

# MAKING SUMMER COUNT

Sanare's PHP Summer  
Mode for Adolescents



# WHEN SUMMER FEELS EASIER, NOT BETTER

For many adolescents, summer brings relief. School pressure lifts, schedules open up, and what felt overwhelming during the school year begins to quiet down. For parents, it can feel like a sign that things are beginning to improve. But that doesn't mean anything has actually been resolved. Anxiety, depression, and patterns of withdrawal don't just disappear. They may ease when pressure drops, but what looks like improvement isn't always stability. Sometimes, it's simply the absence of what was triggering it.

For other adolescents, the loss of structure in summer creates a different challenge. Without school, their day loses shape and direction. In both cases, things may feel different, but that doesn't mean they're better.

# SPACE TO BUILD SOMETHING STRONGER

Summer creates something most adolescents don't have during the school year: space. What makes the difference is how that time is used.

**SANARE'S PHP SUMMER MODE** is designed for this exact window. It is a full-day therapy program, running morning to afternoon. Adolescents work in small, consistent groups where they practice responding to stress and making different choices in real time.

This is not a program where youth are sitting in a room all summer. They move between conversations, shared activities, and time outside when it supports the work. The program is intentionally movement-based and experiential, with adolescents doing, interacting, and learning in real time.

Over the course of the summer, that builds confidence through experience.



# PHP SUMMER MODE



DESIGNED FOR  
ADOLESCENTS

AGES 14 – 18



5 DAYS PER WEEK  
MON – FRI



9:00 AM – 3:00 PM



3 – 6 WEEK  
DURATION

Based on individual progress  
and needs



Each summer day follows a consistent rhythm that helps adolescents settle in, feel oriented, and remain engaged. They practice being present, responding to stress, and navigating challenges with support throughout the day. Days are intentional and guided, with a balance of group work, shared experiences, creative expression, collaborative challenges, time outdoors, and weekly one-on-one sessions that provide space for individual work.

As the summer progresses, attention is also given to what comes next. Adolescents work through upcoming transitions, including summer travel, increased independence, the return to school, and future planning.

Many adolescents enter PHP navigating anxiety, depression, relationship tension, low motivation, or a loss of confidence affecting daily life.

What they find here is:



SPECIALTY THERAPISTS  
WHO MAKE OPENING UP  
FEEL NATURAL



SMALL, CONSISTENT  
GROUPS WHERE IT'S EASY  
TO RELATE TO OTHERS



A MORE ENGAGING WAY TO  
LEARN HOW TO HANDLE  
DIFFICULT MOMENTS

# Q&A

## WHEN IS THIS PROGRAM A GOOD FIT?

PHP Summer Mode is designed for adolescents who are struggling daily with emotional regulation, relationships, or overall functioning and need more support than IOP provides, or who are stepping down from a higher level of care. The summer months provide the time and space to focus on this work more fully, helping adolescents build momentum before returning to school.

## IS THIS A FULL PHP?

Yes. This program carries the same level of clinical oversight and commitment to safety, outcomes, and skill-building as our Core PHP. What changes is how the day is experienced. Summer creates space to work differently. The day incorporates experiential and nature-based approaches, including outdoor mindfulness, eco-therapy, and hands-on activities, alongside challenge-based work influenced by adventure therapy.

## HOW DOES IT DIFFER FROM INPATIENT OR IOP?

This program provides full-day therapeutic support while allowing adolescents to return home each afternoon. Compared to inpatient care, it offers structure without requiring overnight stays. Compared to IOP, it provides more consistent support when symptoms are active, with psychiatric support and medication management also available.

## WHAT'S THE TIMELINE FOR THIS PROGRAM?

This program typically runs for 3 to 6 weeks depending on individual needs. As stability strengthens, adolescents 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

Contact our admissions team to schedule a consultation.

Call: (610) 344-9600