

## ABOUT WESTWOOD LODGE'S PARTIAL HOSPITALIZATION PROGRAM

The Partial Hospitalization Program (PHP) is a highly structured, short-term, intensive treatment program that represents an important part of the continuum of care. Westwood Lodge offers two tracks – psychiatric and dual diagnosis. Clients who are enrolled at Hillside House may participate in either track.

PHP either continues the evaluation and stabilization process initiated on an inpatient unit or functions as a diversion from hospitalization. Patients receive individualized, focused, goal-oriented treatment to facilitate stabilization of symptoms in a less restrictive, non-institutional environment.

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

- *Education to patients and families or support persons regarding the nature of the disorders that precipitated admission*
- *Treatment 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 and life skills*
- *Identification and promotion of behavioral and attitude changes that are necessary to establish recovery. Patients take an in-depth look at the process or relapse and develop strategies to effectively manage individual issues as they may occur.*



WESTWOOD  
LODGE  
A Division Of Arbour Health System



# HILLSIDE HOUSE

A SHORT-TERM  
SUPERVISED DORM

45 CLAPBOARDTREE STREET  
WESTWOOD, MASSACHUSETTS

## INTRODUCTION

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.

Hillside House provides a supportive living environment for residents while they are in treatment. The average length of stay in the dorm is generally one to two weeks, concurrent with PHP services. Hillside House is self-paid; however, financial arrangements can be made should a resident be unable to afford the weekly fee.

The PHP serves to assist individuals who are making the transition from inpatient level of care to independent living while continuing their treatment or provides diversionary care for individuals. Patients who are safe to remain in the dorm but require the intensive treatment intervention of PHP to address their mental health and/or recovery issues in order to prevent hospitalization are appropriate candidates.

## THE ROLE OF STAFF

In concert with PHP staff, there are individualized post-house plans arranged for each resident, which may include placement in longer-term treatment through a network of halfway houses, long-term sober houses and other programs, as well as referral to psychiatric and substance abuse treatment and outpatient counseling. Staff can assist with information on transitional aid, such as food stamps and Social Security benefits, for those individuals who need it upon their discharge.

## DORM ACTIVITIES

While at the house, residents are expected to attend all groups and related treatment at Westwood Lodge's PHP during its scheduled hours of operation.

## DORM AMENITIES

Hillside House offers a variety of amenities for residents, including some kitchen facilities and cable television. Partial Hospital services as well as AA meetings are offered seven days a week. Residents are required to attend treatment and AA every day.

Residents may eat meals in the hospital's cafeteria. Individuals are expected to do their own laundry in the house's facilities and are assigned other household chores in order to build their skills for independent living. The house has 12 beds for women with triple or four-person rooms available.

## DORM CLIENTELE

Women ages 18 years and above who can benefit from housing while enrolled in Westwood Lodge's partial hospitalization program for dual diagnosis (psychiatric/substance abuse) and psychiatric disorders are appropriate for Hillside House. Residents must be medically stable and are expected to attend all therapy groups, comply with medication regimens and remain completely substance-free. If an individual relapses, she will no longer be eligible to reside at Hillside House.

## REFERRALS AND INFORMATION

If the individual qualifies for partial hospitalization at Westwood Lodge, the PHP director will then review referral information for Hillside House. If you have a client who would benefit from PHP services, please call the director of Hillside House's partial hospitalization program at 781-762-7764 x370. Mention that your client would be interested in the supervised dorm so that we can contact her directly about our services. Admissions are made Monday through Friday so that residents have an appropriate amount of time to be oriented to the house prior to the weekend.