



MEET McLAREN

# PARTIAL HOSPITALIZATION PROGRAM

## NEVER GIVE UP HOPE

McLaren Bay Region offers psychiatric services for people who benefit from structured programming, but do not require 24-hour supervision or medical assistance.

## HELP, HEALING, HOPE

McLaren Bay Region's skilled behavioral health teams led by psychiatrists provide comprehensive treatment services. Our clinicians work closely with individuals to evaluate challenges and develop personalized care plans.

Our goal is to provide quality care so patients can resume their lives as quickly as possible. Before admission, patients undergo a comprehensive evaluation. Patients consult with an attending psychiatrist and are actively involved in daily group therapy, educational groups and activity therapy.

Patients are assigned a therapist and nurse to assist them through the treatment program. They help identify ways to meet their treatment goals, assist with follow-up appointments, and make additional appointments as needed. We promote family involvement and connection with community resources.

## CONDITIONS TREATED

- Adjustment and stress-related disorders
- Anxiety and panic disorders
- Bipolar disorders
- Depression, including severe depression with suicidal or homicidal thoughts
- Psychosis and thought disorders
- Post-traumatic stress disorder
- Substance use disorders when combined with psychiatric disorders (dual diagnosis)

## OUR PROGRAM

The Partial Hospitalization Program (PHP) is a short term, comprehensive service designed to assist patients 18 years and older who are experiencing acute symptoms related to behavioral health. The goal of our PHP is to help individuals function at their maximum ability.

- McLaren's PHP runs five days per week from 9:00 a.m. – 3:15 p.m.
- Participants return to their home in the evenings
- Family and individual sessions are offered by appointment before and after primary programming hours as needed

## SKILLS DEVELOPMENT

Our PHP program offers training and education for future success in the following key areas:

- Communications Skills
- Coping Skills
- Medication Education
- Safe and Healthy Approaches to Self Expression
- Self Awareness
- Self Esteem Building Techniques
- Symptom Management

## ADMISSION CRITERIA

The individual must demonstrate symptoms of sufficient severity to bring about significant impairment in their day-to-day life in a social, vocational or education function. The individual must meet the following criteria:

1. Must not be eligible for inpatient behavioral health services
2. Be able to maintain adequate control over his/her behavior and must not be immediately dangerous to him/herself or others
3. Have the necessary community resources (i.e. family, case management) to support consistent participation in the program
4. Demonstrates sufficient motivation and capacity for active participation in all aspects of the program

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## WE WELCOME YOUR REFERRAL

**Both self-referral and physician referral are welcome!**

Phone referrals by calling (989) 667-6231 or fax your referrals to (989) 667-6205.

Providers please include the following information:

- Office visit notes, pertaining to the reason for referral, including all histories and medications
- Current patient demographics, including insurance information



**McLaren Bay Region  
Adult Partial Hospitalization  
Psychiatric Program (PHP)**  
1900 Columbus Ave.  
3 West  
Bay City, MI 48708  
(989) 667-6231

**McLaren Bay Region  
Behavioral Health  
Inpatient Services**  
1900 Columbus Ave.  
First Floor  
Bay City, MI 48708  
(989) 894-3911

**McLaren Bay Region  
Treatment-Resistant  
Depression Clinic**  
1900 Columbus Ave.  
3 West  
Bay City, MI 48708  
(989) 667-6231