

INFORMATION AND REFERRALS

Courage and Connection welcomes referrals for partial hospitalization and intensive outpatient treatment. Patients accepted to the program should be at or above 85% of their ideal body weight (IDB).

For immediate assistance and access to care, referring therapists and potential patients may call the ACCES/Intake Department 24 hours a day, seven days a week at (800) 22-ACCES (222-2237). Please be sure to ask for the Courage and Connection program at Arbour-HRI Hospital. Most insurance plans are accepted.

When a patient is referred to partial hospitalization as a step-down from inpatient care, prior approval from the patient's insurance company should be obtained before calling to schedule an appointment.

PUBLIC TRANSPORTATION

Arbour-HRI Hospital is reachable by public transportation. The hospital is a block away from the "Babcock Street" T stop on the B line of the Green MBTA line. Patients can also arrive by using the 57 bus.



COURAGE AND CONNECTION

FOR THE TREATMENT OF
CO-OCCURRING PSYCHIATRIC
AND EATING DISORDERS



ARBOUR - HRI
HOSPITAL

A Division Of Arbour Health System

227 Babcock Street • Brookline, MA 02446

Phone: (617) 731-3200

Easy Access to Quality Mental Health Services

www.arbourhealth.com





OVERVIEW

Recovery takes incredible courage. Courage and Connection is a track in the Women's Partial Hospitalization Program offering treatment for co-occurring psychiatric and eating disorders. This includes binge eating, bulimia, anorexia, and other eating disorders. The program provides strategies, insight and skills to help clients navigate the terrain of recovery.

PROGRAM GOALS

- To interrupt disordered behavior cycles
- To develop and to practice healthy eating strategies
- To connect with others struggling with similar issues
- To develop skills for managing difficult emotions
- To assist each woman in gaining insight into the recovery process.

TREATMENT MODEL

Courage and Connection provides women with a safe environment in which to learn and to practice skills so they may be able to make healthier choices and move toward recovery.

Our program offers:

- Five day programming from 9:45 a.m. to 2:30 p.m.
- Five group therapy sessions per day as well as a supervised meal
- No less than two psychopharmacology consultations per week for management of symptoms
- Individualized treatment plan as well as one individual session each week with the case manager to assess progress and address concerns
- Nutritional consultation and individualized meal plan from a registered dietitian
- Comprehensive discharge plan including collaboration and consultation with outpatient team

TREATMENT STAFF

The treatment staff is made up of qualified health care professionals committed to women's health and wellness. This includes a psychiatrist, licensed social workers, mental health counselors and nutritionists. We create an atmosphere of compassion and empowerment, and work closely as a team to provide consistent care.

GROUP PROGRAM

With a focus on compassion and non-judgement, group therapy serves as the foundation of treatment.

Expressive Therapy groups are a powerful way to help patients become more attuned to their feelings and practice expressing their individuality. The therapeutic modalities we use include writing, movement, music and art.

Managing difficult feelings and discovering ways to feel more grounded are two of our main goals for treatment. Our curriculum focuses on using DBT skills to effectively cope with symptoms and develop healthier coping skills.

In order to provide patients with valuable strategies and information to use in their recovery, we incorporate regular Psycho-Educational groups. Topics include:

- nutrition
- family issues
- the stages of change
- body image
- relapse prevention
- healthy communication.
- interpersonal relationships

The Women's Partial Hospitalization Program also offers programming on:

- Stress Management
- Coping with Depression
- Anger Management
- Trauma Recovery.
- Anxiety Management

