

INFORMATION AND REFERRALS

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 do an on-site evaluation and contact the insurance company with information needed for authorization. To make a referral, please call the Intake Department, 24 hours a day, 7 days a week, at (800) 22-ACCES or (617) 390-1320. Be sure to ask for the Triangle Program.

Intake staff will schedule a time for the patient's arrival at the Triangle Program and ask to have any appropriate clinical information faxed directly to the Triangle Program staff at (617) 566-0894. The program runs between 9:00 a.m. and 3:00 p.m. and includes individual, couples or medication meetings that may be arranged before, during or after the regular group schedule. For more information on the Triangle Program, please call (617) 731-3200, ext. 409 or ext. 163.

INSURANCES

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

Arbour-HRI Hospital is a division of Arbour Health System, the largest 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; and Arbour SeniorCare.

ABOUT THE COVER

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



The Triangle Program

A PARTIAL HOSPITALIZATION
AND INTENSIVE OUTPATIENT PROGRAM
FOR GAY, LESBIAN, BISEXUAL AND
TRANSGENDER PEOPLE



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
www.thetriangleprogram.com



PROGRAM DESCRIPTION

The Triangle Program at Arbour-HRI Hospital is the first partial hospitalization program in the Boston area that comprehensively responds to the complex mental health needs of gay, lesbian, bisexual and transgender people. The Triangle Program provides treatment for these individuals who are dealing with issues such as trauma, sexual abuse, depression, social isolation, eating disorders, the emotional impact of HIV infection and co-occurring psychiatric and addiction disorders, including addiction to substances such as crystal meth.



Our commitment is to provide mental health treatment that is sensitive to the issues of gay, lesbian, bisexual and transgender people. Clinically sophisticated evaluation, consultation and intensive daily treatment provide stabilization and support for patients during times of crisis. The Triangle Program provides flexible and personalized treatment schedules and consistently preserves client relationships with outpatient therapists and community support systems.

PROGRAM COMPONENTS

- Comprehensive psychiatric and substance abuse evaluation
- Psychopharmacology evaluation and consultation
- Intensive group treatment program with individual clinical coordination
- Trauma evaluation and treatment
- Psychodynamic and cognitive/behavioral interventions
- Collaboration with outpatient therapists and primary care physicians; opportunity for involved providers to participate in treatment team meetings
- Preservation of outpatient therapist/client relationship
- Referral to outpatient psychiatrist and therapist if needed
- Referral to specialty services including psychological testing and nutritional counseling

Group topics offered as part of the PHP/IOP may include: Mindfulness/Goals, Healthy Thinking, Cognitive Behavior Therapy, Dialectical Behavior Therapy, Trauma and Recovery, Family Issues, Self Esteem, Anger Management, Meditation, Relapse Prevention/Process Management, Sexuality and Self Awareness, Life and Coping Skills and Stress Management.

