

ADULT OUTPATIENT SERVICES: RALEIGH PARTIAL HOSPITALIZATION



**NATIONALLY
RANKED TOP 5
BEST PROGRAM...**

Close to Home.

Partial Hospitalization Program (PHP)
is the most comprehensive outpatient
clinical treatment available.

MONDAY-FRIDAY 8:45AM-2:45PM

- ✓ Five Therapeutic Skills-Based Groups
- ✓ Psychiatrist, Therapist + Nurse
- ✓ CBT, DBT, Mindfulness + Expressive Arts Therapy

IS PHP RIGHT FOR ME?

- Recent hospitalization (PHP can reduce the need for future inpatient treatment)
- Engaging in behaviors (including substance use) or unhealthy coping skills that are negatively impacting work, school or relationships-despite outpatient therapy



The Pines

AT HOLLY HILL HOSPITAL

THE PINES AT HOLLY HILL OUTPATIENT SERVICES

3020 Falstaff Road, Raleigh, North Carolina

NO-COST ASSESSMENTS (919) 250-7000

NEW IN 2019

RALEIGH INTENSIVE OUTPATIENT



**GROUP BASED
THERAPY...**

Tailored for
YOU.

An Intensive Outpatient Program (IOP)
is a structured first line of treatment—
a step above weekly therapy.

MON-WED-FRI 8:45AM-12:30PM

- ✓ Three Therapeutic Skills-Based Groups
- ✓ Psychiatrist, Therapist + Nurse
- ✓ CBT, DBT, Mindfulness + Expressive Arts Therapy

IS IOP RIGHT FOR ME?

- Need for more frequent outpatient sessions
- Not benefiting from weekly therapy

MOST INSURANCE ACCEPTED
Flexible payment plans available.



aetna

MEDCOST



UNITED BEHAVIORAL
HEALTH
OPTUM



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HOLLYHILLHOSPITAL.COM

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