

## INFORMATION AND REFERRALS

For more information about the Partial Hospitalization Program, or to make a referral, please call the PHP Clinical Director at (781)932-8792 ext. 326, or call the Intake Department 24 hours a day, seven days a week at (800) 22-ACCES (222-2237).

The Partial Hospitalization Program at Arbour Counseling Services of Woburn operates Monday through Friday, 9:00 am to 3:00 pm.

For information on insurances accepted, please call the Program Director.

## DIRECTIONS TO ARBOUR COUNSELING SERVICES OF WOBURN

### FROM ROUTE 128:

- Take exit 36 off Route 128 – Washington Street.
- Go towards Woburn; one block south of 128 – turn right into driveway after Dunkin Donuts – 500 West Cummings Park.
- Building 500 is the last one in the office park. The PHP is located on the third floor in Suite 3650.

### FROM BOSTON:

- Take 93 North to exit 36 (Montvale Avenue).
- Take left after exiting the ramp under Route 93 to second set of lights (Washington Street).
- Take right – approximately one mile to West Cummings Park.
- 500 West Cummings Park is the second six-story building facing Washington Street. Building 500 is the last one in the office park. The PHP is located on the third floor in Suite 3650.

*Arbour Counseling Services is a division of Arbour Health System, the largest private behavioral health system in Massachusetts. Arbour Health System consists of Arbour Hospital, Boston; Arbour-Fuller Hospital, South Attleboro; Arbour-HRI Hospital, Brookline; Pembroke Hospital; Westwood Lodge; 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

5/11



## PARTIAL HOSPITALIZATION SERVICES

SHORT-TERM INTENSIVE TREATMENT FOR ADULTS



ARBOUR  
COUNSELING SERVICES  
A Division Of Arbour Health System

500 West Cummings Park, Suite 3900 • Woburn, MA 01801  
Phone: (781) 932-8114, ext. 326 • Fax: (781) 938-0761  
**Easy Access to Quality Mental Health Services**  
[www.arbourhealth.com](http://www.arbourhealth.com)



## PROGRAM DESCRIPTION AND PHILOSOPHY

The Partial Hospitalization Program (PHP) at Arbour Counseling Services of Woburn focuses on adult psychiatry with a dual diagnosis component. PHP is a highly structured short-term intensive treatment program that represents an important part of the continuum of care. The PHP is offered Monday through Friday.

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 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 Partial Hospitalization Program at Arbour Counseling Services of Woburn 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.

### PROGRAM COMPONENTS

- Comprehensive clinical evaluation, including psychiatric and psychopharmacological assessment
- Individualized treatment, case management, and discharge planning
- Comprehensive group therapy program incorporating DBT and CBT skills training
- Psychoeducation
- Family counseling
- Expressive therapy
- Case management to reinforce behavior and aftercare plans that have been established
- Aftercare options: individual therapy, medication management, CBT group, recovery group and Women's group

### 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, a nurse, and an expressive arts therapist.

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.

