

## INFORMATION AND REFERRALS

Referrals may be made to the Latino Program by calling the Arbour Intake Department at (800) 22-ACCES or contact the PHP Intake Coordinator directly at (978) 686-8202 ext. 35.

To refer a patient to partial hospitalization, you may obtain prior approval from the patient's insurance company before contacting the Intake Department, or we can do an on-site evaluation and contact the insurance company with information needed for authorization.

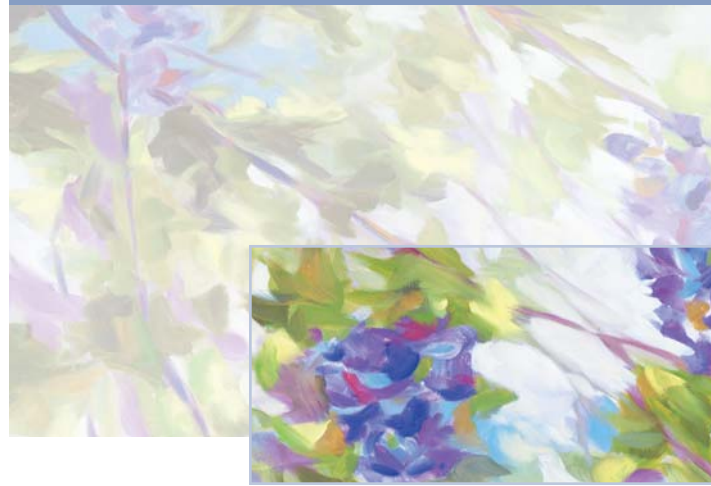
## DIRECTIONS TO ARBOUR COUNSELING SERVICES OF LAWRENCE

### FROM BOSTON:

- Take Route 93 North to Route 495 North.
- Exit from 495 at Exit 41B – Route 28 to Lawrence.
- Follow Route 28 until you cross the Merrimack River.
- At the light at the end of the bridge over the Merrimack, make a right turn (Lawton's Famous Hot Dogs on your right).
- Look for entrance to parking lot between first and second buildings on your left, and park. The Center is in Suite 1 East, 599 Canal Street.

## ABOUT THE COVER

In all its beauty, the arbour is a symbol of comfort and hope, safety and shelter.



## LATINO PROGRAM

A PARTIAL HOSPITALIZATION PROGRAM  
FOR ADULTS WITH PSYCHIATRIC  
DISORDERS OR DUAL DIAGNOSIS




ARBOUR  
COUNSELING SERVICES  
*A Division Of Arbour Health System*

599 Canal Street, Suite 1 East • Lawrence, MA 01840  
(978) 686-8202

**Easy Access to Quality Mental Health Services**

[www.arbourhealth.com](http://www.arbourhealth.com)





The Latino Partial Hospitalization Program (PHP) at Arbour Counseling Services of Lawrence consists of a five day per week, intensive short-term treatment program for Latino adults with psychiatric disorders or dual diagnosis. Psychotherapy, psychoeducation and expressive therapy groups are all conducted in Spanish, and bilingual and bicultural staff are available to address cultural and societal issues within the context of treatment.

Partial hospitalization either continues the evaluation and stabilization process initiated on an inpatient unit, or functions as a diversion from hospitalization for patients who require a highly structured treatment program to prevent decompensation and admission. Patients receive individualized, focused, goal-oriented treatment to facilitate stabilization of symptoms in a less restrictive, non-institutional environment.

The overall program philosophy incorporates a disease and recovery model for both psychiatric and substance disorders that emphasizes:

- Education to patients and families regarding the nature of the disorders that precipitated admission.
- Access to treatment and recovery, to stabilize acute symptoms and to promote progress with continued rehabilitation and growth.
- Acquisition of specific cognitive and behavioral skills for managing symptoms and feelings, as well as for development of new social supports.
- Identifying and engaging behavioral and attitude changes that are necessary to establish recovery.

Patients take an in-depth look at the process of relapse, and develop strategies to effectively manage the relapse process as it occurs.



## PROGRAM COMPONENTS

- Comprehensive clinical evaluation, including psychiatric and psychopharmacological assessment
- Individual therapy
- Comprehensive group program
- Psychopharmacology as needed
- Psychoeducation
- Family counseling
- Expressive therapy
- Case management to reinforce behavior and aftercare plans that have been established.

With the treatment team, patients establish short-term treatment goals that can be accomplished during their stay in the program. Overall treatment is focused on stabilizing acute symptoms.

The partial hospitalization staff is a professional, multi-disciplinary team. In addition to a clinical manager, the staff includes a psychiatrist, social worker, substance abuse specialist, an RNCS, and an expressive arts therapist.

## OUTPATIENT SERVICES AND AFTERCARE

All efforts are directed to working with the patient, family, referral source and involved agencies to ensure that discharge plans are coordinated and comprehensive. Bilingual and bicultural outpatient therapy is also available at Arbour Counseling Services.

