Partial Hospitalization Program

The PHP At CooperRiis Since 2003
A Partial Hospitalization Program









The PHP at CooperRiis is a highly structured day program that runs five days a week for five hours a day. This program is holistic and trauma informed with a strong wellness approach, that will focus on psychosocial needs & skill building. Evidenced based cognitive groups such as ACT, CBT, and DBT will be offered, as well as modalities like communication skills, expressive therapies and working within the internal family system. Mindful movement activities will be offered daily.

The initial admissions process will include a psychiatric assessment that will identify presenting challenges and current needs, a psychosocial and medical history, a safety assessment, and an initial recovery treatment plan will be created. Throughout treatment, we refine that plan and begin aftercare planning. Individual therapy as well as case management and psychiatry services are part of this program. An after hour help line will be available to members.

- Medication Management
- Case Management
- 25 hours of programming per week
  - Psychosocial needs
  - Skill building
- Evidenced-based cognitive groups
  - Cognitive Behavioral Therapy
  - Dialectical Behavioral Therapy
  - Acceptance and Commitment Therapy
- Mixed modality groups
  - Expressive Arts
  - Communication Skills
  - Internal Family Systems
- Dual diagnosis support
- Occupational Therapy
- Holistic Wellness Education
- Mindful Movement
  - Somatic Experience Exercises
  - Mindfulness Stress Reduction
  - Trauma Informed Yoga

Contact Admissions@CooperRiis.Org 828-899-4673