

## ADMISSION CRITERIA

- Must be 18 years or older
- Have emotional or psychiatric symptoms severe enough to require intensive treatment and meet PHP level of care
- Not actively suicidal or homicidal
- Must be able to contract for safe behavior.

## ABOUT ARBOUR HOSPITAL

Arbour Hospital is a 118-bed licensed private psychiatric hospital in Boston, MA. Other services at Arbour Hospital include:

- Crisis Assessment and Intervention
- Intensive Inpatient Observation Service (IIOBS)
- Adult Inpatient Psychiatric and Dual Diagnosis Program
- Adolescent Inpatient Program
- ECT Services (Inpatient and Outpatient)
- Latino Partial Hospitalization Program
- Parker House Supervised Dorm

*Arbour Hospital is a division of Arbour Health System, the largest private behavioral health system in Massachusetts. In addition to Arbour Hospital, Arbour Health System includes Arbour-Fuller Hospital, South Attleboro; Arbour-HRI Hospital, Brookline; Pembroke Hospital; Westwood Lodge; Lowell Treatment Center; The Boston Center; Arbour Counseling Services, with 11 locations throughout eastern Massachusetts; and Arbour SeniorCare.*

## INFORMATION AND REFERRALS

To make a referral for an evaluation or an admission to the partial hospitalization program, please contact the Intake Department, 24 hours a day, seven days a week, at (800) 22-ACCES or 617-390-1320.

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.

Transportation is available by van service in the Metro Boston area. To arrange van transportation, or to learn about other transportation options available, please contact the PHP Director.

Arbour Hospital accepts most insurances. To inquire about which insurance plans are covered, please contact the Intake Department at the telephone number above.



*The psychiatric PHP offices at 555 Amory Street in Boston.*



## PARTIAL HOSPITALIZATION SERVICES

SHORT-TERM INTENSIVE DAY TREATMENT FOR ADULTS

- PSYCHIATRY PROGRAM
- DUAL DIAGNOSIS PROGRAM



**ARBOUR  
HOSPITAL**

*A Division Of Arbour Health System*

*Easy Access to Quality Mental Health Services*

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





## PROGRAM OVERVIEW

The Arbour Hospital Partial Hospitalization Programs (PHP) consists of three distinct programs: adult psychiatry, dual diagnosis, and Latino adults. Partial programs provide highly structured, short-term intensive treatment five days a week from 9:30 a.m. to 3 p.m.

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 treatment 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 Arbour Hospital PHP programs offer voluntary, short-term treatment through a variety of therapeutic activities in a group setting. Patients receive intensive treatment and supervision for the hours they spend in the program, but they maintain independent functioning and ties with home, family and community.

The treatment process is a partnership among patients, their families and the PHP staff. Patients and families collaborate with the staff to establish goals and plans for discharge.

## PSYCHIATRIC PARTIAL PROGRAM

The psychiatric partial hospitalization program is comprised of the following components:

- Illness education designed to help individuals understand their symptoms and recovery process
- Skills-based treatment incorporating cognitive behavioral therapy, DBT skills training, expressive therapy and positive psychology
- Case management emphasizing the coordination of care with family, community supports and treatment providers
- Individualized assessment and treatment planning focusing on the social, psychological and medical functioning of each participant.

### Clinical Treatment:

- Individual therapy
- Therapeutic milieu and structured group programming
- Psychopharmacology evaluation and treatment
- Family intervention as necessary
- Outpatient referrals.

The Jamaica Plain psychiatric PHP is located at 555 Amory Street in Boston. The site is accessible via the Green Street stop on the Orange MBTA line. If you have questions about the psychiatric PHP, please call the program at (617) 524-5887.

## DUAL DIAGNOSIS PARTIAL PROGRAM

The dual diagnosis partial hospitalization program is comprised of the following components:

- Illness education which focuses on assisting individuals to better understand their illness, the process of change and relapse prevention
- Skills training aimed at identifying the behavioral and attitudinal changes that are necessary to establish recovery as well as for development of new social supports
- Case management focusing on the coordination of care with various providers, community supports and family members.
- Strong focus on assisting individuals to plan for their continued recovery as they prepare to leave the program by utilizing 12-step programs, community supports and various resources.

### Clinical Treatment:

- Individual and family therapy
- Psychopharmacological assessments and medication management
- Case management and discharge planning
- Therapeutic milieu and structured group program.

The dual diagnosis PHP is located at Arbour Hospital at 49 Robinwood Avenue in Jamaica Plain. The site is accessible via the #39 bus (Robinwood Avenue stop). If you have questions, please contact the PHP program at (617) 390-1409.

