

# Adult Partial Hospital Program at Rhode Island Hospital

## Acceptance and Mindfulness-Based Therapies



### Our Mission and Therapies

The adult partial hospital program at Rhode Island Hospital offers patients intensive, short-term treatment using acceptance and commitment therapy (ACT) and mindfulness-based therapies. These behavior therapies aim to increase mindful awareness, encourage willingness to experience these thoughts and feelings, and promote action.

After completing a day of treatment, patients return to their typical routine. This minimizes disruption to daily lives, maintains uninterrupted support of family and friends, and facilitates learning by encouraging immediate practice of newly acquired skills. Patients should have ample opportunity to speak with a specialist and have individual sessions every day.

### Daily Schedule

8–8:30 a.m.	Check-In Group
8:45–9:30 a.m.	ACT Group
9:45–10 a.m.	Optional Meditation
10:15–11:45 a.m.	Interpersonal Group
12:45–1:30 p.m.	Mindfulness and Coping Skills Group
1:30–2 p.m.	Meetings with individual providers

### Coordination of Care

Program professionals actively coordinate medical care with primary care physicians and outpatient behavioral health providers to ease the transition from the program to outpatient care.

### Program Services

From medication management to interactive interpersonal group psychotherapy, our team of dedicated psychiatrists and psychologists offers a broad range of treatments tailored to meet your patient's unique needs. We integrate specialized treatments, such as dialectical behavior therapy, cognitive behavioral therapy (CBT), interpersonal psychotherapy, psychoeducation and didactics, and prolonged exposure.

Our staff is composed of nationally recognized clinicians and researchers who have expertise in treating adults with a broad range of concerns:

- Mood disorders
- Depressive disorders
- Bipolar disorders (manic depression)
- Borderline personality disorder and other personality disorders
- Anxiety disorders
- Panic disorder
- Obsessive-compulsive disorder
- Post-traumatic stress disorder (PTSD)
- Generalized anxiety disorder
- Social phobia



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### Other Concerns

- Impulse control disorders
- Adjustment disorders
- Psychotic disorders
- Issues related to trauma, including domestic abuse, incest, sexual abuse and rape
- Family and marital issues
- Issues related to gender identity
- Job pressures and stress management

### Specialty Programs

In addition to our comprehensive treatment options, we offer specialized tracks to address specific needs:

- Trauma and PTSD track
- Young adult track
- Borderline personality and related disorders track

The adult partial hospital program is committed to providing secure, inclusive and gender affirming care for the LGBTQIA+ community. The staff and program are dedicated to maintaining a discrimination-free environment for patients and staff. We use inclusive forms and procedures, and have a public commitment to actively engage with and serve the LGBTQIA+ community.

We accept most major insurance, including Medicare and Medicaid.

Please call **401-444-3748** to refer patients or fax referrals to **401-444-8836**.

