PHP

Psychological Health Pathways

Why PHP?

The path through the psychological health system can be overwhelming. To help you and your provider navigate this road, Navy Medicine has created the Psychological Health Pathways (PHP).

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Psychological Health Pathways

Your Path to
Optimal Psychological Health

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What is PHP?

Psychological Health Pathways (PHP) is a system of care that provides you with high-quality psychological health treatment.

PHP has several components that work together for your personal care. These incorporate coordination from Military Treatment Facilities (MTF), trained professionals and other psychological health care providers.

The Goals of PHP

• Providing the highest quality of care, regardless of your location

• Ongoing support and guidance throughout your care

• Access to a variety of resources

• Monitoring your progress

• Return to optimal health

What to Expect

Your first step is a referral or a self referral to a MTF or clinic. At that time, you will be asked to complete an Initial Self Report using a wireless hand-held tablet. This report tells your psychological health care team some of the reasons you are seeking care and allows your provider to focus on your current needs.

You may be assigned a case manager, who will serve as your guide toward optimal health and well-being.

During the course of your treatment, you will be asked to fill out a Reassessment Self Report that will assist your provider in monitoring your progress.

Your psychological health provider will collaborate with your care team on your care plan.

The following may be a part of your care plan:
   • Individual and group therapy
   • Medication
   • Education groups
   • Case management