



# ADULT LIFE PARTIAL PROGRAM



*The Adult Life Partial Hospitalization Program (PHP) is a weekly program designed as an alternative to inpatient hospitalization. The Partial Hospitalization Program allows for a highly structured program of therapy and support services for adults experiencing serious mental health challenges.*

## SKYLINE MADISON CAMPUS ADULT PARTIAL PROGRAM OFFERS:

- A structured environment offering support for people experiencing emotional crisis
- Intense therapy designed for individuals to be able to stay at home
- Continued stabilization after a hospital stay
- Staff psychiatrist and Licensed Clinical Social Workers
- Transportation provided within Davidson County
- Daily therapy Monday-Friday 8:15 am - 3:30 pm

## THE PROGRAM INCLUDES:

- Medication Evaluation/Management
- Individual Therapy
- Group Therapy
- Family Counseling
- Couples Counseling
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy

## PROGRAMS TO EFFECTIVELY TREAT:

- Depression
- Anxiety
- Bipolar Disorder
- Anger Management
- Loss/Grief
- Addiction
- Abuse
- Self Esteem
- Post Traumatic Stress Syndrome
- Occupational, marital, and family issues

 **Skyline Madison Campus**

A Facility of Skyline Medical Center®

**TRI STAR HEALTH SYSTEM.**

**Patient Referrals:  
TriStar Behavioral Health  
(615) 342-1450 or 1-877-342-1450**

## INSURANCE COVERAGE:

Most major commercial insurance programs accepted including Medicare and TennCare.