

PROGRAM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM - 10:15AM	Mindfulness/Goals	Mindfulness/Goals	Mindfulness/Goals	Mindfulness/Goals	Mindfulness/Goals
10:30AM - 11:15AM	Goals Review	Substance Abuse	Trauma & Recovery	DBT	Healthy Thinking CBT
11:30AM - 12:15PM	Trauma & Recovery	DBT	Self Esteem	DBT	Meditation
12:15PM - 1:00PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:00PM - 1:45PM	Relapse Process Management	Family Issues	Psychiatric Education	Anger Management	Relapse Process Management
2:00PM - 2:45PM	Sexuality & Self Awareness	Stress Management	Life and Coping Skills	Doing the Next Right Thing/Wrap-up	Weekend Planning
2:45PM - 4:00PM	Individuals/Intake	Individuals/Intake	Individuals/Intake	Individuals/Intake	Individuals/Intake

Schedule subject to change.

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) 652-5222 or (617) 390-1320. Be sure to ask for the Triangle Program.

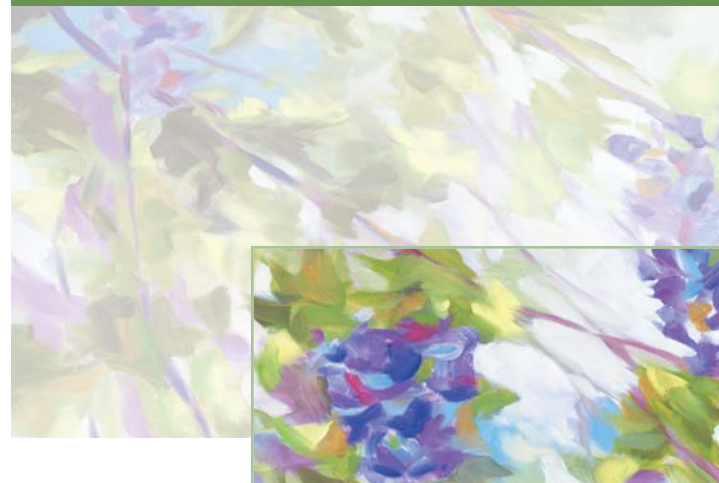
Intake staff will schedule a time for the patient's arrival at the Triangle Program and ask to have any appropriate clinical information faxed directly to the Triangle Program staff at (617) 566-0894.

For more information on the Triangle Program, please call (617) 731-3200, ext. 409 or ext. 163.

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.



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.arbourhealth.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 co-occurring mental health issues, including trauma and/or substance disorders.



Our commitment is to provide mental health treatment that is sensitive to the issues of gay, lesbian, bisexual and transgender people. These issues include substance abuse, trauma, eating disorders, depression/social isolation, crystal meth addiction and HIV infection. Clinically sophisticated evaluation, consultation and intensive treatment provide stabilization for patients during times of crisis as well as daily treatment and support. Triangle provides flexible and personalized treatment schedules.

Our program consistently preserves client relationships with outpatient therapists and community support systems.

In addition, Triangle offers a continuum of outpatient mental health services specifically for the GLBT community through Arbour-HRI and outpatient services in coordination with Arbour Counseling Services, Allston and Boston.

PROGRAM COMPONENTS

- Emphasis on mental health issues affecting gay, lesbian, bisexual and transgender people, including co-occurring psychiatric and substance use issues, trauma and sexual abuse, social isolation, eating disorders, and the emotional/physical impact of HIV
- 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
- Dialectical Behavior Therapy (DBT) skills group
- 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



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, Medicaid and Medicare, and has had success with managed care approval for many non-covered HMOs.