WESTERN PSYCHIATRIC INSTITUTE
AND CLINIC OF UPMC

Child/Adolescent Acute Partial Hospitalization Program
Franklin Building
1011 Bingham St.
Pittsburgh, PA 15203

For information or to refer a child or an adolescent for services, please call the intake office at 412-235-5496 or 412-235-5497.

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CHL&D/ADOLESCENT
ACUTE PARTIAL
HOSPITALIZATION
PROGRAM

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CHILD/ADOLESCENT ACUTE PARTIAL HOSPITALIZATION PROGRAM

PROGRAM DESCRIPTION
The Child/Adolescent Acute Partial Hospitalization Program (AAPHP) provides short-term, clinic-based crisis stabilization services to at-risk adolescents with emotional or behavioral challenges. Problems may include depression, suicidal thoughts, anxiety, poor impulse control, psychosis, or unsafe coping skills, combined with family, social, and school problems.

The AAPHP provides an intensity of treatment similar to that available on an inpatient unit, in a less restrictive, clinic-based setting. This short-term, intensive level of care allows adolescents to benefit from consistent, structured treatment while maintaining their usual living arrangements with their families. The program can provide a “step down” level of treatment for adolescents discharged from inpatient programs, or a “step-up” level when outpatient treatment is not effectively meeting an adolescent’s needs.

SERVICE MISSION
The goal of the AAPHP is to reduce serious psychiatric symptomatology and to improve a young person’s ability to function more successfully at home, at school, and in the community. The goal is to initiate change promptly, principally through symptom assessment and individualized planning, interventions, and skill development.

EVALUATION/ASSESSMENT
Designed to serve as a comprehensive treatment center, the AAPHP offers a range of services to adolescents and their families. Prior to admission, a comprehensive evaluation occurs targeting these areas: psychiatric issues, emotional and social adjustment, family functioning, and school performance. Treatment models at the AAPHP are designed to benefit most adolescents in need of acute behavioral health interventions and supports, but cannot meet the needs of all. Exclusion criteria include: primary diagnoses of oppositional defiant disorder, conduct disorder, intellectual disability, or substance abuse.

TREATMENT SERVICES
Following the evaluation, an individualized treatment plan is developed collaboratively with the adolescent and their family.

The treatment plan is designed to focus on the following areas: stabilization of the crisis leading to admission, medication evaluation and monitoring, developing individual and family problem-solving skills, identifying and changing negative behavior patterns through cognitive and dialectical behavior therapies (CBT/DBT), improving family and peer interactions, improving school performance, and preparation for transfer to outpatient treatment. The AAPHP provides school liaison services for adolescents during their treatment. The school liaison provides assistance with educational assessments, interventions, and disposition planning with schools, if indicated. The AAPHP offers the following treatment services: group, individual, family therapy, psycho-educational skill groups, medication management, and monitoring.

STAFFING
The AAPHP utilizes a multi-disciplinary team approach to treatment. The team includes a program manager, educational services coordinator, child psychiatrist, a clinical nurse specialist, psychiatric social workers, bachelor’s-level primary clinicians, developmental specialists, and other master’s-level specialty therapists.

ELIGIBILITY
Adolescents ages 13 to 18, with acute psychiatric symptoms and/or behavioral problems that interfere with their ability to function in family, school, or community settings are eligible. Children ages 11 to 12 years will be considered on a case-by-case basis.

LOCATION/HOURS OF OPERATION
The AAPHP is located in the South Side neighborhood of Pittsburgh.

The program offers flexible evening hours for family therapy.
Hours of operation:
Monday through Friday
8 a.m. to 2:30 p.m.

REFERRALS/INFORMATION
Referrals can be made by a variety of sources, including primary care providers, case managers, school personnel, and community agencies. For more information about the AAPHP or to refer a child or an adolescent for services, please call the intake office at 412-235-5496 or 412-235-5497.