

OVERVIEW OF PROGRAM

Pembroke 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 Pembroke's Dual Diagnosis Services, please call the Community Relations Coordinator at (781) 829-7191.

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.

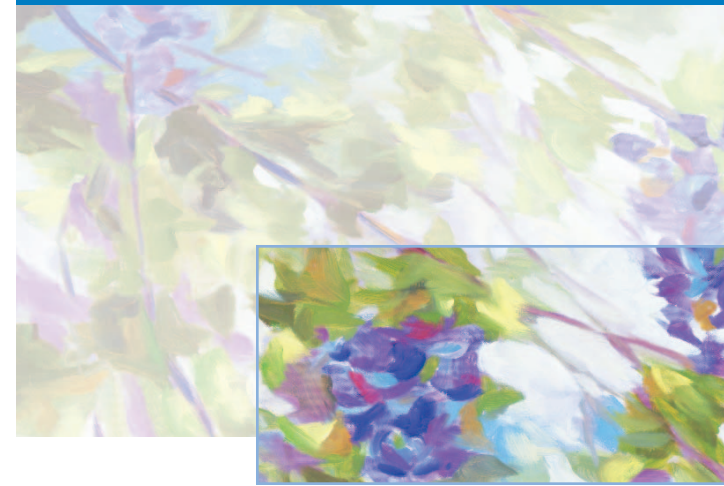
ABOUT PEMBROKE HOSPITAL

Pembroke Hospital is a 115-bed licensed private psychiatric hospital in Pembroke, MA. Other services at Pembroke Hospital include:

- Crisis Evaluation and Intervention
- Adult Inpatient Unit
- Geropsychiatry Inpatient Unit
- Inpatient Adolescent Program
- Partial Hospitalization Programs for adolescents and adults including specialty tracks for patients with co-occurring psychiatric and substance disorders.

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

Pembroke Hospital is a division of Arbour Health System, the leading private behavioral health system in Massachusetts. In addition to Pembroke Hospital, Arbour Health System consists of Arbour Hospital, Boston; Arbour-Fuller Hospital, S. Attleboro; Arbour-HRI Hospital, Brookline; 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



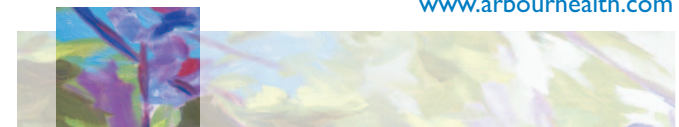
PEMBROKE
HOSPITAL

A Division Of Arbour Health System

199 Oak Street • Pembroke, MA 02359 • (781) 829-7000

Easy Access to Quality Mental Health Services

www.arbourhealth.com



TREATMENT PHILOSOPHY

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

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

After the patient has been successfully detoxed, staff will provide the patient with maintenance treatment options. The provision of a flexible menu of effective treatment options and some degree of choice for those seeking treatment is likely to optimize the outcomes and process of treatment of substance dependence.

SUBSTANCE ABUSE DETOXIFICATION

Pembroke offers safe, clinically sound and 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

Michele Switzer is the attending psychiatrist on the Pembroke Hospital Dual Diagnosis Unit. Dr. Switzer received her medical degree from St. Louis University School of Medicine. She completed a psychiatric residency at the University of Florida and completed an Addiction Fellowship at Massachusetts General Hospital and McLean Hospital. She is board-certified in psychiatry.

Dr. Switzer 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.