

MEETING DIFFERENT NEEDS FOR CARE

The WPHP offers the following programs for women:

- Women's Partial Hospitalization Program (WPHP), a full-day program to prevent inpatient hospitalization or facilitate transition from hospital to community
- Intensive Outpatient Program (IOP) within the WPHP, as a step-down from PHP or to increase services when outpatient treatment is not sufficient
- Referral to outpatient therapists with specialties in trauma, eating disorders, and substance abuse if needed, and consultation to outpatient treatment teams.

PROGRAM COMPONENTS

The WPHP's team of professionals includes a licensed mental health counselor and social workers as well as nutritionist. All staff have specialized training and experience working with trauma, dissociation, and addictive behaviors. We provide:

- On-site psychopharmacology for management of severe symptoms
- Individualized treatment to reduce target symptoms, including work with self-destructive ego states and personality fragmentation
- Psychodiagnostic and neuropsychological testing as needed
- Collaboration and consultation with outpatient providers and case managers, including in-hospital team meetings, to facilitate discharge and transition to the community
- Family therapy with family and significant others to facilitate transition to the community
- Comprehensive group therapy program focusing on affect and symptom management, self-care skills, coping skills, and understanding and managing trauma symptoms, such as fear and distress from thoughts, feelings, flashbacks and dissociative episodes.

INFORMATION AND REFERRALS

The WPHP welcomes referrals for partial hospitalization and intensive outpatient treatment. Most health insurance plans are accepted.

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 (617) 390-1320.

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. Please refer to the Courage and Connection Program brochure or the website for information on referrals to the Eating Disorder Track.

For more information about the WPHP, referring therapists may call the Community Relations Department at (617) 390-1423.

LOCATION

The WPHP is located at Arbour-HRI Hospital, 227 Babcock Street, Brookline, Mass. Arbour-HRI is a small, private psychiatric hospital one block away from the Babcock Street stop on the Boston College ("B") branch of the MBTA Green Line. MBTA Bus #57, originating from Watertown Square or Kenmore Square, also stops at the Babcock Street stop.

The Center for Women's Development is a program 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; and Choate ESP.

ABOUT THE COVER

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



*The Center for Women's
Development*

WOMEN'S PARTIAL HOSPITALIZATION PROGRAM



ARBOUR - HRI
HOSPITAL

A Division Of Arbour Health System

227 Babcock Street • Brookline, MA 02446 • (617) 731-3200
Easy Access to Quality Mental Health Services
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PROGRAM OVERVIEW

The Women's Partial Hospitalization Program (WPHP) of The Center for Women's Development at Arbour-HRI Hospital provides an innovative and specialized continuum of care for women ages 17 and older with:

- Depression, Anxiety and Bipolar Disorder
- Post-Traumatic Stress Disorder
- Dissociative Disorders
- Borderline Personality Disorder
- Chronic suicidality and self-injury
- Comorbid addictive behaviors
- Eating disorders



Since 1991, the WPHP has provided treatment for the psychological, behavioral and emotional needs of women within a safe and supportive milieu that respects each woman's strengths as well as her individual needs and concerns. WPHP emphasizes rapid stabilization of symptoms and self-harming behaviors, and teaching new skills for self-management.



PROGRAM FEATURES

- Strength-based psychoeducational model
- Dialectical Behavior Therapy skills groups meets at least three times weekly
- Psychotherapy groups on a variety of topics, including:
 - Trauma and recovery
 - Relapse prevention
 - Stages of change
- Inpatient continuum of care available on-site in our women's inpatient unit if more intensive treatment is needed
- GLBT-safe space

TREATMENT MODEL

The WPHP's treatment model integrates cognitive-behavioral therapy, Dialectical Behavior Therapy (DBT) and phase-oriented trauma treatment.

Our treatment model focuses on helping patients gain control over symptoms and learn skills for safety and emotional regulation. Clinical research and many years of experience stress the need for symptom control prior to exploring and processing traumatic memories or the underlying causes of eating disorders or substance abuse.

Many of our patients suffer from the effects of childhood abuse or other painful traumatic events and experience intrusive thoughts, feelings, and images related to these events. In addition, they may experience depression, emotional numbing and dysregulation, chronic suicidality, memory difficulties, altered perception, and identity fragmentation. Many also have difficulties with chronic self-injury, which represents an attempt to cope with problems and emotional distress.

Women in the WPHP are encouraged to acknowledge and understand the impact of painful traumatic events in their lives and the recovery process. They are viewed as partners in treatment who must learn new relational and coping skills for responding to problems, addictions, and the aftereffects of trauma in healthier ways.



EATING DISORDERS TRACK

The Courage and Connection Program, a track of the Center for Women's Development Partial Hospitalization Program, offers treatment of co-occurring psychiatric and eating disorders. This includes binge-eating, bulimia, anorexia and other eating disorders.