Partial Hospitalization Program

Family Education
Our Program
Supporting family members diagnosed with a mental health disorder may be complicated by a variety of factors, leaving family members with a considerable challenge of knowing how to properly offer support to their loved one. By attending and participating in a support group designed to promote comprehensive mental health education, family members can gain knowledge vital to gaining more understanding of their loved one as well as themselves.

Through our uniquely structured program, family members are provided information regarding realistic expectations, community resources and how to reach out for support while at the same time working closely with members of their loved one’s treatment team as he or she progresses on his or her individual journey to recovery.

Providing Support
A licensed therapist leads each session and works intensively and collaboratively with family members in a therapeutic group setting. Meetings are held every Monday from 3 – 4 p.m. at the Partial Hospitalization Program building located at 311 North 11th Street.

Participants learn effective communication strategies, ways to promote recovery, establish healthy self-care options to maintain optimal mental and physical health for you and loved one, and how to process topics related to a mental health diagnoses.

- Causes of Mental Illness
- Different Diagnoses
- Red flags
- Communication Tips
- Assertiveness
- Boundaries
- Stress/Crisis Management
- Handling Anger Constructively
- Stigmas to Mental Illness
- Self-care
- Rights and Responsibilities
- Recovery Empowerment
- Relational Issues
- Validation
- Walking the Middle Ground
- Expectations
Here to Help

CHI St. Alexius Health Partial Hospitalization Program can help answer your questions and address your concerns through family education. We provide education on a variety of topics that loved ones often have questions about. We offer a supportive and confidential place to address concerns and obtain important information to help you and your loved one during difficult times.