

ACCESSING PHP SERVICES

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

Should you wish more information on the program, please call the Adolescent PHP Staff at (781) 829-7240.

To refer a patient to PHP, you may obtain prior approval from the patient's insurance company before contacting the ACCES Center, or we can do an evaluation and call the insurance company for authorization. Step downs from inpatient require prior authorization. Pembroke Hospital accepts most insurances. To inquire about which insurance plans are covered, please contact the ACCES Center at the telephone number above.

ABOUT PEMBROKE HOSPITAL

Pembroke Hospital 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 adolescents and adults
- Partial hospitalization for adults
- Psychopharmacology
- Dual diagnosis services

Pembroke Hospital is a division of Arbour Health System, the largest private behavioral health system in Massachusetts. In addition to Pembroke Hospital, Arbour Health System includes Arbour Hospital, Boston; Arbour-Fuller Hospital, South Attleboro; Arbour-HRI Hospital, Brookline; 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.

4/11



ADOLESCENT PARTIAL HOSPITALIZATION PROGRAM

SHORT-TERM INTENSIVE TREATMENT FOR ADOLESCENTS



PEMBROKE HOSPITAL

A Division Of Arbour Health System

199 Oak Street • Pembroke, MA 02359 • (781) 829-7000

Easy Access to Quality Mental Health Services

www.arbourhealth.com



PROGRAM DESCRIPTION

This highly structured, intensive group program offers treatment to adolescents seeking help with acute emotional and behavioral disorders. The Partial Hospitalization Program (PHP) offers treatment for adolescents with psychiatric and co-occurring psychiatric and substance abuse disorders.

PROGRAM GOALS

- Provide crisis stabilization
- Teach patients to identify their thoughts and emotions
- Improve communication skills
- Develop strategies for redirecting high-risk behaviors
- Develop and strengthen coping and problem-solving skills
- Assist in the development of a support network
- Improve family communication

PROGRAM COMPONENTS

- Multidisciplinary team approach to treatment
- Psychiatric evaluation
- Medication evaluation and monitoring
- Diagnostic evaluation
- Individualized treatment plans
- Dialectical behavior skills
- Group therapies:
 - Solution-focused psychotherapy
 - Social/coping skills
 - Cognitive-behavioral
 - Psychoeducation
 - Anger/stress management
- Dual Diagnosis programming:
 - Substance abuse screening, assessment and counseling
 - Group therapy
- Individual sessions
- Family meetings
- Tutorial services

TREATMENT PHILOSOPHY

HOSPITAL TREATMENT TEAM

From the time of initial assessment, the patient is in the care of a highly skilled, multidisciplinary treatment team that includes a psychiatrist, case manager, psychiatric nurse, counselor and educational professional. Individuals 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

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. Family members are encouraged to express their opinions and feelings during group meetings. 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.