



Children's Day Treatment (Partial Hospitalization)



The Children's Day Treatment Program helps clients regain stability, improve quality of life, and avoid the need for higher levels of care.

Our Partial Hospitalization Program (PHP) for children and teens is an intensive, short-term therapy program for children experiencing significant or persistent mental health issues.

Therapy & Academics

- Medication Management
- Intensive Group Therapy
- Skill-Building
- Daily Physical Activity & Lunch
- Academic learning for elementary and middle school students led by an Anchorage School District educator (during the school year)
- High school students complete academic work during the program day.

Insurance

We bill all insurance, including Medicaid/Denali KidCare. We are in-network with Premera Blue Cross Blue Shield and Tricare. We can provide an insurance review of benefits to help determine coverage.



How to Access Services

Schedule an assessment for PHP at 907-563-1000.



Partial Hospitalization Program for Adults



Short-term, intensive therapy for adults struggling with:

- Severe or persistent depression
- Bipolar disorder
- Anxiety disorders
- Other mood disorders

A safe, structured environment supports clients through the daily schedule, 9 a.m. to 3 p.m., with individual check-ins, intensive group therapy using CBT; DBT skills and behavioral activation; skill building; daily movement breaks; and lunch.

Who should consider PHP?

PHP is appropriate for adults who can maintain safety in the community and who are experiencing acute symptoms, stepping down from hospital or residential care or not responding to lower levels of care.

Insurance

We bill all insurance, including Medicaid. We are in-network with Premera Blue Cross Blue Shield and Tricare. We can provide an insurance review of benefits to help determine coverage.

Accessing Services



We accept PHP clients on a rolling basis. Evaluations are scheduled within two days, and clients who qualify may start the program immediately.