

## OVERVIEW OF PROGRAM

Arbour-Fuller Hospital's Dual Diagnosis Services are designed to provide a comprehensive array of services to individuals with co-occurring psychiatric and addictions disorders, including:

- Comprehensive evaluation
- Short-term crisis stabilization and detoxification
- Highly structured inpatient program that emphasizes long-term recovery skills
- Partial hospitalization program
- Intensive outpatient program
- Linkages to sober living
- Referral to outpatient services and self-help groups

## INFORMATION AND REFERRALS

For more information on Arbour-Fuller's Dual Diagnosis Services please call the Community Relations Coordinator at (508) 761-8500 ext. 2292.

**To make a referral, please contact the Intake Department, 24 hours a day, 7 days a week, at (800) 22-ACCES or (617) 390-1320. Most insurances are accepted.**

## ABOUT THE COVER

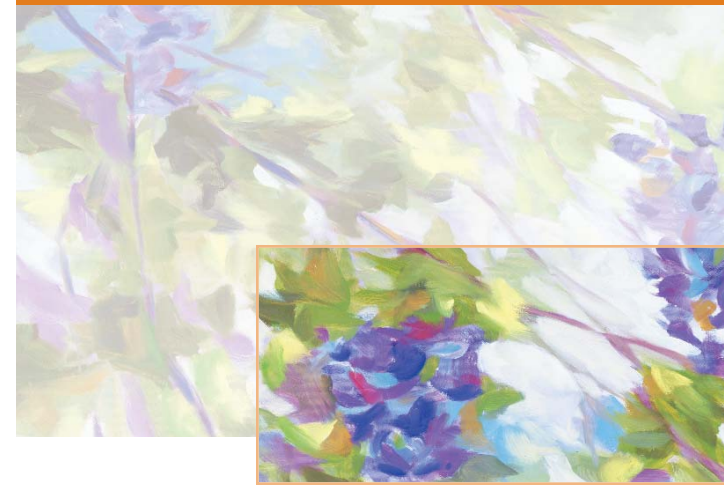
In all its beauty, the arbour is a symbol of comfort and hope, safety and shelter.

## ABOUT ARBOUR-FULLER HOSPITAL

Arbour-Fuller Hospital is an 82-bed licensed private psychiatric hospital in South Attleboro, MA. Arbour-Fuller is conveniently located fifteen minutes north of Providence, Rhode Island and within one hour of Boston. Other services at Arbour-Fuller Hospital include:

- Crisis Evaluation and Intervention
- Adult Inpatient and Partial Hospitalization Programs
- Adolescent Inpatient Program
- Inpatient Developmental Disabilities Program
- Partial Plus Supervised Housing

*Arbour-Fuller Hospital is a division of Arbour Health System, the leading private behavioral health system in Massachusetts. In addition to Arbour-Fuller Hospital, Arbour Health System consists of Arbour Hospital, Boston; 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 Cohate ESP.*



## DUAL DIAGNOSIS SERVICES

CRISIS EVALUATION AND  
INPATIENT TREATMENT FOR PATIENTS  
WITH CO-OCCURRING PSYCHIATRIC  
AND SUBSTANCE DISORDERS



ARBOUR-FULLER  
HOSPITAL  
A Division Of Arbour Health System

200 May Street • South Attleboro, MA 02703 • (508) 761-8500  
**Easy Access to Quality Mental Health Services**  
[www.arbourhealth.com](http://www.arbourhealth.com)



## TREATMENT PHILOSOPHY

The Dual Diagnosis Services at Arbour-Fuller Hospital offer a continuum of care designed to provide a multi-faceted opportunity for recovery. The continuum includes detoxification and inpatient treatment, partial hospitalization, intensive outpatient treatment, and referral to community programs. Services focus on helping the individual and his or her support system to deal with the realities of co-occurring psychiatric and substance disorders, and on recovery through medical, behavioral, and counseling interventions.

All treatment interventions are aimed at motivating the individual to begin the process of establishing lifestyle and attitudinal changes that will initiate and then support recovery. Each aspect of the continuum is designed to prepare the individual for the next appropriate level of care.

Recognizing and appropriately treating multiple diagnostic issues is a clear priority as well as a necessary clinical step in providing effective treatment. Co-occurring diagnoses are treated simultaneously and the staff is dedicated to providing a thorough evaluation and a focused treatment plan.

Connection to recovery supports, whether related to addiction or other mental health issues, is firmly engaged during treatment. Recovery is a process of ongoing change that is fueled by hope, willingness and connection to sober and healthy relationships.

## INPATIENT SERVICES

The inpatient unit offers a safe and therapeutic treatment program designed to meet the needs of the individual patient. The program is flexible enough so that both the addiction and psychiatric disorder may be addressed. The program can also accommodate patients with a history of addiction who have not had a current relapse, but are experiencing a psychiatric crisis.

The inpatient program is milieu-based and provides safe inpatient detoxification and comprehensive biopsychosocial evaluation; co-occurring disorders are assessed and stabilized. All patients are assigned to a multidisciplinary team that follows them throughout the treatment process. The focus of treatment includes assessment, detoxification, stabilization and aftercare planning. Dual diagnosis groups are ongoing and focus on how one diagnosis may affect the other. The patient participates in the treatment plan and the family is encouraged to become involved in the patient's treatment. Twelve Step groups, including AA and NA, are available through commitments at the hospital.

## INPATIENT DETOXIFICATION

Arbour-Fuller offers safe, clinically sound and cost-effective detoxification. The program can accommodate individuals withdrawing from a variety of substances, including alcohol, opiates, benzodiazepines, cocaine, and marijuana. For patients detoxifying from opiate addictions, protocols include the use of Suboxone, a medication that works to reduce the effects of opiate dependence and prevents withdrawal symptoms. Inpatient detoxification is combined with a program of education and support, allowing a majority of participants to complete the program and move on to other outpatient services as follow-up.

## PARTIAL HOSPITALIZATION PROGRAM

A patient may be directly admitted to the partial hospitalization program as an alternate level of care from crisis or make the transition to the program after an inpatient stay.

The partial hospitalization program is a phase of treatment that continues the evaluation and stabilization process. The focus here is on identifying and engaging behavioral and attitude changes that are necessary to establish recovery. Patients take an in-depth look at the process of relapse, the triggers that will start the process in them, and strategies to effectively manage that process when it occurs.

Group therapy and peer support are the primary forms of treatment; interpersonal interactions and problem-solving are also an area of focus. Case management is primarily to reinforce behavior and aftercare plans that have been established.

Arbour-Fuller has developed community linkages to support patients with co-occurring psychiatric and substance disorders, including sober houses, halfway houses and other residential supports.

Partial Plus, a supervised dorm located on Arbour-Fuller's campus, is available for individuals participating in Arbour-Fuller's Partial Hospitalization Program. Partial Plus provides a supportive living environment for residents while they are in treatment. The stay in the dorm is concurrent with PHP services. Partial Plus is self-paid; however, financial arrangements can be made should a resident be unable to afford the weekly fee.