

## PROGRAM PHILOSOPHY

The Arbour-Fuller Partial Hospitalization Program (PHP) consists of two distinct programs: adult psychiatry and dual diagnosis. PHP is a highly structured, short-term intensive outpatient program that represents an important part of Arbour-Fuller's continuum of care.

The purpose of the partial hospitalization program is to provide a safe, therapeutic environment for individuals in need of this level of care. Patients receive individualized, focused, goal-oriented treatment to facilitate stabilization of symptoms and increase coping skills in a less restrictive, non-institutional environment. Partial hospitalization either continues the evaluation and stabilization process initiated on the inpatient unit, or functions as a diversion from hospitalization for patients who are in acute crisis and require a highly structured treatment program to prevent decompensation and admission.

The overall program philosophy incorporates a disease and recovery model for both psychiatric and substance disorders that emphasizes:

- Education to patients and families regarding the nature of the disorders that precipitated admission.
- Access to treatment and recovery, to stabilize acute symptoms and to promote progress with continued rehabilitation and growth.
- Acquisition of specific cognitive and behavioral skills for managing symptoms and feelings, as well as for development of new social supports.
- Daily medication management with a physician or nurse practitioner.

## 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 Program
- Adolescent Inpatient Program
- Dual Diagnosis Services
- Inpatient Developmental Disabilities Program

Partial Plus provides supervised housing for men and women with dual diagnosis, substance use, or psychiatric disorders. The dorm is located at Arbour-Fuller Hospital. Residents must be enrolled concurrently in Arbour-Fuller Hospital's Partial Hospitalization Program (PHP) in order to participate.

For more information on other AHS sites, please contact the Intake or Marketing Departments at (800) 828-3934. To inquire about our other services and programs, you can also visit our web site at [www.arbourhealth.com](http://www.arbourhealth.com) or send an e-mail to [arbourhealth@mindspring.com](mailto:arbourhealth@mindspring.com).

*Arbour-Fuller Hospital is a division of Arbour Health System, the leading private mental 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 Choate ESP.*

## ACCESSING PHP AND IOP SERVICES

To make a referral to the partial hospitalization program, **please contact the Intake Department, 24 hours a day, 7 days a week, at (800) 22-ACCES (222-2237).**

Should you wish more information on the program, please call (508) 838-2316.

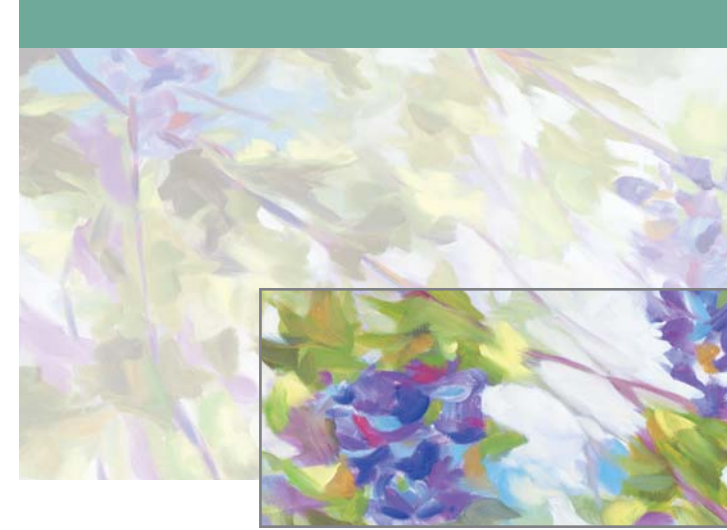
The Partial Hospitalization Program at Arbour-Fuller operates Monday through Friday with optional weekend sessions, 9:00 A.M. to 3:00 P.M.

The Intensive Outpatient Program operates Monday through Friday with optional weekend sessions, 9:00 P.M. to 12:15 P.M.

To refer a patient to PHP or IOP, please obtain prior approval from the patient's insurance company before contacting the Intake Department. Arbour-Fuller Hospital accepts most insurances. To inquire about which insurance plans are covered, please contact the Intake Department at the telephone number above.

## ABOUT THE COVER

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



## PARTIAL HOSPITALIZATION PROGRAM

SHORT-TERM INTENSIVE TREATMENT FOR ADULTS INCLUDING INTENSIVE OUTPATIENT PROGRAM



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)



## PROGRAM DESCRIPTION

The Partial Hospitalization Program is accessible to patients ages 18 and over who suffer from any psychiatric disorder, or any combination of psychiatric and substance disorder, who have had an acute decompensation and require a short-term intensive outpatient program for stabilization (which may last approximately one to four weeks) in order to prevent hospitalization, or to facilitate transition from hospital to community.

Each patient is assigned to a treatment team consisting of an attending psychiatrist, case manager (social worker) and nurse. Each patient receives a comprehensive interdisciplinary evaluation that includes: psychiatric evaluation, nursing evaluation, psychosocial evaluation, family contact, primary care physician contact, and medical evaluation. Coordination with outpatient treaters is an important part of treatment and discharge planning.

Based upon this assessment, each patient receives an interdisciplinary, problem-specific treatment plan that is updated at least once a week during team meetings. Treatment includes: Regular psychiatrist visits, case manager meetings weekly, weekly family and collateral contact and a full program of groups.

All treatment interventions are designed to achieve specific individualized, behaviorally measurable treatment goals and objectives that are developed with input from the patient, family and outpatient treaters. All interventions are designed to assist patients in developing a plan for physical, mental and spiritual recovery from psychiatric and/or substance disorders, and to support individual strengths and efficacy in mastering symptoms.

Discharge planning begins at the point of admission, and involves collaboration between patient, family, and collateral supports to develop a plan for continuing growth.

## PROGRAM COMPONENTS

- Comprehensive group program; peer support, interpersonal interaction and problem solving are also areas of focus
- Psychopharmacology as needed
- Case management to reinforce behavior and aftercare plans that have been established
- Dialectical Behavior Therapy skills group.

## DIALECTICAL BEHAVIOR THERAPY

Arbour-Fuller's Partial Hospitalization Program incorporates Dialectical Behavior Therapy (DBT) treatment techniques, including skills groups, the use of diary cards, and behavioral analysis. DBT is a cognitive-behavioral treatment that balances validation and acceptance with change, growth and empowerment. DBT focuses on teaching skills for participating effectively in the world, as well as skills for emotion regulation and distress tolerance.

## DUAL DIAGNOSIS PARTIAL HOSPITALIZATION

Arbour-Fuller's Partial Hospitalization Program includes a specialized program for dual diagnosis patients. The focus of the Dual Diagnosis Partial Hospitalization Program is to identify and engage behavioral and attitudinal changes that are necessary to establish recovery. Patients take an in-depth look at the process of relapse, and develop strategies to effectively manage the relapse process as it occurs.

In addition to regular adult PHP programming, dual diagnosis patients also participate in the following:

- Specialized psychotherapy groups with focus on recovery
- Dialectical Behavior Therapy skills group focusing specifically on recovery issues.

## INTENSIVE OUTPATIENT PROGRAM (IOP)

IOP is an Intensive Outpatient Program for patients whose psychiatric and/or substance dependence symptoms are impeding their ability to function interpersonally and professionally, but who do not require the intensity of a partial hospitalization level of care.



IOP focuses on the stabilization of symptoms by the teaching and utilization of Dialectical Behavior Therapy (DBT) skills to cope with problems and emotions more effectively.

Patients typically participate in IOP three days per week, for three hours a day. The overall duration of treatment depends on each individual's need.

## ADMISSION CRITERIA

To be eligible to participate in the IOP, patients must meet the following criteria:

- Age 18 or over
- Ability to comprehend and retain DBT literature
- Ability to attend a three-hour class without behavioral disruption
- Physical stability
- No florid psychosis
- No acute mania