

Overview

Recovery takes incredible courage. Courage and Connection, a track for the Center for Women's Development Partial Hospitalization Program, offers 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 clients navigate the terrain of recovery.

Program goals:

- To interrupt disordered behavior cycles
- To develop and to practice healthy eating strategies
- To connect with others struggling with similar issues
- To develop skills for managing difficult emotions
- To assist each woman gain insight into the recovery process

Client Profile

Courage and Connection provides care for women of all body sizes who struggle with an unhealthy relationship with food and their body. Our clients are 18 years or older and need more support than outpatient care, or are transitioning from an inpatient program. Participants must be medically stable and above 85% of their ideal body weight. In addition, clients must have a primary care physician who is responsible for medical monitoring.

Location

Courage and Connection is a track of the Center for Women's Development Partial Hospitalization Program. The Center for Women's Development is located at Arbour-HRI Hospital, 227 Babcock Street, Brookline, Massachusetts. Arbour-HRI is a small, private psychiatric hospital one block away from the "Babcock" stop on the MBTA Commonwealth Avenue Green Line.

For more information about The Center for Women's Development, referring therapists and potential patients may call the Women's PHP Director at (617) 731-3200, ext. 174 or the Community Relations Department at 617-390-1423. Referrers and patients may also visit us online at www.arbourhealth.com under the Services Section.



**ARBOUR - HRI
HOSPITAL**

A Division Of Arbour Health System

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www.arbourhealth.com

Easy Access to Quality Mental Health Services

Courage and Connection



The Center for Women's Development

**FOR THE TREATMENT OF
CO-OCCURRING PSYCHIATRIC
AND EATING DISORDERS**

- Binge Eating
- Bulimia
- Anorexia
- Eating Disorders NOS

Treatment Staff

The treatment staff is made up of qualified health care professionals committed to women's health and wellness. This includes a psychiatrist, licensed social workers, mental health counselors and nutritionists. We create an atmosphere of compassion and empowerment, and work closely as a team to provide consistent care.

Treatment Model

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.

Our program offers:

- Five day programming from 9:45 a.m. to 2:30 p.m.
- Five group therapy sessions per day as well as a supervised meal
- No less than two psychopharmacology consultations per week for management of symptoms
- Individualized treatment plan as well as one individual session each week with the case manager to assess progress and address concerns
- Nutritional consultation and individualized meal plan from a registered dietitian
- Comprehensive discharge plan including collaboration and consultation with outpatient team.

Group Program

With a focus on compassion and non-judgement, groups serve as the foundation of treatment.

Expressive Therapy groups are a powerful way to help patients become more attuned to their feelings and practice expressing their individuality. The therapeutic modalities we use include writing, movement, music, and art.

Managing difficult feelings and discovering ways to feel more grounded are two of our main goals for treatment. Our curriculum incorporates *Mindfulness Training* skills including DBT, mindfulness and meditation techniques, guided imagery, and breathing practices.

In order to provide patients with valuable strategies and information to use in their recovery, we incorporate regular *Psycho-Educational* groups. Topics include: nutrition, the stages of change, relapse prevention, interpersonal relationships, family issues, body image, and healthy communication.

The Women's Partial Hospitalization Program also provides groups on:

- Stress Management
- Anger Management
- Anxiety Management
- Coping with Depression
- Trauma Recovery

Information and Referrals

Courage and Connection welcomes referrals for partial hospitalization and intensive outpatient treatment. Patients accepted to the program should be at or above 85% of IBW.

For immediate assistance and access to care, referring therapists and potential patients may call the ACCES/Intake Department 24 hours a day, 7 days a week, at (800) 22-ACCES (222-2237) or (617) 390-1320. Please be sure to ask for the Courage and Connection track at Arbour-HRI Hospital. Most insurance plans are accepted.

When a patient is referred to partial hospitalization as a step-down from an inpatient program, prior approval from the patient's insurance company should be obtained before calling to schedule an appointment.

Questions about the pre-screening or medical clearance process should be directed to the Eating Disorders Clinical Coordinator at 617-731-3200, ext. 174.

