

## ABOUT UNIVERSITY HOSPITAL AND MEDICAL CENTER

University Hospital and Medical Center has been serving the Broward County community since 1974. Our private 317-bed facility is fully accredited by the Joint Commission and staffed by approximately 411 physicians and 637 healthcare professionals. University Hospital and Medical Center In addition to behavioral health services, University Hospital and Medical Center offers 24-hour emergency care, comprehensive medical and surgical services, respiratory care, cancer care, diagnostic and therapeutic imaging, rehabilitation services including incontinence services, comprehensive inpatient and outpatient behavioral health services, neurosurgery and stroke and chest pain accreditation.



**University Hospital and Medical Center:**  
University Hospital and Medical Center is conveniently located in Tamarac, off University Drive north of McNab Road.

For more information,  
please contact us at 954-724-6226  
Monday - Friday from 8:30 am to 5:00 pm



7201 North University Drive | Tamarac, FL 33321  
For more information, call (954) 721-2200.

[www.uhmhealth.com](http://www.uhmhealth.com)



## OUTPATIENT BEHAVIORAL HEALTH SERVICES

at  
*University Hospital and Medical Center*



## PARTIAL HOSPITALIZATION PROGRAM

The Partial Hospitalization Program (PHP) at University Hospital and Medical Center provides an intensive level of psychiatric treatment in an outpatient setting. The primary goal of PHP is to improve a patient's level of functioning and reduce symptoms to prevent relapse or hospitalization. Each patient participates in a formal comprehensive clinical evaluation completed by a multidisciplinary team of psychiatrists, therapists and registered nurses. Individualized treatment plans incorporate the results of the multidisciplinary evaluations with the patient's strengths, limitations and goals for treatment. The patient's goals are reviewed and updated weekly in the team meetings and individual sessions.

### TREATMENT MODALITIES FOR PHP/IOP

#### Group Therapy

- Communication Skills
- Medication Education
- Problem Solving
- Coping Skills
- Grief and Loss
- Interpersonal Relationships
- Time Management
- Cognitive Therapy
- Relapse Prevention
- Self-Esteem/Self Image
- Stress and Anxiety
- Goal Setting

Aftercare planning is a critical part of the treatment process and begins at admission. The patient in coordination with the treatment team, the patient's psychiatrist, therapist, and significant others participate in developing an aftercare plan that includes therapy referrals, support groups, community agencies and services.

## INTENSIVE OUTPATIENT THERAPY

Patients come to the program voluntarily as a transition from the hospital, their home, or by physician referral.

The Intensive Outpatient Therapy (IOP) Program provides comprehensive psychiatric care. Patients participate in treatment during the day and return home each afternoon, three to five days a week.

Free transportation is available within a 10 mile radius of the hospital.

For referrals and assessments, please call 954-724-6226 between the hours of 8:30am to 5:00pm, Monday through Friday.

#### Individual Therapy

#### Family Education

#### Medication monitoring and education

#### Continental Breakfast and Lunch

#### Local Transportation Services

#### Discharge Planning

## ADMISSIONS CRITERIA

- 18 years of age and older
- Depression
- Anxiety and Panic Disorders
- Bipolar
- Substance Abuse & other addictions
- Trauma
- Other psychiatric symptoms
- Medically stable to participate in the program
- No immediate risk of harm to self or others
- Willing and capable to participate in cognitive-based therapy
- Does not primarily require custodial care
- Have psychiatric symptoms that impair social, occupational, or other important areas of functioning.

Length of participation in the program varies with each individual and may range from 2 to 6 weeks on average.

## PROGRAM HOURS

**For PHP: Monday through Friday**

**9:00am to 3:00pm**

**For IOP: Monday through Friday**

**10:30am to 3:00pm**

**Private Pay, Medicare and most insurances are accepted.**