



PHP/IOP

INFORMATION SHEET

PARTIAL HOSPITALIZATION PROGRAM (PHP)

A (PHP) is a structured form of outpatient treatment that provides medical and mental health care services. It is designed as a step-down from inpatient care or a step-up from traditional outpatient services, offering a higher level of care without requiring overnight hospital stays. PHPs are intended for individuals who have moderate to severe mental health conditions that require regular monitoring and intervention but not 24/7 inpatient care.

COMPONENTS

Therapeutic Services: PHP program generally includes both individual and group therapy sessions tailored to treat the specific mental health conditions of the patients.

Medical Supervision: Medication assessment and adjustments are often part of the PHP to ensure optimal outcomes.

Skills Training: Patients may receive training in coping skills, stress management, and other life skills to improve their mental health and day-to-day functioning.

Frequency: PHPs usually run multiple days per week, ranging from 4 to 8 hours per day.

BENEFITS

Intensive Care: Offers a level of care more intensive than traditional outpatient therapy but less restrictive than inpatient care.

Flexibility: Allows individuals to return home each day, maintaining some normalcy in their daily life.

Continuity of Care: Serves as a bridge between inpatient and outpatient care, helping patients transition safely between different levels of treatment.

LIMITATIONS

Not Suitable for Everyone: Those with severe conditions that require round-the-clock care may not be appropriate candidates for PHP.

Insurance Coverage: Depending on the health insurance plan, coverage for PHP may vary and could be a potential barrier to entry.



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INTENSIVE OUTPATIENT PROGRAM (IOP)

An IOP is a structured treatment option for individuals dealing with mental health conditions, substance use disorders, or both. It is designed to offer a high level of care, similar to a Partial Hospitalization Program (PHP), but with a lower time commitment per week, allowing participants more flexibility to engage in their daily activities, such as work or school.

COMPONENTS

Therapeutic Services: IOPs typically offer a combination of individual therapy, group therapy, and sometimes family therapy to address emotional and psychological issues.

Medical Supervision: While less intensive than a PHP, IOPs often involve regular consultations with healthcare providers such as psychiatrists for medication management.

Skills Training: Cognitive-behavioral therapy, dialectical behavior therapy, and other skills training may be incorporated to help individuals manage symptoms and improve daily functioning.

Frequency: Programs generally meet multiple days per week but for fewer hours compared to a PHP—often around 3 to 4 hours per session.

BENEFITS

Balanced Approach: Provides a higher level of care than standard outpatient treatment but allows for more personal freedom than inpatient or partial hospitalization programs.

Flexibility: Designed to accommodate work, school, or family commitments, offering sessions during evenings or weekends.

Support Network: Group therapy sessions help participants build a community of support, critical for recovery and maintenance.

LIMITATIONS

Not Suitable for High-Risk Cases: Individuals who are at risk of self-harm, have severe mental health conditions, or require detoxification might not be appropriate candidates.

Insurance Coverage: Accessibility may be limited by insurance coverage, as not all plans cover IOPs, or may cover only a specific number of sessions.



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PROVIDER REFERRALS

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HIGH FOCUS

Phone: 877-207-5709

Address: 6 Paragon Way, Suite 104, Freehold, NJ 07728

Website: <https://www.highfocuscenters.com/>

Insurance status: Accepts insurance

Transportation: Provided in some areas

School component: Offered (2 hours)

Tracks offered: Teen (10 and above), Adult, Trauma, LGBTQ

Partial Hospitalization Program (PHP)

Program structure: 2-3 weeks, 5 days a week, 6 hours every day

Intensive Outpatient Program (IOP)

Program structure: 6-8 weeks, 3-5 days a week, 3-hour sessions

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INNER SPACE

Phone: 732-332-8270

Address: 2433 Route 516, Old Bridge, NJ 08857

Website: <https://www.innerspacecounseling.com/>

Insurance status: Accepts insurance

Transportation: Not provided

School component: Offered

Tracks offered: Children (8 to 11 years), Teen (12 to 17 years), Adults

Partial Hospitalization Program (PHP)

Program structure: 5 days a week, 9 am to 5 pm

Intensive Outpatient Program (IOP)

Teen Track - 3 days a week, 4 to 6 pm

Adult Track - 3 days a week, 10 am to 1 pm

Kolli Psychiatric and Associates

These referrals are not affiliated with Kolli Psychiatric and Services and operate as separate providers



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PROVIDER REFERRALS

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GENPSYCH

Phone: 855-436-7792

Address: 940 Cedar Bridge Ave, Brick, NJ 08723

Website: www.genpsych.com

Insurance status: Accepts insurance

Transportation: Within 15 miles

School component: Offered (2 hours)

Tracks offered: Teen (10 and above), Adult, Trauma, LGBTQ

Partial Hospitalization Program (PHP)

Program structure: 5 days a week, 5 ½ hours everyday

Intensive Outpatient Program (IOP)

Program structure: 3 days a week, 3 hour sessions (9:00-1:30pm, 5:00-8:00pm)

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PRINCETON HOUSE

Phone: 888-437-1610

Address: 300 Clocktower, Township, NJ 08690, United States

Website: www.princetonhcs.org/

Insurance status: Accepts insurance

Transportation: Provided

School component: Offered (2 hours)

Tracks offered: Children (9 to 12 years), Adolescents (13 to 18 years), Adults

Partial Hospitalization Program (PHP)

Program structure: 5 days a week, 9:30 to 3:30 pm

Intensive Outpatient Program (IOP)

Program structure: 3 days a week, 9:30 to 12:30 pm

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