

PROGRAM DESCRIPTION AND PHILOSOPHY

The Arbour Hospital Partial Hospitalization Program (PHP) consists of three distinct programs: adult psychiatry, dual diagnosis, and a program for Latino adults. PHP is a highly structured, short-term intensive treatment program that represents an important part of the continuum of care. Arbour's PHP is offered seven days a week.

Partial hospitalization either continues the evaluation and stabilization process initiated on an inpatient unit, or functions as a diversion from hospitalization for patients who require a highly structured treatment program to prevent decompensation and admission. Patients receive individualized, focused, goal-oriented treatment to facilitate stabilization of symptoms in a less restrictive, non-institutional environment. The Arbour PHP is located in the Parker Building on the campus of Arbour Hospital.

The overall program philosophy incorporates a disease and recovery model for both psychiatric and substance disorders that emphasizes:

- Education to patients and families regarding the nature of the disorders that precipitated admission.
- Access to treatment and recovery, to stabilize acute symptoms and to promote progress with continued rehabilitation and growth.
- Acquisition of specific cognitive and behavioral skills for managing symptoms and feelings, as well as for development of new social supports.
- Identifying and engaging behavioral and attitude changes that are necessary to establish recovery. Patients take an in-depth look at the process of relapse, and develop strategies to effectively manage the relapse process as it occurs.

The Arbour Partial Hospitalization Program is a voluntary, short-term treatment program that offers a variety of therapeutic activities in a group setting. Patients receive intensive treatment and supervision for the hours they spend in the partial hospitalization program, but they maintain independent functioning and ties with home, family, and community.

Above all, PHP values dignity, self-reliance, and self-respect. The treatment process is a partnership among patients, their families, and the PHP staff. Patients and families collaborate with the staff to establish treatment goals and plans for discharge. Patients share experiences, resources, and support with one another.

PROGRAM COMPONENTS

- Comprehensive group program
- Psychopharmacology as needed
- Case management to reinforce behavior and aftercare plans that have been established.

PHP TREATMENT TEAM

With the treatment team, patients establish short-term treatment goals that can be accomplished during their stay in the program. Overall treatment is focused on stabilizing acute symptoms.

The partial hospitalization staff is a professional, multi-disciplinary team. In addition to a clinical manager, the staff includes a psychiatrist, social worker, substance abuse specialist, and a nurse.

Patients are assigned a psychiatrist and a case manager who work with them throughout their admission. This team coordinates all aspects of each patient's care and meets with the patient in groups as well as individually. All clinical information is communicated to the partial hospitalization treatment team and to the patient's outpatient behavioral health providers.

ABOUT ARBOUR HOSPITAL

Arbour Hospital is a 118-bed licensed private psychiatric hospital in Boston, MA. Other services at Arbour Hospital include:

- Crisis Assessment and Intervention
- Intensive Inpatient Observation Service (IIOBS)
- Adult Inpatient Psychiatric and Dual Diagnosis Program
- Adolescent Inpatient Program
- ECT Services (Inpatient and Outpatient)
- Latino Partial Hospitalization Program
- Parker House Supervised Dorm

Arbour Hospital is a division of Arbour Health System, the leading private behavioral health system in Massachusetts. In addition to Arbour Hospital, Arbour Health System includes 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.

To inquire about our other services or programs, you can also visit our web site at www.arbourhealth.com or send an e-mail to arbourhealth@mindspring.com.

ABOUT THE COVER

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



PARTIAL HOSPITALIZATION SERVICES

SHORT-TERM INTENSIVE
TREATMENT FOR ADULTS

- PSYCHIATRY PROGRAM
- DUAL DIAGNOSIS PROGRAM



ARBOUR
HOSPITAL

A Division Of Arbour Health System

49 Robinwood Avenue • Boston, MA 02130 • (617) 522-4400
Easy Access to Quality Mental Health Services
www.arbourhealth.com

COMPREHENSIVE ASSESSMENTS

Psychological, medical, social, functional and family assessments provide the foundation for a comprehensive evaluation. The patient's functioning in the areas of work, leisure, and activities of daily living are evaluated in a variety of therapeutic activity groups.

Medications and medical treatment may be prescribed to treat biological aspects of a patient's illness. Medications are evaluated and monitored. The PHP psychiatrist maintains close contact with the patient's primary care physician and other medical providers.

SOCIAL AND VOCATIONAL REHABILITATION

Patients are assisted in developing and strengthening skills in interpersonal functioning, activities of daily living, and work.

Family and friends are encouraged and expected to participate. An initial meeting with the patient's family is scheduled soon after admission. This acquaints the family with the PHP and the patient's treatment. The family's ideas about the patient's present illness and its impact on family members are discussed.

DISCHARGE PLANNING

The partial hospitalization staff, together with outpatient providers, develop a comprehensive follow-up treatment plan. Resources within Arbour Health System, as well as the larger community, are selected to provide treatment and services that meet each patient's individual needs.

GROUP THERAPY PROGRAM

The Arbour PHP is a group treatment program. Given enough time, all patients will "be themselves" in this setting. They will exhibit the same adaptive or maladaptive behaviors that they do outside the program. Using the PHP as a learning laboratory, patients can recognize their strengths and decide what behaviors they want to change. In this safe, supportive environment patients can try out more effective ways to interact with other people. All gains enhance the patients' outside lives.

ACCESSING PHP SERVICES

To make a referral for an evaluation or an admission to the partial hospitalization program, **please contact the Intake Department, 24 hours a day, 7 days a week, at (800) 652-5222 or (617) 390-1320.**

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.

Transportation is available by van service in the Metro Boston area. To arrange van transportation, or to learn about other transportation options available, please contact the PHP Director.

To learn more information about the program, please call the PHP Director at (617) 390-1409.

Arbour Hospital accepts most insurances. To inquire about which insurance plans are covered, please contact the Intake Department at the telephone number above.

PSYCHIATRY PROGRAM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 - 10:20 AM	Group Psychotherapy	Group Psychotherapy	Group Psychotherapy	Group Psychotherapy	Group Psychotherapy
10:30 - 11:20 AM	Mind-Body Connection	Agenda Group	Nutrition/Self-Care	Dialectical Behavior Therapy Skills Training	Agenda Group
11:30 AM - 12:20 PM	Symptom Management Group	Symptom Management Group	Symptom Management Group	Symptom Management Group	Symptom Management Group
12:30 - 1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 - 1:50 PM	Self-Defeating Behaviors	Journal Writing Group	Discharge Planning	Family/Relationship Issues Group	Expressive Therapy
2:00 - 2:45 PM	Agenda Group	Coping with Stress	Dialectical Behavior Therapy Skills Training	Self-Defeating Behaviors	Coping with Stress

Schedule subject to change.

DUAL DIAGNOSIS PROGRAM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 - 10:20 AM	Group Psychotherapy	Group Psychotherapy	Group Psychotherapy	Group Psychotherapy	Group Psychotherapy
10:30 - 11:20 AM	Focus Group	Medication Group	Dual Diagnosis	Illness and Addiction	Focus Group
11:30 AM - 12:20 PM	Recovery Issues	Family Relationships Group	Recovery Group	Transitions Group	Recovery Group
12:20 - 1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 - 1:50 PM	Leisure Time Group	Creative Expression Group	Journal Writing	Relaxation	Stress Management Group
2:00 - 2:45 PM	Anger Management Group	Self-Esteem Group	Agenda Group	Relapse Prevention Group	Weekend Planning Group

Schedule subject to change.