

Adult Partial Hospitalization Program

The Adult Partial Hospitalization Program is a voluntary program for individuals eighteen years of age and older. The program is highly structured and consists of group, individual and family therapy, education, and medication management. Patients often are able to avoid or shorten an inpatient admission by participating in the Adult Partial Hospitalization Program. Family members and other caregivers may be involved in treatment.

Program Location

St. Joseph Mercy Hospital Campus
Huron Oaks Building
5401 McAuley Dr.
Ann Arbor, MI 48106
(734) 712-5850

Hours of Operation

9 a.m. to 4 p.m Monday through Friday

For Admission

To arrange an intake evaluation, call (734) 712-5850 Monday – Friday from 8 a.m. to 4:30 p.m. A psychiatric nurse or master prepared licensed social worker will complete the evaluation, often on the same or next business day. A psychiatrist reviews each case to ensure that the partial hospitalization is the most appropriate level of care.

Problems Treated

One of the most common problems treated is depression with associated feelings of hopelessness and helplessness, thoughts of suicide, problems with memory and concentration, changes in appetite, difficulty sleeping or excessive sleep, fatigue, loss of motivation, lack of interest in things once enjoyed, decreased interest in sex, avoidance of friends and family. Other commonly treated conditions are: severe changes in mood, poor impulse control, post traumatic stress reactions, severe anxiety, anger management, adjustment to childhood or adult abuse, and thought disorders.

A call to an intake staff person will help determine if the program may be helpful.

Insurances Accepted

It is best to inquire if St. Joseph Mercy Health System accepts your insurance. A member of the hospital's billing department will call your health plan to verify whether the program is covered by your insurance and to determine your mental health benefits. Typical insurances accepted include: Aetna, most Blue Cross plans, Health Alliance Plan (HAP), CIGNA, Priority Health, Medicare, and Medicaid (if approved by Washtenaw County Community Mental Health.)

Features of the Program

All program participants receive treatment from a multidisciplinary team comprised of a psychiatrist, social worker, psychiatric nurse, and recreational or music therapist. Our psychiatrists provide individual psychotherapy and medication management, often in collaboration with a patient's outpatient psychiatrist or primary care physician. Licensed Master Social Workers conduct group therapy and psychoeducation groups. They also provide family therapy when needed. Registered Nurses conduct psychoeducation groups, administer medications, monitor responses to medication, and assist patients with medical problems. Music and recreational therapists provide structured activities to evaluate cognitive abilities, memory and concentration, and coordination. In addition they assist in developing leisure skills and fostering interest in recreational activities. These activities are designed to help find balance in one's life, manage/reduce stress, and develop insight through creative expression.

One member of the treatment team functions as a case manager. That team member's role is to ensure that the individual's needs are being addressed, to coordinate care with outpatient treatment providers and to link with community resources and supports. A Physician completes a history and physical to ensure that there are no health problems that may affect a psychiatric condition or interfere with a person's psychiatric treatment. If the physician suspects any medical problems, the patient has the option of either having the program physician or their personal physician provide follow-up.

The program is not intended to treat substance abuse if that is a person's primary problem. Anyone with a dual diagnosis may be treated in consultation with an addictionologist – a physician that specializes in treatment of persons with substance abuse disorders.

Every person is involved in determining their treatment goals as well as in developing and approving his/her personal treatment plan. The treatment team meets weekly (and more frequently if needed) to monitor and update their treatment recommendations. Every person receives a discharge plan to ensure continuity of care with his/her outpatient mental health provider.

Typical Daily Schedule

9:00 a.m.-9:30 a.m.	Check In and Goal Setting
9:45 a.m. - 10:30 a.m.	Education Group
10:45 a.m.- 12:15 p.m.	Group Therapy
12:15 p.m.- 1 p.m.	Lunch
1:00 p.m. - 1:45 p.m.	Education Group
2:00 p.m - 2:45 p.m.	Recreation/ Music Therapy
3:00 p.m.- 4:00 p.m.	Case Management

Psychiatrists schedule individual therapy during the course of the treatment day.

Admission Criteria

- Failure to respond to outpatient treatment
- Severity of symptoms that place a person at risk of psychiatric hospitalization
- Willingness and ability to consent voluntarily to treatment
- Willingness and ability to participate in group and individual therapy
- Capacity to benefit from education program components
- Physically able to tolerate a seven hour program day
- Abstinence from substance use/abuse that will affect a person's ability to consent to, participate in or benefit from mental health treatment and prevent the risk of developing withdrawal symptoms
- Willingness to take medication to manage or relieve psychiatric symptoms

Program Staff

David Beltzman, M.D., Psychiatrist

Ernesto Figueroa, M.D. Psychiatrist

Wolfgang May, M.D. Psychiatrist

Temistocles Ramirez, M.D. Psychiatrist

Robert Zimmerman, M.D., Psychiatrist

James Hetner, LMSW, MPH Program Manager

Joan Jensen, RN, BSN, Unit Coordinator

Carryn Demey, BSN, RNCM

Leah Kileny, RN

Diane Valenti, RN, Utilization Review Coordinator

Catherine Fickes, LMSW

Kathleen Irvin, LMSW

Kelly Pahle, LMSW

Amy Bogetto-Weinraub, MM, MT-BC LMT Music Therapist

Gina Frankhart, CTRS Recreational Therapist

Angela Miller, Unit Clerk