



WHERE STABILITY BEGINS  
**For Adults Trying to  
Hold It Together**

**Sanare's Core PH  
for Adults**



# When Stability is Hard to Hold

Stability does not usually disappear all at once. More often, it erodes gradually.

Routines slip. Emotions become harder to regulate. Responsibilities that once felt manageable now require more effort than they should.

As things become more difficult to stay on top of, outpatient therapy and IOP can offer support and perspective. But when intense symptoms need to be addressed consistently throughout the week, they may not offer enough to handle what's happening in real time.

As a result, familiar patterns continue, and progress can feel fragile.

# Where Balance Begins to Return

**Core PHP** is a structured, full-day therapeutic program for adults who would benefit from daily support and stabilization. It offers an active environment where expectations are clear, support is present each day, and the work of regaining footing is built through real-time practice.

The day is not built around sitting with handouts. It includes conversation, movement, time outside, and experiential work throughout the day. Skills are practiced during the day, with therapists providing structure and guidance, and peers offering real-time feedback and accountability.

For many, Sanare's Core PHP structure becomes the difference between getting through the week and beginning to build stability that lasts.





# Core PHP for Adults

Designed for adults 18+, this program runs Mon through Fri 9:00 am to 3:00 pm and typically lasts 3 to 6 weeks, depending on individual needs and readiness for step-down care.

Each day is structured with a consistent rhythm while allowing space to respond to what's happening in the room. Time is spent in group sessions where participants work through what's coming up together. The focus is on understanding those moments and practicing new ways of responding so those responses are easier to access outside the room.

Weekly individual sessions provide space for more focused, one-on-one work. Therapists help clients stay anchored to their own reasons for being there, including their goals, values, and direction forward. Many adults enter PHP feeling overwhelmed and struggling to maintain daily routines. What they find here is:

- Small, consistent groups where it's easier to open up and be known
- An active day with movement and creative work that keeps participants engaged
- A more practical way to learn how to handle stress and difficult moments

# Q&A

## When is this PHP a good fit?

Core PHP is for adults who need more support to stay stable day to day. This often shows up as difficulty managing emotions, following through, or keeping up with routines. It can be a next step when IOP isn't enough, or a step down from inpatient care with continued daily structure.

## How does it differ from inpatient or IOP?

PHP provides full-day support while allowing individuals to return home each evening. It offers more structure than IOP, but is less intensive than inpatient care, with coordination throughout, including psychiatric evaluation and medication management on-site.

## What happens in a typical day?

Each day includes a mix of group therapy, process work, skill-building, and experiential practices. The work is practiced in real time, not just talked through.

## What's the timeline for this program?

This program typically runs for 3 to 6 weeks depending on individual needs. As stability strengthens, participants may step down into a Sanare IOP group.

## Is this PHP covered by insurance?

Sanare works with most major insurance companies, and our team collaborates with families to review benefits and next steps.

## Is Sanare a trusted provider?

Sanare has supported 7,500+ individuals and families across a growing network of locations and programs. Our teams work collaboratively with families and referring professionals to ensure care remains consistent, coordinated, and responsive over time.

# WHERE THIS PROGRAM IS AVAILABLE IN PA

## **SANARE EXTON**

835 Springdale Drive, Suite 205  
Exton, PA

## **SANARE PHILADELPHIA**

1500 Walnut St, Suite 1200  
Philadelphia, PA

Contact our admissions team  
to schedule a consultation.

**Call: (610) 344-9600**