

## ACCESSING PHP SERVICES

To make a referral to the Adult PHP, **please contact the ACCES Center, 24 hours a day, 7 days a week, at (800) 22-ACCES (222-2237)**. Should you wish more information on the program, please call the Adult PHP Director at (978) 322-5160, ext. 5.

Patients may be referred for an evaluation to determine appropriateness for PHP level of care. The ACCES Center schedules evaluations for the PHP which can, in most cases, be arranged for the next business day.

For patients who are being discharged from inpatient level of care, the case manager should obtain prior approval from the patient's insurance company before contacting the ACCES Center.

Lowell Treatment Center accepts most insurance plans. To inquire about which insurance plans are accepted, please contact the ACCES Center at the telephone number above.

## ABOUT LOWELL TREATMENT CENTER

Lowell Treatment Center provides inpatient and partial hospitalization programs for individuals who are experiencing a variety of psychiatric illnesses.

Additional services offered include:

- 24-hour evaluation, triage and admission
- Inpatient psychiatric treatment for children and adolescents
- Partial hospitalization for adolescents
- Family Stabilization Team

## DIRECTIONS TO LOWELL TREATMENT CENTER

- To reach the Center, take Route 3 North to Exit 32.
- At the rotary, turn onto Drum Hill Road (sign says "Lowell 3 miles").
- Go through three sets of traffic lights. You will pass Dunkin Donuts and Drum Hill Ford on your right.
- Bear left at the fork next to traffic light (Wood Street).
- Continue straight through light and go over the Rourke Bridge.
- At the end of the bridge take a right onto Route 113 East (Pawtucket Boulevard), a divided highway (the river will be on your right).
- Get into the left lane and go straight through three sets of lights.
- At the fourth light turn left onto Varnum Avenue. You will see a sign for Lowell General Hospital.
- Lowell Treatment Center is a half-mile down on the right, the first driveway after the Lowell General Hospital Service Delivery Entrance.
- Lowell Treatment Center is on the 2nd floor.
- Parking is in the rear of the building.

## TRANSPORTATION

Transportation for local participants may be available if needed. Please call the Program Director for more information.

*Lowell Treatment Center is a program of Arbour Health System, the leading private behavioral health system in Massachusetts. Arbour Health System consists of Arbour Hospital, Boston; Arbour-Fuller Hospital, South Attleboro; Arbour-HRI Hospital, Brookline; Pembroke Hospital; Westwood Lodge; Lowell Treatment Center; The Boston Center; Arbour Counseling Services, with eleven locations throughout eastern Massachusetts; Arbour SeniorCare; and Choate Emergency Services Program.*

## ABOUT THE COVER

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



## ADULT PARTIAL HOSPITALIZATION PROGRAM

SHORT-TERM INTENSIVE TREATMENT FOR ADULTS



LOWELL  
TREATMENT CENTER  
A Program Of Arbour Health System

391 Varnum Avenue • Lowell, MA 01854 • (978) 322-5160  
**Easy Access to Quality Mental Health Services**  
[www.arbourhealth.com](http://www.arbourhealth.com)





## PROGRAM DESCRIPTION

Lowell Treatment Center's Adult Partial Hospitalization Program (PHP) is a short-term, intensive treatment program designed to meet the needs of individuals suffering from any psychiatric disorder who have had an acute decompensation and require a short-term partial hospitalization or intensive outpatient program for stabilization (which may last approximately one to four weeks) in order to prevent an inpatient admission or to facilitate transition from hospital to community. Groups begin daily at 10:00 AM and continue until 3:30 PM, Monday through Friday. Groups typically include, but are not limited to: Psychotherapy, Anger Management, Coping Skills, Medication Management, Relapse Prevention Management/Addictions, Expressive Therapy.

## PROGRAM GOALS

All treatment interventions are designed to achieve specific individualized, behaviorally measurable treatment goals and objectives that are developed with input from the patient, family and outpatient treaters. Interventions are designed to assist patients in developing a plan for physical, mental and spiritual recovery from psychiatric and/or substance disorders, and to support individual strengths and efficacy in mastering symptoms.

The following are specific goals for the program:

- Educate individuals about diagnoses, medication compliance, and treatment recommendations.
- Allow patients to identify and confront issues including denial and the impact on relationships.
- Develop and implement an aftercare plan including self-help groups, individual therapy, medication monitoring and a strong recovery network of support.

## STAFF/TREATMENT TEAM

Each patient is assigned to a treatment team; they receive a comprehensive interdisciplinary evaluation that includes psychiatric evaluation, nursing evaluation, psychosocial evaluation, family contact, and primary care physician contact. Program clinicians are mental health professionals with areas of expertise including depression, bipolar illness, dual diagnosis, psychotic disorders, women's issues, older adult issues, relapse prevention and expressive therapy. Lowell Treatment Center PHP staff members form a multidisciplinary treatment team including psychiatrist, nurse practitioner, licensed clinical social workers, and mental health counselors. Individuals who refer patients to the program are valued and respected members of the treatment team; contact is maintained with these professionals throughout the treatment process.

## TREATMENT PHILOSOPHY

### COMMUNICATION

The key to the patient's treatment success is that communication on all levels be paramount. Treatment team members work closely with appropriate outpatient providers and other support persons to ensure clear, consistent treatment planning and aftercare. The Nurse Practitioner is available throughout the week to meet with patients to discuss issues include medication management. The clinical team ensures that communication related to treatment and aftercare planning is thorough and well-coordinated.

## FAMILY INVOLVEMENT

Family involvement is a vital component of treatment. Family members are encouraged to express their opinions and feelings during group meetings. Program staff work to educate the family about the dynamics of illness, establish a framework for resolving frustrations and conflicts which may have developed, and teach the necessary skills to build healthy channels of communication.

## DISCHARGE AND AFTERCARE

Working together with the treatment team, the patient and his or her family develop an appropriate discharge and aftercare plan. The goal is to assist the individual in maintaining ongoing treatment. The discharge and aftercare plan may include referrals to outpatient services with medication management or other community-based programs.

## REFERRAL TO ADDITIONAL SERVICES

The program includes comprehensive individual and group programming and peer support. Psychopharmacology is offered as needed through the Psychiatrist and Nurse Practitioner on-site at the program. Care management to reinforce behavior and aftercare plans is provided. In addition, referral to other services may be recommended and arranged:

- Intensive outpatient programs
- Family, couples or group counseling
- Outpatient psychiatry/psychopharmacology or individual therapy

