

## OVERVIEW OF PROGRAM

Arbour-HRI 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 with emphasis on long-term recovery skills
- Partial hospitalization program (PHP)
- Intensive outpatient program (IOP)
- Linkages to sober living
- Referral to outpatient services and self-help groups

## INFORMATION AND REFERRALS

For more information on Arbour-HRI's Dual Diagnosis Services, please call Andrea Santilli, Community Relations Coordinator at (617) 390-1423.

**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 insurance providers are accepted.**

## ABOUT THE COVER

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

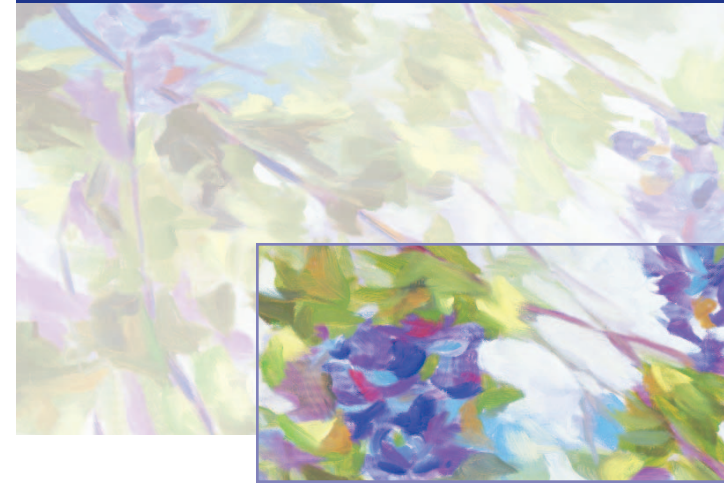
## ABOUT ARBOUR-HRI HOSPITAL

Arbour-HRI Hospital is a 68-bed licensed private psychiatric hospital in Brookline, MA. Other services at Arbour-HRI Hospital include:

- Crisis Evaluation and Intervention
- Adult Inpatient Program
- Inpatient Women's Program
- Partial Hospitalization Programs for adults including specialty programs for women, lesbians, gay, bisexual and transgendered persons.

Arbour-HRI Hospital is licensed by the Massachusetts Department of Mental Health and accredited by the Joint Commission on Accreditation of Health Care Organizations (JCAHO).

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



## DUAL DIAGNOSIS SERVICES

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



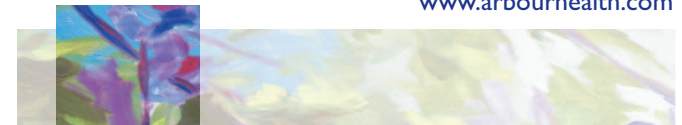
ARBOUR - HRI  
HOSPITAL

*A Division Of Arbour Health System*

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## TREATMENT PHILOSOPHY

The Dual Diagnosis Services at Arbour-HRI 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 each 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 Al-Anon, are available through commitments at the hospital.

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

Following successful detoxification, our staff will provide patients with a variety of maintenance treatment options. It is our belief that the provision of a flexible menu of effective treatment opportunities and a degree of choice for those seeking treatment is likely to optimize the outcomes, as well as the process of treatment of substance dependence.

## SUBSTANCE ABUSE DETOXIFICATION

Arbour-HRI offers safe, clinically sound and cost-effective detoxification. The program accommodates 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 participants to complete the program and move on to other outpatient services as follow-up.

## TREATMENT TEAM

Medhat Migeed, MD is the attending psychiatrist on the Arbour-HRI Hospital Dual Diagnosis Unit. Dr. Migeed attended the Ain Shams University School of Medicine in Cairo, Egypt. He completed his Residency training at the Case Western Reserve University's program at the Cleveland Veterans Administration and did his Fellowship training at the Massachusetts General Hospital. Dr. Migeed is board certified in psychiatry and in addictionology.

Dr. Migeed is certified by the Department of Health and Human Services Center for Substance Abuse Treatment to administer Suboxone for the treatment of opioid addiction.

Treatment team members include medical doctors, nurses, social workers, addictions counselors, and mental health associates.