

INFORMATION AND REFERRALS

To make a referral to the Adolescent PHP, **please contact the ACCES Center, 24 hours a day, seven days a week, at (800) 22-ACCES (222-2237).**

Should you wish for more information, please call the Adolescent PHP Program at (978) 322-5183.

Patients may be referred for an evaluation to determine appropriateness for PHP level of care. The ACCES Center schedules evaluations for the PHP which can, in most cases, be arranged for the next business day. The program director or designee will evaluate each adolescent. Parents or guardians should be present during the evaluations.

For patients who are being discharged from inpatient level of care, the case manager should obtain prior approval from the patient's insurance company before contacting the ACCES Center.

Lowell Treatment Center accepts most insurance plans. To inquire about which insurance plans are accepted, please contact the ACCES Center at the telephone number above.

ABOUT LOWELL TREATMENT CENTER

Lowell Treatment Center offers inpatient treatment for children and adolescents, partial hospitalization programs for adolescents and adults, and a Family Stabilization Team.

Lowell Treatment Center is a program 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 11 locations throughout eastern Massachusetts; and Arbour SeniorCare.

DIRECTIONS TO LOWELL TREATMENT CENTER

- To reach the Center, take Route 3 North to Exit 32.
- At the rotary, turn onto Drum Hill Road (sign says "Lowell 3 miles").
- Go through three sets of traffic lights. You will pass Dunkin' Donuts and Drum Hill Ford on your right.
- Bear left at the fork next to traffic light (Wood Street).
- Continue straight through light and go over the Rourke Bridge.
- At the end of the bridge take a right onto Route 113 East (Pawtucket Boulevard), a divided highway (the river will be on your right).
- Get into the left lane and go straight through three sets of lights.
- At the fourth light turn left onto Varnum Avenue. You will see a sign for Lowell General Hospital.
- Lowell Treatment Center is a half-mile down on the right, the first driveway after the Lowell General Hospital Service Delivery Entrance.
- Lowell Treatment Center is on the 2nd floor.
- Parking is in the rear of the building.

TRANSPORTATION

Transportation for local participants may be available if needed. Please call the Program Director for more information.



ADOLESCENT PARTIAL HOSPITALIZATION PROGRAM

SHORT-TERM INTENSIVE TREATMENT FOR ADOLESCENTS



LOWELL
TREATMENT CENTER
A Program Of Arbour Health System

391 Varnum Avenue • Lowell, MA 01854 • (978) 322-5160
Easy Access to Quality Mental Health Services
www.arbourhealth.com

PARTIAL HOSPITALIZATION FOR ADOLESCENTS

The Partial Hospitalization Program (PHP) serves adolescents ages 13 through 18. Patients are referred directly to the program as an alternative to inpatient hospitalization, or as a transition from inpatient programs.

The program is completely voluntary, and as such, fosters an environment of trust, caring and support with an eye to permanent, long-term change. The program views problems systematically, and involves both the patient and his or her family in the therapeutic process whenever appropriate. The PHP staff are sensitive and responsive to the individual needs of each patient, and provide a comprehensive spectrum of services.

PROGRAM COMPONENTS

- Full day of programming, from 9:30 AM to 3:00 PM.
- Comprehensive program of psychotherapy groups, covering topics such as illness education, addiction education, medication education, relapse prevention/ weekend planning, de-escalation and anger management, conflict resolution, communication skills, self-esteem development, coping skills, and family and peer relationships.
- 766-approved tutoring, provided by the program.
- Aftercare case management services and discharge planning to obtain appropriate community services to help patients foster and maintain a healthy mental status after discharge.
- A complete, nutritional hot/cold lunch is served. Light snacks and drinks are available through the day.

PROGRAM GOALS

- Educate adolescent patients and their families about the dynamics of mental illness
- Work to establish a framework for resolving conflicts
- Teach skills necessary to build healthy channels of communication
- Treat dual diagnosis disorders, depression and mood disorders, anxiety, and thought disturbances

The PHP also addresses the needs of victims of physical and sexual abuse and gang-related trauma.

The program recognizes the importance of working with community mental health and health care agencies, educational institutions, and the juvenile court system in order to maximize support services to teens and their families. Program staff work closely with families to identify their unique needs and then collaborate wraparound services that will provide ongoing support after patients are discharged.

ABOUT THE COVER

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

FREQUENTLY ASKED QUESTIONS

Who is appropriate to participate in the PHP?

The program is appropriate for adolescents who:

- Manifest behavior of such severity that it interferes with social, family, or educational functioning.
- Exhibit behaviors indicating the need for increased intensity and frequency of services.
- No longer require 24-hour acute care but are not capable of assuming responsibility for their lives. Without partial hospitalization there would be an exacerbation of symptoms.
- Have been unsuccessful with treatment at a lower level of care (i.e., cannot be managed in outpatient treatment and require the protected observation and coordination of therapeutic resources offered by an active partial hospitalization program).
- Demonstrate alcohol or drug use resulting in impairment of functioning.

Who may contact the PHP to ask if an adolescent would benefit from this program?

The list includes:

- Parent or guardian
- Department of Social Services representative
- Department of Youth Services representative
- Mental health agency
- Therapist
- Psychiatrist
- School personnel
- Primary care physician
- Educational institution counselor
- Juvenile court representative