

PROGRAM DESCRIPTION

Westwood Lodge has two different Adult Partial Hospital Programs (PHP) on its Westwood campus, serving clients with a wide variety of psychiatric and substance abuse disorders. The Adult Psychiatric PHP is designed to meet the needs of individuals who suffer from any psychiatric disorder, who are in crisis and require stabilization. The Adult Dual Diagnosis PHP specifically addresses the needs of clients who suffer from addiction in addition to a psychiatric disorder. This level of care offers a transition after inpatient hospitalization or can prevent clients from needing hospitalization in the first place.

Groups in both programs begin at 10:00 am and run until 3:30 pm. The Psychiatric PHP runs Monday through Friday, while the Dual Diagnosis PHP runs seven days a week for clients who wish to have structure on weekends.

PROGRAM GOALS

- Provide support and treatment within a therapeutic group environment for people struggling with mental illness and/or substance abuse
- Educate individuals about diagnoses, addiction, and treatment
- Encourage clients to gain emotional support and encouragement from the group
- For clients with addiction, encourage the development of recovery through AA or NA as part of a Relapse Prevention Plan
- Implement an aftercare plan including self-help groups, individual therapy, medication monitoring and a strong network of support

STAFF

Program clinicians are mental health professionals with areas of expertise including depression, bipolar illness, chemical dependency and dual diagnosis, psychotic disorders, women's issues, older adult issues, relapse prevention, cognitive behavioral treatment, and expressive therapy.

Staff members form a multidisciplinary treatment team of nurses, licensed mental health counselors, social workers, psychologists, substance abuse counselors, and expressive therapists.

ACCESSING PHP SERVICES

To make a referral to the Adult PHP, please contact the **ACCES Center, 24 hours a day, 7 days a week, at (800) 22-ACCES (222-2237).**

For more information about the program, please call the Adult PHP Director at (781) 762-7764, ext. 135.

To refer a client to partial hospitalization, you may obtain prior approval from the client's insurance company before contacting the ACCES Center, or we can do an on-site evaluation and contact the insurance company with information needed for authorization.

INTENSIVE OUTPATIENT PROGRAM (IOP)

IOP is an intensive outpatient program for patients whose psychiatric and/or substance dependence symptoms are impeding their ability to function interpersonally and professionally but who do not require the intensity of a partial hospitalization level of care.

ABOUT WESTWOOD LODGE

Westwood Lodge provides a wide range of inpatient and partial hospitalization services in a private community setting for children, adolescents and adults experiencing a variety of psychiatric illnesses. Additional services offered include:

- 24-hour evaluation, triage and admission
- Crisis intervention services
- Inpatient psychiatric treatment for children, adolescents and adults
- Partial hospitalization for children and adolescents
- Psychopharmacology
- Dual diagnosis services

The Hillside House is a supervised residence for women with dual diagnosis, substance abuse or psychiatric disorders. The house is located on the campus of Westwood Lodge. Residents must be enrolled concurrently in Westwood Lodge's Partial Hospitalization Program (PHP) in order to participate.

Westwood Lodge is a division of Arbour Health System, the leading private behavioral health system in Massachusetts. In addition to Westwood Lodge, Arbour Health System includes Arbour Hospital, Boston; Arbour-Fuller Hospital, South Attleboro; Arbour-HRI Hospital, Brookline; Pembroke Hospital; Lowell Treatment Center; The Boston Center; Arbour Counseling Services, with 11 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.



PARTIAL HOSPITALIZATION SERVICES

SHORT-TERM INTENSIVE DAY TREATMENT FOR ADULTS

- PSYCHIATRY PROGRAM
- DUAL DIAGNOSIS PROGRAM



WESTWOOD LODGE

A Division Of Arbour Health System

45 Clapboardtree Street • Westwood, MA 02090 • (781) 762-7764
Easy Access to Quality Mental Health Services
www.arbourhealth.com

TREATMENT PHILOSOPHY

HOSPITAL TREATMENT TEAM

From the time of initial assessment, the client is in the care of a highly skilled, multidisciplinary treatment team that includes psychiatrists, advanced practice registered nurses, registered nurses, social workers, mental health counselors, and alcohol and drug counselors. Professionals who refer patients to the hospital are valued and respected members of the treatment team; contact is maintained with these professionals throughout the treatment process.

COMMUNICATION

One key to the patient's treatment success is that communication is maintained on all levels. Treatment team members work closely with outpatient providers and other support persons to ensure clear, consistent treatment planning and aftercare. Social workers, case managers, teachers, and community service representatives work with the clinical team to see that communication related to treatment and aftercare planning is thorough and well-coordinated.

FAMILY INVOLVEMENT

Family involvement is a vital component of treatment. Parents, siblings, and/or children are encouraged to express their opinions and feelings during family meetings. Program staff work to educate families about the dynamics of illness and addiction, establish a framework for resolving frustrations and conflicts which may have developed, and teach the necessary skills to build healthy channels of communication.

DISCHARGE AND AFTERCARE

Working together with the treatment team, the patient and his or her family develop an appropriate discharge and aftercare plan. The goal is to assist the client in maintaining healthy coping through ongoing treatment. The discharge and aftercare plan may include referrals to outpatient services with medication management or other community-based programs.



PSYCHIATRY PROGRAM SCHEDULE*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 - 10:30 AM	Opening Group/Check-in	Opening Group/Check-in	Opening Group/Check-in	Opening Group/Check-in	Opening Group/Check-in
10:40 - 11:30 AM	Goals Group	DBT	Dual Diagnosis	Communication	Expressive Therapy
11:40 AM - 12:30 PM	Expressive Therapy	DBT	Family Issues	Relationships	Dual Diagnosis
12:30 - 1:15 PM	Lunch – Free in the cafeteria	Lunch – Free in the cafeteria	Lunch – Free in the cafeteria	Lunch – Free in the cafeteria	Lunch – Free in the cafeteria
1:15 - 2:00 PM	Open Discussion	Open Discussion	Open Discussion	Coping Skills	Weekend Planning
2:15 - 3:00 PM	Dual Diagnosis	Expressive Therapy	Coping Skills	Relaxation	Social Skills
3:10 - 3:30 PM	Closing Group	Closing Group	Closing Group	Closing Group	Closing Group

* Groups are chosen daily based on patient needs and are subject to change.

DUAL DIAGNOSIS PROGRAM SCHEDULE*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 - 10:30 AM	Opening Group/Check-in	Opening Group/Check-in	Opening Group/Check-in	Opening Group/Check-in	Opening Group/Check-in	Opening Group/Check-in	Opening Group/Check-in
10:40 - 11:30 AM	Goals Group	Coping Skills	Family Issues	Communication	Coping Skills	Open Discussion	Open Discussion
11:40 AM - 12:30 PM	Relapse Prevention	Relapse Prevention	Relapse Prevention	Relapse Prevention	Weekend Planning	Relapse Prevention	Relapse Prevention
12:30 - 1:15 PM	Lunch – Free in the cafeteria	Lunch – Free in the cafeteria	Lunch – Free in the cafeteria	Lunch – Free in the cafeteria	Lunch – Free in the cafeteria	Lunch – Free in the cafeteria	Lunch – Free in the cafeteria
1:15 - 2:00 PM	Family Roles	The 12 Steps	Goodbye Letters to Addiction	Positive Affirmations	Cycle of Addiction	Taking a Daily Inventory	Addiction Education
2:15 - 3:00 PM	Relaxation	Expressive Therapy	Social Skills	Relaxation	Expressive Therapy	Expressive Therapy	Expressive Therapy
3:10 - 3:30 PM	Closing Group	Closing Group	Closing Group	Closing Group	Closing Group	Closing Group	Closing Group

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