

TREATMENT INTERVENTIONS

The Community Support Program receives referrals from insurance companies, therapists or other clinical providers. A case coordinator then meets with the client and the client's current providers to determine a treatment plan. The case coordinator also develops a crisis plan with the client, which includes providing the client with the coordinator's 24-hour crisis access line. The case coordinator assists the client in coordinating every aspect of his or her life and provides a wide range of support services to help the client reach his or her highest level of functioning. These may include attainment of entitlements, assistance with integration into the community, social/recreational activities or accompaniment to job interviews.



ABOUT ARBOUR HEALTH SYSTEM

Arbour Health System, the leading private behavioral health system in Massachusetts, consists of Arbour Hospital, Boston; Arbour-HRI Hospital, Brookline; Arbour-Fuller Hospital, South Attleboro; Pembroke Hospital; Westwood Lodge; Lowell Treatment Center; The Boston Center; Arbour SeniorCare, Choate ESP and 11 Arbour Counseling Services sites in the eastern half of the state.

Arbour Health System has a broad continuum of services known for high quality and managed care innovation. The accessible network of crisis services, inpatient programs, partial hospitalization and outpatient counseling provides all the components to evaluate and treat children, adolescents, adults and older adults.

For more information on other Arbour Health System sites, please call (800) 22-ACCES or visit our website at www.arbourhealth.com.

ABOUT THE COVER

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

INFORMATION AND REFERRALS

The Family Stabilization Team and Community Support Program are located at 391 Varnum Avenue, Lowell, MA 01854. For information or to make a referral, please call the offices at (800) 727-6324. The Lowell Treatment Center has agreements with most insurance companies and also can accept DCF clients. For more information, please contact the office.

GEOGRAPHIC AREAS OF SERVICE

The Family Stabilization Team and Community Support Program serves northeastern Massachusetts:

Amesbury	Georgetown	Newburyport
Andover	Groveland	North Andover
Billerica	Haverhill	Plum Island
Boxford	Lawrence	Rowley
Bradford	Littleton	Salisbury
Carlisle	Lowell	Tewksbury
Chelmsford	Merrimac	Tyngsboro
Dracut	Methuen	Westford
Dunstable	Newbury	West Newbury



FAMILY STABILIZATION PROGRAM AND COMMUNITY SUPPORT PROGRAM



**LOWELL
TREATMENT CENTER**
A Program Of Arbour Health System

Lowell Treatment Center
391 Varnum Avenue • Lowell, MA 01854
Phone: (800) 727-6324 • Fax: (978) 322-5097

Easy Access to Quality Mental Health Services
www.arbourhealth.com



FAMILY STABILIZATION TEAM

The Family Stabilization Program provides short-term, in-home services to assist parents and other caregivers in stabilizing children and adolescents in their home settings after an acute mental illness or substance abuse episode. Children and adolescents may be referred to the program as a treatment alternative to hospitalization and/or as a “step-down” program, easing the transition between a foster care, other out-of-home placement or hospitalization and returning home.

The program uses a multi-disciplinary team approach, focusing on family treatment, parenting and behavior management, along with an awareness of community services and resources.

GOALS

The goals of the Family Stabilization Program are to stabilize chaotic environments by providing transitional support and to assist families in establishing relationships with a permanent support network. The program offers advocacy, consultation and support services to facilitate communication between families and service providers.

PROGRAM COMPONENTS

- Crisis intervention, including educating families about de-escalation techniques and behavioral support.
- Thorough family assessments and individually tailored treatment plans.
- Evaluation and treatment of individual and family issues with a focus on finding practical solutions.

- Phone support available 24 hours a day, seven days a week.
- Consultation to the ongoing treatment team, including recommendations for and coordination of future treatment planning.

PROGRAM STAFF

- Each Family Stabilization Team clinician has expertise in the areas of family treatment, parenting and behavior management.
- Each clinician has specialized training in family, adolescent and child treatment to provide direct assistance and support to the parent or caregiver.
- Each clinician has extensive knowledge of community services and resources.
- Clinicians work directly with clients, their families and treatment teams, providing therapy and case coordination and helping clients to develop coping skills.
- With the family's permission, clinicians consult regularly with teachers, guidance counselors, outpatient therapists and psychiatrists, DCF/DMH/DYS case managers and others who have regular contact with the child and/or family members to coordinate care.

CLIENTELE

Populations deemed appropriate for the program include:

- Individuals who are at risk for hospitalization
- Families with limited support networks
- Patients for whom outpatient therapy has been unable to provide stabilization and whose clinicians seek a more systemic understanding to further treatment goals
- Children or adolescents at risk of out-of-home placement

AREAS OF CLINICAL EXPERTISE

Family Stabilization Program staff members have extensive experience treating individuals with the following issues:

- Abuse and neglect
- Domestic violence
- Child and adolescent issues
- Chronic mental illness of child, siblings, parents
- Domestic and environmental trauma
- Substance abuse
- Eating disorders
- Developmental delays
- Learning disabilities
- Traumatic brain injury
- Family loss or disintegration, e.g. divorce



COMMUNITY SUPPORT PROGRAM

The Community Support Program assists clients of all ages who are considered to be at risk within the community. The program provides a longer-term case management service that encompasses the client's entire health profile, in order to reduce the number of hospitalizations and the length of time needed for stabilization. Program interventions include assisting the client in maintaining regular visits with his or her primary care physician, psychiatrist and/or other treatment providers.

CLIENT POPULATIONS

Typical clients are those who have difficulty staying in outpatient treatment and/or maintaining medication compliance. These clients are often overwhelmed by difficulties getting to treatment and their situations may worsen as a result.

The program typically targets the following populations:

- Individuals of any age who have been hospitalized multiple times.
- Individuals dually diagnosed with a major mental illness and substance abuse.
- Pregnant women who are actively abusing substances.
- Individuals newly diagnosed with an Axis I psychotic disorder.
- Patients who have been noncompliant with their primary care physician's plan.