

## PROGRAM OVERVIEW

The General Adult Program (GAP) at Arbour-HRI Hospital offers partial hospitalization and intensive outpatient services for adults with psychiatric or dual diagnosis disorders. This intensive, short-term program addresses mental health and recovery issues through a variety of interdisciplinary modalities. Treatment is provided through comprehensive psychoeducation-based groups, psychopharmacological management, individual therapy, case management and aftercare planning.

The GAP Program is also designed to help “bridge the gap” between inpatient treatment and the ultimate goal of maximum independence and community-based outpatient treatment. The program serves as a transitional or step-down program for those patients who have recently been discharged from an acute inpatient unit, but continue to need a hospital level of care for treatment of psychiatric or dual diagnosis disorders. The program also provides diversionary care for individuals who are safe to remain in their home setting, but require intensive interventions to address mental health and/or recovery issues in order to prevent an inpatient hospitalization.

## PROGRAM STAFF

The treatment team includes the GAP psychiatrist, program director, and case manager. Treatment team members work closely with appropriate outpatient providers and other support persons to ensure that there is a clear, consistent treatment plan and aftercare.



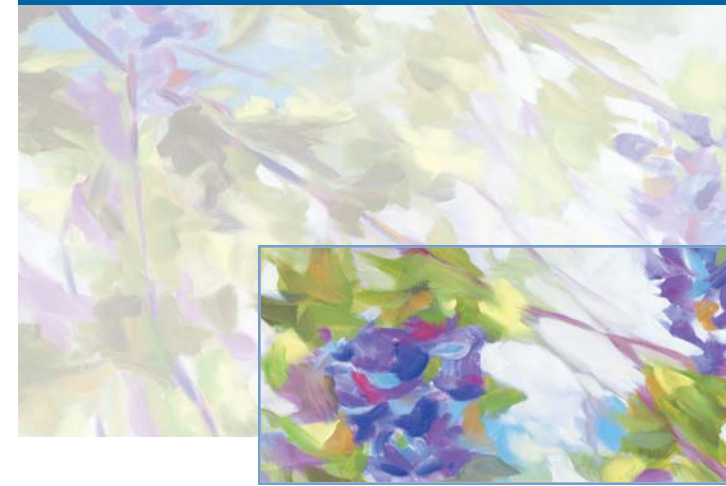
## ABOUT ARBOUR-HRI HOSPITAL

Arbour-HRI Hospital is a 68-bed behavioral health facility with adult inpatient services and partial hospitalization programs located in Brookline, MA, convenient to public transportation. The hospital's programs include general adult inpatient services, The Center for Women's Development, dual diagnosis services, and the Triangle Program for gay, lesbian, bisexual and transgender individuals with trauma or dual diagnosis history.

*Arbour-HRI Hospital is a division of Arbour Health System, the leading private behavioral health system in Massachusetts. Arbour Health System consists of Arbour Hospital, Boston; Arbour-Fuller Hospital, South Attleboro; 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.*

## ABOUT THE COVER

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



## THE GAP PROGRAM

A PARTIAL HOSPITALIZATION PROGRAM  
FOR ADULT PSYCHIATRIC AND  
DUAL DIAGNOSIS PATIENTS



ARBOUR - HRI  
HOSPITAL

*A Division Of Arbour Health System*

227 Babcock Street • Brookline, MA 02446 • (617) 731-3200

**Easy Access to Quality Mental Health Services**

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## PROGRAM DESCRIPTION

The GAP Program is a highly structured, short-term intensive treatment program that represents an important part of the continuum of care. Patients receive individualized, focused, goal-oriented treatment to facilitate stabilization of symptoms in a less restrictive, non-institutional environment.

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.
- Identifying and engaging behavioral and attitude changes which 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.

## PROGRAM COMPONENTS

- Emphasis on mental health and recovery issues affecting adults over age 18 with psychiatric or dual diagnosis disorders
- Comprehensive group program
- Psychiatric evaluation
- Individualized treatment plans
- Psychopharmacology as needed
- Case management to reinforce behavior and aftercare plans that have been established

## SAMPLE GROUP TOPICS

- Community Meeting
- Coping Skills
- Dialectical Behavior Therapy Skills
- Relationship Issues
- Assertiveness Training
- Self-Esteem
- Managing Illness
- Anger Management
- Dual Diagnosis
- Stress Management

## INSURANCES

The GAP Program is able to accept most insurances, including Massachusetts Behavioral Health Partnership, United Behavioral Health, Blue Cross Blue Shield, Harvard Pilgrim Health Care, Neighborhood Health Plan, Fallon Health Plan, BMC HealthNet, Tufts Health Plan, Medicaid and Medicare, and has had success with managed care approval for many non-contracted HMOs.

## INFORMATION AND REFERRALS

**To make a referral, please call the ACCES Department, 24 hours a day, 7 days a week, at (800) 22-ACCES.**

To refer a patient to partial hospitalization, you may obtain prior approval from the patient's insurance company before contacting the Intake Department, **or we can schedule an on-site evaluation and contact the insurance company with information needed for authorization.**

For more information on the GAP Program, please contact the Program Director at (617) 731-3200, ext. 187, or the Community Relations Coordinator, at (617) 390-1423.

**Transportation arrangements may be made on an individual basis by contacting the PHP staff.** The GAP Program operates Mondays and Fridays from 9:30 a.m. until 2:00 p.m., and Tuesdays, Wednesdays and Thursdays from 9:30 a.m. until 3:00 p.m. Patients may also participate in our half-day PHP or Intensive Outpatient Program (IOP), depending upon their clinical need.