

## ACCESSING PHP SERVICES

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

To refer a patient to partial hospitalization, you may obtain prior approval from the patient'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.

Should you wish more information on the program, please call the Child and Adolescent PHP Director at (781) 762-7764, ext. 184.

## 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 adults
- Psychopharmacology
- Dual diagnosis services

*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; Arbour SeniorCare; and Choate ESP.*

## ABOUT THE COVER

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



# CHILD AND ADOLESCENT PARTIAL HOSPITALIZATION PROGRAM

SHORT-TERM INTENSIVE TREATMENT FOR  
CHILDREN AND ADOLESCENTS



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](http://www.arbourhealth.com)





## PROGRAM DESCRIPTION

The goal of Westwood Lodge's Child and Adolescent Partial Hospitalization Program (PHP) is to create a safe, therapeutic environment for children, adolescents, and families with mental health concerns.

### PROGRAM COMPONENTS

- Consultation available
- Psychopharmacology
- Group, individual and family therapy
- Family systems approach
- Parenting support
- Expressive art therapy
- Child Group programming 9:30 AM to 2:30 PM.  
Adolescent Group programming from 9:30 AM to 3:00 PM.

The partial hospitalization program staff is sensitive and responsive to the individual needs of each patient by providing a comprehensive spectrum of services. The program's interdisciplinary approach ensures patients a complete and well-rounded assessment of their needs, thereby focusing on a more comprehensive and effective course of treatment.

### SPECIALIZED TREATMENT

Specialized Treatment Programs are offered to children, adolescents and their families in the following areas:

- Treatment of Dual Diagnosis Disorders
- Treatment of Depression/Mood Disorders
- Treatment of Anxiety Disorders
- Treatment of Thought Disturbances
- Substance Abuse

## TREATMENT PHILOSOPHY

### TREATMENT TEAM

From the time of initial assessment, the patient is in the care of a highly skilled, multidisciplinary treatment team that includes a psychopharmacologist, case manager, counselor and educational professional. Individuals who refer patients to the program are valued and respected members of the treatment team; contact is maintained with these professionals throughout the treatment process.

### COMMUNICATION

The key to the patient's treatment success is that communication on all levels be paramount. Treatment team members work closely with appropriate 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, especially for children and adolescents. Program staff work to educate the family about the dynamics of illness, 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 individual in maintaining ongoing treatment. The discharge and aftercare plan may include referrals to outpatient services with medication management or other community-based programs.

