

Malden To Open Substance Abuse Outpatient Program

Arbour Counseling Services, Malden, plans to open an structured outpatient addictions treatment program in March. SA IOP, or SOAP, is a planned and organized clinical service, in which addiction professionals provide several alcohol and other drug, AOD, and treatment service components to treat substance abuse disorders. The program focuses on:

- ★ Awareness and self-recognition of the AOD use disorder and its consequences
- ★ Recognition of the severity of the AOD use disorder
- ★ A personal acceptance of the AOD problem and general goals of AOD treatment
- ★ Improvements in the client's environment that are sufficient to support an ongoing recovery process or acquisition of skills that are sufficient to cope successfully with a problem environment
- ★ Remaining abstinent from all drugs including alcohol.

The treatment modalities utilized include cognitive-behavioral therapy, motivational enhancement therapy, matrix model, community reinforcement and contingency management and the Minnesota model.

Although individuals may enter the program at any time, when an individual completes the eight weeks, he/she will have attended a complete sequence of lectures.

For more information about the program, please contact Joseph Papa, MSW, Director of IOP and Recovery Clinician at 781-322-1503.

People in the News

Lowell Treatment Center has hired Jennifer Lencioni as the new Clinical Director for the Adolescent Partial Hospitalization Program. Ms. Lencioni has worked at Westwood Lodge as a Rehabilitation Therapist on the inpatient unit and also as a Clinician in the Partial Hospitalization Program for the past three years. She obtained her LMHC last year.

Kim Crowley has been appointed as the new Director of Nursing at Lowell Treatment Center. Ms. Crowley recently worked in adult psychiatry at BayRidge Hospital in Lynn, MA. Prior to that she worked at the Justice Resource Institute at Pelham Academy in Lexington. Ms. Crowley received her Bachelor of Science in Nursing from Salem State College.

New Partial Hospitalization Program Opens in Fall River

Arbour Counseling Services of Fall River has opened a new Adult Partial Hospitalization Program (APHP). The program addresses the growing needs of residence in the area.

The APHP is a day program providing mental health care for adults, ages 20 and older, who have behavioral, psychiatric and/or neuropsychiatric difficulties.

The program offers a full range of services, including multidisciplinary evaluation and treatment, a highly structured milieu, and coordination of continuing care



needs.

The purpose of a partial hospitalization program is to prevent a psychiatric hospitalization and/or to provide an extended period of

rehabilitation after an inpatient stay. The APHP, located at Arbour Counseling Services in Fall River, provides adults with comprehensive evaluation and treatment planning, medication management, psychoeducation and family counseling as indicated. Members of the program enjoy being with others in group therapy.

For more information on the Fall River PHP, please contact the Partial Program Director Patricia Sittig, at (508) 678-2833.

Courage and Connection Honors NEDA Week

Nearly 10 million women in the United States are fighting an eating disorder. Courage and Connection, a partial hospitalization and intensive outpatient program at Arbour-HRI Hospital, celebrated the 20th Annual "National Eating Disorder Awareness (NEDA) Week" February 24th through March 1st to promote an understanding that eating disorders are serious, life-threatening illnesses and that they are treatable. In support of this year's theme, "Be comfortable in your genes. Wear jeans that fit the TRUE you," Courage and Connection participated in the "Great Jeans Giveaway," a clothing drive for jeans and other items of clothing that are ill fitting, to encourage people to dress to their true body type. For each donation, participants were entered into a drawing to win a \$50.00 Gap gift certificate to purchase "jean that fit the true you." Donated items were given to a local homeless shelter.

"People need to realize there are treatments for eating disorders, and that they can get help and feel better," says Allison Scrivens, Clinical Coordinator of Courage and Connection. "You want to reduce the level of shame the client feels in any way you can. Our program works to heal eating disorders and alleviate body dissatisfaction, while removing the stigma surrounding the disorder. Courage and Connection provides women with a safe environment in which to learn and to practice skills so that they may be able to make healthier choices and move toward recovery." "National Eating Disorder Awareness Week" is a time to encourage people to pay attention to unhealthy eating habits, to break the cycle of fasting, binge eating or skipping meals, and to focus on living a full life. The program helps women redefine their relationship with food. The goal of the track is to interrupt disordered behavior cycles by developing and practicing healthy eating strategies and by learning skills for managing difficult emotions.

The Courage and Connection track at Arbour-HRI Hospital's Women's Partial Hospitalization Program, offers women treatment for co-occurring psychiatric and eating disorders. This includes binge eating, bulimia, anorexia and other eating disorders. The program provides strategies, insight and skills to help women navigate the terrain of recovery. Courage and Connection provides care for women of all body sizes who struggle with an unhealthy relationship between food and their body. For more information on the program, please contact Allison Scrivens at 617-731-3200.

Stonington Institute: UHS Connecticut Neighbor

Arbour Health System hospitals represent the northern most region in the United States for Universal Health Services. One of AHS' closest UHS neighbors is Stonington Institute located in various sites in Southeastern Connecticut.

Stonington Institute began serving recovering alcoholics in 1957 and today remains a leader in addiction and mental health treatment. With a main campus in North Stonington located on 25 rural acres for inpatient and acute residential treatment services, the partial hospitalization (PHP) and intensive outpatient programs (IOP) are located at additional sites in Groton, Ledyard, Waterford and Westerly, RI. The Institute also provides off-campus housing (OCH) at 12 locations in Connecticut.

Stonington offers a wide range of programs including:

- ❖ Acute psychiatric inpatient services for adolescent girls;
- ❖ Residential treatment services for adolescent girls and boys with substance abuse or dual diagnoses;
- ❖ Intensive residential treatment services for adolescent boys with a co-occurring developmental and psychiatric disability; and
- ❖ Inpatient detoxification for adults.

Adolescent Residential Treatment Center

The Stonington Residential Treatment Center (RTC) is a 45-bed program for males and females ages 12-18 experiencing substance abuse or co-occurring mental health and substance abuse disorders. The RTC is a 24-hour staff secure residential program; the average length of stay is 9-12 months, but individualized treatment planning permits short-term program stays of 30-90 days.

Intensive Residential Treatment Center (IRTC):

The IRTC is a short-term, 10-bed residential treatment program for adolescent males with developmental disabilities and a co-occurring mental health diagnosis. The IRTC is a 24-hour staff secure residential program geared to students ages 12-18 with moderate to mild mental retardation (IQ's 50 – 70) and/or other developmental disabilities.

For more information, call Andrea Keeney, Director of Admissions, at 860-832-1022.

Arbour-HRI Hospital Announces Evening IOP

Beginning March 20, 2008, Arbour-HRI Hospital will start an evening Intensive Outpatient Program (IOP) for dual diagnosis clients who have co-occurring psychiatric and substance disorders. The new program will accommodate clients who cannot attend day treatment due to daytime scheduling conflicts such as work or school.



The evening IOP clients will meet on Monday, Tuesday and Thursday from 6:00 until 9:00 p.m. This program is designed for individuals who may have an outpatient therapist and/or psychiatrist, but need a higher level of clinical support. Licensed clinicians make up the treatment team and they will create a supportive therapeutic milieu offering crisis management, intensive therapy, and didactic, psychodynamic and educational groups.

This intensive, short-term program addresses mental health and recovery issues through a variety of interdisciplinary modalities. Treatment is provided through comprehensive psychoeducation-based groups, psychopharmacological management, individual therapy, case management and aftercare planning.

IOP is for patients whose psychiatric and/or substance dependence symptoms are impeding their ability to function interpersonally and professionally, but who do not require the intensity of a partial hospitalization level of care.

For more information about the evening Intensive Outpatient Treatment Program, please contact Allie Sholder, Director, General Adult PHP/IOP, at 617-731-3200 x187. Intake Evaluations are being scheduled on Mondays, Tuesdays, Thursdays at 5:00 p.m. and are being done through the AHS ACCES/Intake Department at 800-22-ACCES.

Groups Offered at AHS Sites Address Client Needs

After School Group

Do parents, school, relationships make clients feel like they are going to explode? **The Boston Center**, in collaboration with Arbour Counseling Services, is offering an after-school group to help adolescents work things out. Groups are offered Monday afternoons. Call Jennifer or Lisa at (617) 783-9676.

Parent Empowerment Group

Is your client finding it hard to deal with their children? Do they find themselves frustrated during the day and confused with finding the right answers to parenthood? **The Boston Center's** Parent Empowerment Group helps families find the answers to topics including depressions, ADHD, Bipolar Disorder, disciplinary strategies, and communication techniques. Groups are offered Monday evenings and Wednesday mornings. For more information call Jennifer or Lisa at (617) 783-9676.

Positive Parenting Group

Arbour Counseling Services, Haverhill is offering a Positive Parenting Group for male and female adolescents and adults who are currently parents or expectant parents. The group strives to teach positive parenting techniques and skills. Groups are offered Wednesday afternoons. For more information call Jodi at (978) 373-7010.

Dialectical Behavior Therapy Group

Arbour Counseling Services, Franklin is adding a third DBT Group to its schedule. Groups are offered Monday morning, Wednesday evenings and now Tuesday evenings. For more information call Regina at (508) 528-6037.

Stress Reduction and Spanish Life Skills Groups

Arbour Counseling Services, Lowell is offering two new groups. The Stress Reduction Group provides relaxation techniques. The center is also offering four Spanish Language Groups teaching life skills for coping with mental illness. For more information call (978) 686-1281.

We welcome your story ideas for *AHS News*—those that would be of interest to all staff of AHS organizations.

Send your news items to:
aaron.schonberg@uhsinc.com