

## PAYMENT

Partial hospitalization is a covered service of Medicare, Medicaid, and other health insurance programs. The Medicare co-payment is covered by Medicaid, Medex and other supplemental insurances.

## DIRECTIONS TO ARBOUR COUNSELING SERVICES OF NORWELL

### FROM BOSTON:

- Take Route 93 South to Route 3 South (follow sign to Cape Cod).
- Take Route 3 South to Exit 14, Rockland and Hingham, Route 228.
- Turn left at the end of the ramp onto Route 228 North.
- At intersection of Routes 228 and 53, turn right onto Route 53 South.
- Travel 1.6 miles, 384 Washington Street will be on the right (down a side street extension of Washington Street in front of the KinderCare building).
- The center is located at the very end of the extension. (The Comcast Building is on the left when approaching the building).

### FROM THE WEST:

- Take Route 128 South to Route 3 South (follow sign to Cape Cod). Follow directions above.

### FROM THE SOUTH:

- Take Route 3 North to Exit 13 (Route 53 North).
- Follow Route 53 North (Washington Street) for 1 mile. 384 Washington Street is on the left (down a side street extension of Washington Street in front of KinderCare building).
- The center is located at the very end of the extension. (The Comcast Building is on the left when approaching the building).

## ABOUT THE COVER

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

10/10



## NORWELL ADULT PARTIAL HOSPITALIZATION PROGRAM



ARBOUR  
COUNSELING SERVICES  
*A Division Of Arbour Health System*

384 Washington Street • Norwell, MA 02061  
Phone: (781) 871-6550 • Fax: (781) 871-5973  
*Easy Access to Quality Mental Health Services*  
[www.arbourhealth.com](http://www.arbourhealth.com)





## PROGRAM COMPONENTS

The APHP provides a 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:

### CLINICAL EVALUATIONS

- Individual Assessments
- Psychiatric and Psychopharmacological Assessments
- Neurobehavioral Assessment and Consultation

### CLINICAL TREATMENT

- Individual Therapy
- Therapeutic Milieu and Structured Group Program
- Medication Management
- Psychoeducation
- Case Management and Discharge Planning
- Family Counseling
- Expressive Therapies: Art, Music, Movement
- Dual Diagnosis Treatment

Clients attend three to five days a week, from 9:00 AM to 4:00 PM. Each individual is seen by the program psychiatrist once or twice a week, depending on need. Transportation is available.

## 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-ACCESS (222-2250) or the Partial Program Director, at (781) 871-6550. 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.

Referrals are accepted from hospital inpatient units, mental health clinicians, family members and self referrals.

## DESCRIPTION OF PROGRAM

The Adult Partial Hospitalization Program (APHP) is a day program providing mental health care for adults, ages 18 and older, who have behavioral, psychiatric and/or neuropsychiatric difficulties.

The program offers a full range of services, including multidisciplinary evaluation and treatment, a highly structured milieu, and coordination of continuing care needs.

The purpose of a partial hospitalization program is to prevent a psychiatric hospitalization and/or to provide an extended period of restabilization after an inpatient stay. The APHP, located at Arbour Counseling Services in Norwell, provides older adults with comprehensive evaluation and treatment planning, medication management, psychoeducation and family counseling as indicated. Members of the program enjoy being with others in group therapy.

## ADMISSION CRITERIA

- 18 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

*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.*

