

What is the Psychiatric Partial Hospitalization Program?

PPHP offers various mental health services to bridge the gap between inpatient admission and community, as well as supporting those already in the community. This includes medication management, ECT and group therapy.

The day time group therapy program assists patients in:

- Facilitating meaningful connections with community resources
- Learning skills to enhance coping
- Identifying personal, social and financial areas needing attention
- Achieving a higher level of functioning

How can I attend PPHP?

Our clients are referred by a Grey Nuns Community Hospital Psychiatrist or other health professionals who are willing to work in partnership with the Grey Nuns Community Hospital Mental Health Program.

Where is the program offered?

It is offered at the Grey Nuns Community Hospital main floor Unit 17.
1100 Youville Drive West
Edmonton, AB T6L 5X8

When is the program offered?

This 6 week program runs from Monday to Friday, **hours varying but between 9:30 am – 3:00 pm.**

Monday, Tuesday, & Thursday
9:30 AM – 3:00 PM

Wednesday & Friday
9:30 AM – 11:45 AM

Care providers in the program

While you are in the program you will remain under the care of your doctor. You will have a primary therapist(s) who will assist you in developing and achieving personal goals. Primary therapists may be an occupational therapist, a mental health therapist, or a nurse.

Important information

- Patients must be a minimum of 18 years of age to attend
- Patients must have a willingness to work on change and be able to participate in a group setting
- Abuse of alcohol or drugs will lead to discharge from the program
- Parking passes may be bought from the parking personnel located on the main floor of the hospital
- Patients are responsible for their own lunch. A fridge and microwave are available.

GROUPS OFFERED:

Communication Group focuses on learning and practicing communication skills in order to effectively express one's needs and wants, with the goal of improving relationships.

Take Control Group empowers people to take control of their emotions, daily stressors and negative thinking patterns – while learning to create a meaningful, balanced and healthy lifestyle.

Goals Group focuses on helping patients make behavioral changes by providing tools and assistance in prioritizing, goal setting and planning for change.

Awareness Group assists patients in developing insight, emotional awareness, accountability and greater agency through healthy and genuine feedback.

Support Group

Patients often require ongoing support after completion of group therapy. There is also often a delay between clients completing PPHP and beginning the next phase of treatment (eg POP, Emotion Regulation Group, other programs).

All patients who have completed the PPHP group program can access this program. It is held every Wednesday from 1:00 to 2:30 pm