

Partial Hospitalization Services for Adolescents and Adults

Sussex County



This program can serve patients who need support in transitioning from inpatient psychiatric care or who require more intensive services than those offered in traditional outpatient therapy. Our experienced staff designs activities and therapies tailored to reflect the specific needs of each individual we treat. Programs for adolescents and adults are separate and geared toward each age group.

Programs can include:

- Comprehensive individual assessments
- Medication stabilization
- Dual diagnosis programming
- Daily psychoeducational and group therapy
- Family sessions
- Life skills training
- Academic instruction for adolescents
- Expressive therapies, including art therapy
- Follow-up with outpatient providers
- Personalized discharge and aftercare plans

Affordable transportation options available upon request.

What to expect upon arrival to Dover Behavior Health System Sussex Campus

- Client will begin program one to two days after initial assessment
- Staff will help with insurance precertification
- Level-of-care assessment performed by master's-level counselor
- Psychosocial assessment
- Nursing assessment
- Urine drug screen (as indicated)
- Chemical dependency assessment (as indicated)
- Orientation to group programming
- Initial treatment plan developed
- Communication with referral sources and outpatient providers
- Academic instruction by onsite certified teachers year-round
- Catered lunch

Programs are offered weekdays from 9:00 am to 3:00 pm. Call 302-747-1421 to schedule an assessment or to make a referral. Walk-ins are also welcome.

We also offer an Intensive Outpatient Program for adults who are continuing their recovery from substance use. Hours are Monday through Friday from 9:00 am to 1:00 pm.

Dover Behavioral Health System is accredited by The Joint Commission and certified by the Centers for Medicare and Medicaid Services. TRICARE® and most major insurance plans accepted.

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Physicians are on the medical staff of Dover Behavioral Health System but, with limited exceptions, are independent practitioners who are not employees or agents of Dover Behavioral Health System. The facility shall not be liable for actions or treatments provided by physicians.

For language assistance, disability accommodations and the non-discrimination notice, visit our website. 191559-1562 4/19



Dover Behavioral Health System
Caring, Consistent, Collaborative Healthcare

Sussex Campus

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