



## **Partial Hospitalization Program Proves Effective, More Convenient Treatment for Co-Occurring Substance Use, Mental Health Concerns**

*Elliot Hospital is only site in New Hampshire offering the option*

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Manchester, NH—Now 15 months old, Elliot Hospital’s Partial Hospitalization Program (PHP), the only one of its kind in New Hampshire, continues to successfully treat patients who suffer from both substance use and mental health issues. The program, unlike most others, is not an residential program, but an intensive four week, 20-hours-a-week, comprehensive program that addresses not only the co-occurring issues, but also the social determinants that may be surrounding them.

Partial Hospitalization, the level of care reimbursed by Medicare, Medicaid and commercial insurers, is a misnomer because the patient is not hospitalized for treatment. The program instead is designed to treat mental illness and substance use while patients continue to reside at home and commute to the treatment center. By averting in-patient hospitalization, patients are neither taken away from their employment nor incur the additional costs associated with hospitalization.

Often patients and caregivers mistakenly believe that the only treatment choice available in New Hampshire for those with co-occurring issues is residential, 30-day treatment in an on-site residence. Yet there is no clinical evidence demonstrating residential treatment is more effective than Partial Hospitalization Programs like Elliot’s.

“Frequently substance use disorder and mental health problems go hand-in-hand,” says Carol Furlong, LCMHC, MAC, MBA, Director of Elliot’s Substance Use Disorders Services. “It is not

uncommon for a patient to become depressed first and then self-medicate with a substance. That's why this program is so necessary."

The multidisciplinary treatment team consists not only of behavior therapists but also psychiatric providers and other support providers who work in conjunction with the patient's primary care physician.

Elliot's program has been a life-saver for hundreds of patients who successfully 'graduated' from the program and continued to be monitored by the Elliot team. "We know that after completion of the program, when we contact 'graduates' at the three month, six month and 12 month period, 90% of the 'graduates' are continuing to do well. The remaining 10%, who may be struggling, are always willing to talk and frequently are willing to come back into the program."

Adds Furlong, "This program is especially appealing to patients who cannot take 30 days out of work for treatment. You can still go to work because it is only four hours a day."

For more information on the program, please call 603-663-8658.

### **About Elliot Health System**

Elliot Health System is a non-profit organization serving the healthcare needs of the community since 1890. The largest provider of comprehensive healthcare services in Southern New Hampshire, Elliot Hospital, a 296-bed acute care facility and the first community hospital in the state, serves as the cornerstone of the health system. Elliot is home to Manchester's designated Level II Regional Trauma Center, Elliot Breast Health Center, Elliot Urgent Care, a Level 3 Newborn Intensive Care Unit, Elliot Medical Group, Elliot Regional Cancer Center, Elliot Senior Health Center, Visiting Nurse Association of Manchester and Southern New Hampshire, 1-Day Surgery Center, Elliot Memory & Mobility Center, NH Arthritis Center, Elliot Retail Pharmacy, Elliot Medical Centers in Bedford, Londonderry, Hooksett, and The Elliot at River's Edge. For more information about any of Elliot's services, call 669-5300 or visit [www.elliotohospital.org](http://www.elliotohospital.org).

### **About SolutionHealth**

SolutionHealth is a highly coordinated, community-based regional healthcare network founded by Elliot Health System and Southern New Hampshire Health. Its purpose is to better serve the healthcare needs and interests of southern New Hampshire by improving and increasing access, quality, value, and community benefits.

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