

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 a.m. to 3:00 p.m., 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; The Quincy Center, Arbour Counseling Services, with 11 locations throughout eastern Massachusetts; and Arbour SeniorCare.

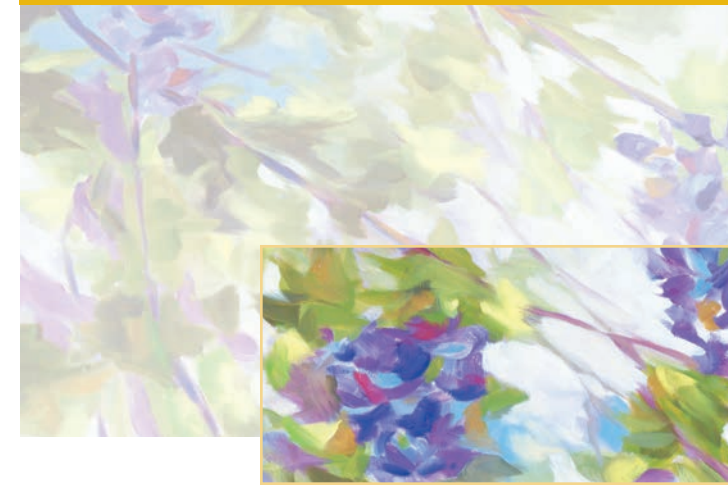
ABOUT THE COVER

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

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 Psycho-education	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 Expressive Therapy	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 Psychotherapy	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

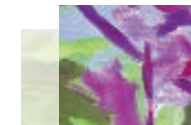
Topics are adjusted daily according to current treatment plans



FALL RIVER ADULT PARTIAL HOSPITALIZATION PROGRAM


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

1082 Davol Street • Fall River, MA 02720
Phone: (508) 678-2833 • Fax: (774)-365-4690
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

FROM THE NORTH

RT-24 S TOWARD FALL RIVER
RT-79 S VIA EXIT 7 TOWARD N.FALL RIVER/SOMERSET
MERGE RIGHT ONTO US-6 E/NEW BEDFORD
MERGE RIGHT ONTO UNNUMBERED EXIT DAVOL ST/FALL RIVER
MERGE RIGHT ONTO US-6 E
MERGE RIGHT ONTO US-6 E/DAVOL ST
1082 DAVOL ST IS ON THE RIGHT

FROM THE SOUTH:

RT-24N
TAKE EXIT 3 ON THE LEFT TOWARD PROVIDENCE RI/I-195 W
TAKE EXIT 5 RT-79 N/RT-138 N
MERGE RIGHT ONTO RT-79 N/I38 N TOWARD TAUTON
TAKE EXIT US-6 /DAVOL ST
EXIT LEFT ONTO RT-79-S/ RT-138 S/TIVERTON (U-TURN OVERPASS)
MERGE RIGHT ONTO US-6 E/NEW BEDFORD/DAVOL ST
1082 DAVOL ST IS ON THE RIGHT

FROM THE EAST:

I-195 W. MERGE RIGHT ONTO EXIT 5/RT-79 N TOWARD TAUTON
TAKE US-6 W/RT-138 N EXIT TOWARD N. FALL RIVER/SOMERSET
MERGE RIGHT ONTO US-6 W/RT-138 N/
SLIGHT LEFT ONTO US-6 W/RT-138 N/N DAVOL ST
SLIGHT LEFT ONTO US-6 W/DAVOL ST
1082 DAVOL ST IS ON THE RIGHT

FROM THE WEST:

I-195 E
TAKE EXIT 3 US-6 TOWARD RT-118/SWANSEA
SLIGHT RIGHT ONTO US-6 E/GAR HWY
FOLLOW US-6 E INTO FALL RIVER
STAY TO RIGHT ON US-6 E/DAVOL ST
1082 DAVOL ST IS ON THE RIGHT