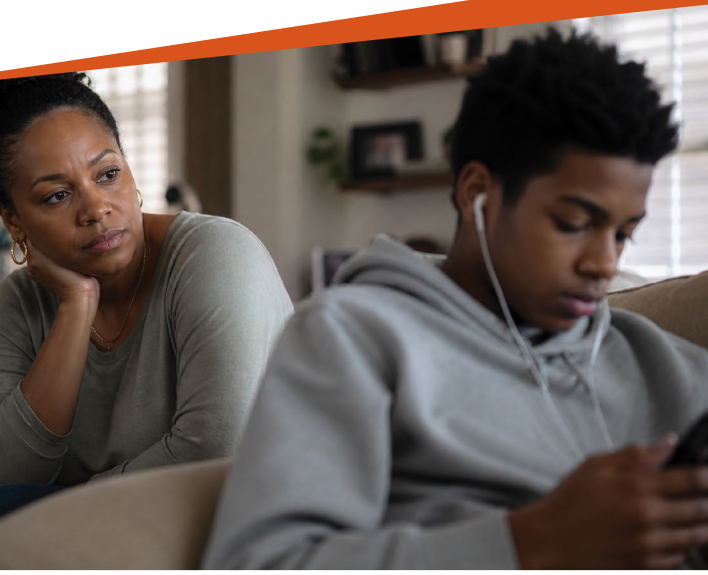
SANARE
AWAKEN WHAT'S WITHIN



WHERE STABILITY BEGINS

For Youth and Families

Adolescent Core PHP

sanaretoday.com

When Daily Life Feels Too Hard

For many adolescents, emotional stress can become a daily presence, showing up at school, at home, and in relationships, without enough relief in between.

Shutdown, withdrawal, or intense reactions can take over, making it harder to stay present and keep up with daily life, including school. What once felt manageable begins to feel overwhelming and unpredictable. Outpatient therapy and IOP can offer support and understanding. But when symptoms are active day to day, they may not provide enough to manage what's happening in real time.

Without daily support and consistent practice, familiar patterns continue, and progress can feel fragile. Families are left trying to decide what level of care is enough, recognizing their child needs more support but unsure what comes next.

Where Stability Begins to Return

Sanare's Core PHP provides a higher level of care without requiring adolescents to stay overnight.

It is a full-day therapy program, running morning to afternoon, designed as a focused step to help adolescents stabilize before returning to school and daily routines. With support throughout the day, participants work in small, consistent groups where they practice staying present, responding to stress, and making different choices in real time.

Therapists bring creativity and flexibility into the work, adjusting their approach to what is happening rather than relying on a set script.





Adolescent Core PHP

Designed for adolescents ages 14–18, this program runs five days per week, Mon–Fri, from 9:00 am to 3:00 pm and typically lasts 3 to 6 weeks, based on individual needs and progress.

Each day follows a consistent rhythm that helps adolescents settle, stay oriented, and remain engaged throughout the program day. They practice staying present, responding to stress, and navigating challenges with support in real time instead of on their own later.

Additionally, attention is given to maintaining a connection with each school. An Education Support Specialist works with participants during the day to support school assignments, communication with schools, and planning for a smooth return.

Many adolescents enter Core 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 group therapy where it's easy to relate to others
- A more active, engaging way to learn how to handle stress and difficult moments

Q&A

When is this PHP a good fit?

Core PHP is designed for youth struggling daily with emotional regulation, school stress, or relationships and need more support than IOP provides, or who are stepping down from a higher level of care.

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, day-to-day support when symptoms are active. Psychiatric support and medication management are also available.

What happens in a typical day?

Participants engage in small group therapy, skill development, and guided reflection, with individual and family sessions incorporated as clinically appropriate.

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

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