

Adolescent Partial Hospitalization Program (PHP)

MultiCare Behavioral Health Network

The MultiCare Behavioral Health Adolescent PHP provides Dialectical Behavior Therapy (DBT) for youth aged 13-17 who are struggling with depression, dysregulated emotions, and self-harm behaviors.

Schedule: 2pm – 7pm on M-F (except holidays), for six weeks.

Services:

- Mental health evaluation by a board-certified child and adolescent psychiatrist, with the opportunity for medication management.
- Group, individual, and family therapy. Group therapy focuses on emotional regulation, distress tolerance, interpersonal effectiveness, and mindfulness.
- Individualized treatment plan that is reviewed by the treatment team weekly to help patients reach their goals.

Criteria

- Admission Criteria
 - Depression, emotional lability, self-harm, chronic passive suicidal ideation. Must be voluntary.
- Exclusion Criteria
 - Homicidal ideation, history of significant violence, active suicidal ideation, primary substance use disorder, eating disorder, and autism spectrum disorder or developmental delays that will limit ability to participate. Active mania. Psychosis that would limit ability to participate.



Navos Mental Health and Wellness Center

1210 SW 136th St, Burien, WA 98166

Want to make a referral?

Phone: 206-257-6600, Option 3

Fax: 206-257-6826

We accept Medicaid and private insurance.

Questions?

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