

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 (781) 829-7264.

To refer a patient to PHP, you may obtain prior approval from the patient's insurance company before contacting the ACCES Center, or we can do an evaluation and call the insurance company for authorization. Pembroke Hospital accepts most insurances. To inquire about which insurance plans are covered, please contact the ACCES Center at the telephone number above.

ABOUT PEMBROKE HOSPITAL

Pembroke Hospital provides a wide range of inpatient and partial hospitalization services in a private community setting for adolescents and adults experiencing a variety of psychiatric illnesses. Additional services offered include:

- 24-hour evaluation, triage and admission
- Crisis intervention services
- Inpatient psychiatric treatment for adolescents and adults
- Partial hospitalization for adolescents
- Psychopharmacology
- Dual diagnosis services

Pembroke Hospital is a division of Arbour Health System, the leading private behavioral health system in Massachusetts. In addition to Pembroke Hospital, Arbour Health System includes Arbour Hospital, Boston; Arbour-Fuller Hospital, South Attleboro; Arbour-HRI Hospital, Brookline; Westwood Lodge; Lowell Treatment Center; The Boston Center; Arbour Counseling Services, with eleven locations throughout eastern Massachusetts; Arbour SeniorCare; and Choate ESP.

ABOUT THE COVER

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

08/07



ADULT PARTIAL HOSPITALIZATION PROGRAM

SHORT-TERM INTENSIVE TREATMENT
FOR ADULTS

- PSYCHIATRY TRACK
- DUAL DIAGNOSIS TRACK



PEMBROKE
HOSPITAL

A Division Of Arbour Health System

199 Oak Street • Pembroke, MA 02359 • (781) 829-7000
Easy Access to Quality Mental Health Services
www.arbourhealth.com



PROGRAM DESCRIPTION

Pembroke Hospital's Adult Partial Hospitalization Program (PHP) is a short-term treatment program designed to treat adults, ages 19 years and older, who are in acute psychiatric crisis and require a highly structured program to prevent further decompensation and inpatient hospitalization. The program also provides monitoring and support to facilitate patients' safe transition back into their communities following an inpatient hospitalization. Patients receive individualized, goal-oriented, strength-based treatment to facilitate stabilization of symptoms in the least restrictive environment.

The program offers five highly-structured therapeutic groups daily as well as intensive treatment collaboration with family members and outpatient treatment providers.

PROGRAM OBJECTIVE

The goal of the Partial Hospitalization Program is to aid in the psychiatric stabilization process while teaching proactive, strength-based coping skills to prevent hospitalization and prolong the patient's health in the least restrictive setting.

PROGRAM COMPONENTS

- Multidisciplinary treatment team
- Psychiatric evaluation
- Psychopharmacology as needed
- Diagnostic evaluation
- Individualized treatment plans
- Comprehensive group psychotherapy program; sample group topics include problem solving, coping skills, depression awareness, medication education, and rehabilitation

TREATMENT PHILOSOPHY

HOSPITAL TREATMENT TEAM

From the time of initial assessment, the patient is in the care of a highly skilled, multidisciplinary treatment team that includes a psychiatrist, case manager, psychiatric nurse, counselor and educational professional. Individuals who refer patients to the hospital are valued and respected members of the treatment team; contact is maintained with these professionals throughout the treatment process.

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. Social workers, case managers, teachers and community service representatives work with the clinical team to see that communication related to treatment and aftercare planning is thorough and well-coordinated.

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.

PROGRAM SCHEDULE

The program operates Monday through Friday from 10:00 AM to 3:00 PM. Patients may also, depending on clinical need and insurance company approval, participate in our half-day PHP or Intensive Outpatient Program (IOP).