



CSG'S PARTIAL HOSPITAL PROGRAM

Frequently Asked Questions



What is a partial hospitalization (PH) program?

The PH programs are designed to help you on your path to recovery, especially during times when you feel like things are getting worse.

It is called a "partial" hospitalization program because it offers intensive services like the hospital but it's held during the day only. There is no overnight stay.

What usually happens each day?

Each program is different but all offer group therapy, educational groups and medication appointments with a psychiatrist. We also meet individually with you as needed.

How often will I see the doctor?

You will see the doctor within the first 2 weeks of starting the program. The frequency of further appointments is decided by you and the doctor.

What kind of educational groups are offered?

Educational groups are led by staff and often are based on suggestions from the individuals in the program. On a regular basis, we offer groups on Personal Medicine, Whole Health Recovery, Coping Skills, and Relationships.

How long will I be in the program?

On the first day or before, each individual meets with staff to discuss their symptoms, strengths and stressors. A treatment plan is then developed where your particular goals are identified and we begin to work on areas to achieve those goals. The length of your stay in the program is based on discussions with you, your supports and the program staff about your progress towards goals and whether you feel that you're back on track.

Why is it done all in a group?

Groups have different things to offer than individual therapy. Being part of a group gives you a chance to see that you are not in this alone; others are struggling too. Also other individuals in the group can give suggestions on what has worked for them and give you support as you learn new skills. In addition, you also have ideas to suggest to the others in the group so they can benefit from your knowledge.

How can I learn more?

Call us at 877-907-7970, ext. 50068 or email referrals@csgonline.org. You can also visit our website by scanning the QR code on this page or visiting www.csgonline.org.

Locations & Specializations

Acute Partial Hospitalization

Harrisburg

Monday through Friday
8:00AM – 3:00PM

Partial Hospitalization

Lancaster

Monday through Friday
8:30 AM – 3:30 PM

York

Monday through Friday
8:30 AM – 3:30 PM

Williamsport

Monday, Wednesday, Friday
8:15 AM – 3:00 PM

MH/IDD Specialized PHP

Bethlehem

Monday through Friday
9:00 AM – 3:30 PM

MH/D&A History Specialized IOP

Harrisburg

Monday through Friday
AM or PM