reintegration  
Community Resources  
Conflict Resolution  
Consequences  
Co-Occurring Disorders  
Depression  
Family Conflict  
Fears  
Feelings  
Friends  
Healthy Coping Skills  
Illness Education  
Issues & Answers  
Life Management Skills  
Living Environment  
Maintaining Sobriety  
Managing Crises  
Managing Emotions  
Medication Education  
Men & Women's Issues  
Nutrition  
Problem Solving  
Relapse Prevention  
Relationships  
Relaxation Therapy  
Schizophrenia  
Self-Esteem  
Social Environment  
Social Isolation  
Stress Management  
Substance Abuse  
Symptom Management  
Symptom Recognition  
Treatment Goals  
Treatment Noncompliance

Monday through Friday  
8:30AM to 3:00PM

## Location

Bon Secours Hospital  
2000 West Baltimore Street  
5th Floor  
Baltimore, MD 21223

## For More Information

*Please call:*

**(410) 362-3573 or  
(410) 362-3540**

# Partial Hospitalization Empowerment Program for Adults



**Your Connection to  
Hope, Help and Healing.**

*Bon Secours Baltimore Health System is a faith-based community health system and is part of a national health corporation sponsored by Bon Secours Ministries*

*We are dedicated to providing quality compassionate health care, services and programs to all patients and communities without regard to race, color, ancestry, age, sex, disability, national origin or religion.*

**BonSecoursBaltimore.com**

**(410) 362-3557**

  
**BON SECOURS BALTIMORE  
HEALTH SYSTEM**

## Partial Hospitalization Empowerment Program for Adults

The Partial Hospitalization Empowerment Program (PHEP) is a structured, intensive day treatment program for adults who are in need of psychiatric stabilization.

PHEP is a culturally sensitive, therapeutic program facilitated by a multidisciplinary team of psychiatrists, licensed therapists, social workers, registered nurses and behavioral health technicians who are committed to providing quality health care and empowering patients.

Individualized treatment focuses on relief of acute symptoms, establishment of healthy coping skills and collaboration with family and community support resources.

### Admission Criteria

PHEP is intended for individuals who:

- Have a history of multiple psychiatric hospitalizations.
- Have had a recent discharge from an inpatient psychiatric setting.
- Are in need of services that are more intensive and provide more structure than a traditional outpatient level of care.

### Areas of Expertise

- Schizoaffective Disorder
- Bipolar Disorder
- Depressive Disorders
- Schizophrenia
- Anxiety Disorders
- Trauma
- Personality Disorders
- Substance Abuse

### PHEP Provides

- Psychosocial and Psychiatric assessments
- Comprehensive treatment 5 days per week
- Medication Management Services
- Individual, group and family therapy
- Crisis stabilization
- Pharmacy Assistance
- Daily meals including breakfast, lunch and snacks
- Transportation services or bus tokens
- Referrals and aftercare planning

