



TIER III Behavioral Health Services: **Northern Virginia**

INOVA Kellar Center: (703) 218-8500

<https://www.inova.org/our-services/inova-kellar-center/programs-services>

- Outpatient Services
 - Partial Hospitalization Program (PHP)
 - The Full Day Partial Hospitalization Program (PHP) is a short-term (10-14 days), intensive treatment program for male and female adolescents ages 13 and above who are experiencing an acute crisis. The program includes multidisciplinary assessment, treatment, and stabilization with the goals of maintaining safety, crisis management, and symptom relief. PHP is held Monday through Friday for six hours per day. Adolescents attend PHP instead of school as a medical leave of absence. PHP allows the adolescent to remain in his/her home and community while receiving an intensive therapeutic experience primarily through group therapy with peers
 - <https://www.inova.org/our-services/inova-kellar-center/programs-services/partial-hospitalization-program>
 - After School Intensive Outpatient Program (IOP)
 - We offer two Intensive Outpatient Programs (IOP) – for Mental Health or Substance-Related Disorders. These programs are open to male and female adolescents, ages 13 and above, who are experiencing emotional or behavioral problems that are significantly impacting their ability to be successful in the home, school or community. An adolescent attending an IOP program must be currently attending school and maintaining a level of safety that does not require constant supervision. The components of the programs include weekly multifamily therapy, group therapy, educational programming, and activities. IOP is held four days per week, three hours per day after school hours, with multi-family group one evening per week. The typical length of the program is eight to ten weeks.
 - <https://www.inova.org/our-services/inova-kellar-center/programs-services/intensive-outpatient-programs>



Dominion Hospital Adolescent Behavioral Health: (703) 538 – 2872

<https://hca.virginia.com/specialties/adolescent-behavioral-health/?location=dominion>

- Outpatient Services
 - Partial hospitalization program (PHP)
Key components of the PHP include:
 - Behavioral and logic skills, psychoeducation and mindfulness training
 - Coordination and planning with established outpatient providers
 - Coordination and planning for transition back to school
 - Expressive therapy
 - Group, individual and family therapy
 - Healthy emotional actions for life (HEAL) treatment track designed for individuals struggling with non-suicidal self-injury
 - Intersect treatment track providing a complete spectrum of care to address co-occurring mental health and addiction
 - Medication stabilization
 - Physician-led multi-disciplinary treatment team
 - Referrals for new outpatient providers
 - **Treatment held five days a week (Monday through Friday)**
 - Intensive outpatient program (IOP)
Key components of the IOP:
 - Behavioral and logic skills, psychoeducation and mindfulness training
 - Coordination and planning with established outpatient providers
 - Expressive therapy
 - Group sessions each evening
 - Multi-family night every Wednesday in which one family member is required to attend
 - Physician-led multi-disciplinary team
 - Physician consultation available per request
 - Referrals for new outpatient providers

Treatment held three evenings a week (Tuesday through Thursday)