

THE PROGRAM COMPONENTS

The Adult PHP provides time-limited, therapeutic intervention designed to restore and maintain a maximum level of functioning. A full range of therapeutic services is available in an attractive, convenient community setting. These services include:

- Initial psychiatric assessment
- Continuous psycho-pharmacological management
- A multidisciplinary treatment team with expertise in trauma, substance abuse, grief and loss, behavioral health, expressive therapy and DBT
- Daily psychotherapy, psycho-education, expressive therapy, substance abuse and DBT groups
- Art, music, movement, drama modalities
- Dual diagnosis treatment
- Substance abuse and behavioral health aftercare treatment
- Substance abuse recovery group track
- DBT skills training with DBT aftercare groups
- Individual therapy and case management
- Coordination of concurrent care with outside caregivers
- Discharge planning

The program operates from 9:00 am to 3:00 pm, Monday through Friday. Each individual receives regular medication management throughout their stay.

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 eleven locations throughout eastern Massachusetts; and Arbour SeniorCare.

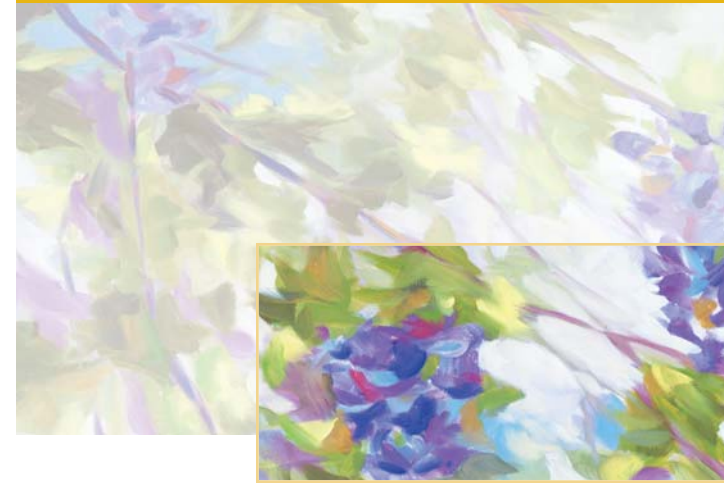
ABOUT THE COVER

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

SAMPLE PHP GROUP SCHEDULE / FALL RIVER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	Assessment Group	Assessment Group	Assessment Group	Assessment Group	Assessment Group
10:00 AM	Psychotherapy Group	DBT Group	Psychotherapy Group	Psychotherapy Group	DBT Group
11:00 AM	Triggers and Recovery, What Got You Through	Trauma Awareness and Personal Effectiveness	Symptom Awareness and Medication Education	Trauma or Substance Abuse Recovery	Mindfulness and Self Calming
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 PM	Art Therapy: Goal Identification	Psychodrama: Emotions as Teachers	Music Therapy: Guided Relaxation and Anxiety Control	Art Therapy: Inner Resources & Hope	Movement Therapy: Current State of Feelings
1:30 PM	Making Changes Staying on The Right Path	Getting Stronger? Basic Human Needs	Resource Building and Discharge Planning	Progress Review for Terminating PHP Member	Relapse Prevention Weekend Planning
2:30 PM	Wrap-up Review and Safety Check	Wrap-up Review and Safety Check	Wrap-up Review and Safety Check	Wrap-up Review and Safety Check	Wrap-up Review and Safety Check

Topics are adjusted daily according to current treatment plans



FALL RIVER ADULT PARTIAL HOSPITALIZATION PROGRAM



**ARBOUR
COUNSELING SERVICES**
A Division Of Arbour Health System

10 North Main Street, 2nd Floor • Fall River, MA 02720
Phone: (508) 678-2833 • Fax: (508) 675-9640
Easy Access to Quality Mental Health Services
www.arbourhealth.com



DESCRIPTION OF PROGRAM

The Partial Hospitalization Program provides service to adults ages 19 and over. The program 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. 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 abuse disorders. The model emphasizes:

- Education to patients and families regarding the nature of the disorder that precipitated admission
- Treatment and recovery to stabilize acute symptoms and restore functioning to potential
- Acquisition of specific cognitive and behavioral skills for symptom management and development of social supports. This may involve DBT and CBT skills
- Understanding and development of Recovery Management and Relapse Prevention strategies

ADMISSION CRITERIA

- 19 years of age or older
- Have emotional or psychiatric symptoms that are severe enough to require intensive treatment in order to restore functioning
- Not actively suicidal or homicidal or unable to contract for safe behavior
- Any medically necessary detox must be completed prior to admission
- Able to engage in group therapy



REFERRAL PROCESS

For immediate assistance and access to care, referring therapists and potential patients may call the Intake Department, 24 hours a day, 7 days a week, at 800-22 ACCES (222-2237) or the Partial Program Director, at (508) 678-2833. To refer a patient to partial hospitalization, you may obtain prior approval from the patient's insurance company before contacting the Intake Department, or we can do an on-site evaluation and contact the insurance company with information needed for authorization.

Arrangements can be made with most insurance companies. This PHP is currently out-of-network with Massachusetts Behavioral Health Partnership (MBHP).

Referrals are accepted from locations including but not limited to: hospital inpatient units, mental health clinicians, family members and self-referrals.

DIRECTIONS TO ARBOUR COUNSELING SERVICES OF FALL RIVER

Corner of Bedford and North Main Streets

FROM THE NORTH (Taunton/Boston):

- Take 24 South to exit 4 /195 West
- Follow the directions below.

FROM THE EAST (New Bedford/Cape Cod):

- Take Route 195 West to Fall River
- Take exit 6 Pleasant Street (follow signs carefully)
- At end of ramp/stop sign, turn right onto Pleasant St. (one-way)
- Get into left lane ASAP and take a left onto 7th (if you miss it, take 9th)- these are one-way streets connecting to Bedford Street
- Take left onto Bedford Street (one-way)
- Go straight through lights at High, and Rock. Be in the middle lane at the Main Street light.
- Go straight past the Bank of America building, turning right into the parking lot. Ask the booth attendant where to park for Arbour Counseling Services.
- The Arbour Counseling Services PHP is on the second floor to the right when you exit the elevator.

FROM THE SOUTH (Warwick, RI):

- Take Route 95 North to Route 195 East.
- Follow the directions below.

FROM THE WEST (Swansea/Providence):

- Take Route 195 East to exit 5
- When the road forks, take the left fork (Route 138, North Tiverton)
- At the first stop sign, turn left onto Milliken Blvd.
- Go to the first traffic light, turn right on Central Street
- Take a left into the Bank of America parking lot. Ask the booth attendant where to park for Arbour Counseling Services.
- The Arbour Counseling Services PHP is on the second floor to the right when you exit the elevator.