

INFORMATION AND REFERRALS

Referrals may be made to the Latino Program by calling the Arbour Intake Department at (617) 390-1320 or at (800) 22-ACCES.

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.

For further information, please contact Rodrigo Barahona, Psy.D., Director, at (617) 390-1236.

ABOUT ARBOUR HOSPITAL

Arbour Hospital operates two of its PHP programs at the 500 Amory Street location, which is accessible via public transportation. The hospital is accredited by The Joint Commission and licensed by the Department of Mental Health. Most insurances are accepted.

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.

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 HOSPITAL

A Division Of Arbour Health System

500 Amory Street • Boston, MA 02130 • (617) 390-1236
Easy Access to Quality Mental Health Services
www.arbourhealth.com





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

In the LPHP, patients are seen daily by the psychiatrist and a dedicated case manager. There is an intensive focus on short-term goals leading to the patient's return to long-term maintenance and stabilization in the community. The case manager, who is sensitive to patients' cultural issues, is available to provide support to the patient and his or her family during the partial hospitalization stay as well as after discharge.

PROGRAM GOALS

- Assure consistency with patients' cultural and linguistic needs.
- Provide psychoeducation and help patients develop effective coping skills.
- Offer an effective alternative to inpatient hospitalization.
- Provide information on, and offer patients a better understanding of, medication usage.

PROGRAM FEATURES

- Five groups daily, all conducted in Spanish
- Bicultural and bilingual staff including psychiatrists and social workers
- Individual, group and family therapy
- Brief treatment model with no required length of stay
- Coordination with outside referral sources, including psychiatrist where applicable, at all stages of treatment
- Medication evaluation and monitoring



GROUP MODELS

The group therapy schedule offers a variety of groups from psychotherapy to psychoeducation.

PSYCHODYNAMIC GROUP

Treatment procedures in which the patient participates in group process as well as reflects on effects of his/her participation on the overall group dynamic.

MIND/BODY GROUP

Expressive therapy group that includes relaxation exercises and education on the connection between physical health and emotional stress.

PSYCHOEDUCATIONAL GROUP

Substance abuse treatment group that combines didactic learning with group process and examines the relationship between substance use and emotional conflict.

COMMUNITY RESOURCES

This group will teach patients concrete methods for using available resources in their social/community milieu (i.e. relatives, community networks, etc.) in order to enhance their sense of independence and personal growth.

STEPS TO RECOVERY

Psychoeducational group which encourages members to help one another to express and understand their mental health concerns, and recover from emotional problems and the effects of mental illness.

MEDICATION MANAGEMENT

Informs members about psychopharmacology including benefits, side effects, etc. Staff answers specific questions about medications.

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 select Arbour Counseling Services sites throughout eastern Massachusetts.