NEW COUNSELING CENTER TO OPEN IN MEDFORD, MASSACHUSETTS

The newest Arbour Counseling Services (ACS) center is due to open in September of 2015. ACS, Medford is taking over a 5,790-square foot building right across the street from Medford City Hall at 100 George P. Hassett Drive.

Walter Phinney, COO of Arbour Counseling Services, will start as the interim center director, and Clinical Director Gina Malvarosa, MA, MSW, will oversee operations of the mental health and addiction outpatient center. There are 25 offices for psychiatrists, clinical nurse specialists, social workers, and mental health and addiction counselors. Individual therapy, family therapy, and couples therapy will be offered, with the possibility of adding group therapy at some point.

ACS, Medford will accept patients of all ages. Patients can refer themselves to the center, or be referred through an inpatient program, a primary care provider, or any other mental health clinician. The center will be open from 10:00 a.m. to 5:00 p.m., Monday through Friday. Evening and Saturday hours may be added once patient volume warrants. Until the center opens, please direct inquiries to ACS staff at 781-393-4828.

ARBOUR-FULLER ACCEPTS MBHP FOR PHP

Arbour-Fuller Hospital is now accepting Massachusetts Behavioral Health Partnership (MBHP) patients in their partial hospitalization program (PHP). In 2014, MBHP made several changes to their PHP performance specifications which enabled the hospital to achieve compliance with these standards and seek network inclusion. This included the ability to use a psychiatric nurse mental health clinical specialist to provide services to patients under the supervision of the psychiatrist medical director and provision of medication management at a minimum of one to two days per week (based upon psychiatrists' determination) or up to daily as clinically indicated.

Arbour-Fuller is the only hospital within Arbour Health System that has on-site supervised dorm capability for male and female patients concurrently enrolled in the PHP. For more information on the Arbour-Fuller PHP or “Partial Plus” supervised dorm, please call the outpatient program director at 508-761-8500. To make a referral to the PHP, please call the AHS Intake Department 24 hours a day, 7 days a week at 617-390-1320 or 800-22-ACCES.

ARBOUR-HRI SUPPORTS BOSTON PRIDE

Boston Pride is a Boston-based organization that supports the local LGBTQ community. It holds Boston Pride Week each year, and this year the event celebrated its 45th anniversary with a “Pride Week” that lasted ten days, from June 5th to 14th.

Arbour-HRI Hospital CEO Dania O’Connor and Christopher Wilson, RN, Director of Nursing, enjoyed an evening of entertainment at a new event this year, the Boston Pride Gala. Held at the Courtyard Boston
NEW FACES

Kambiz Pahlavan, MD, DFAPA, FAACAP, is the new Medical Director at Pembroke Hospital. Dr. Pahlavan was most recently a Medical Director with Rogers Memorial Hospital-Milwaukee, and Associate Pediatric Psychiatrist with the Children’s Hospital of Wisconsin. He has been on the psychiatry faculty of various universities including Harvard Medical School and, since 1993, has been a Clinical Professor of Psychiatry at the Medical College of Wisconsin, and Department Chair of Psychiatry, International American University, College of Medicine. He is the recipient of numerous awards and honors, and was named Distinguished Life Fellow by the American Academy of Child & Adolescent Psychiatry, 2012.

Rachael Darian, MSN, PMHNP, ANP, BC, has accepted the position of Chief Nursing Officer at Arbour Hospital. Rachael comes to AHS from Steward St. Elizabeth’s Medical Center, Brighton, MA, where she held the position of Director of Psychiatric Services, responsible for oversight of a 63-bed acute inpatient psychiatric service in addition to the outpatient psychiatry clinic, partial hospitalization program, and ECT department. Rachael also served as the Senior Behavioral Health Patient Care/Program Director at the Steward Good Samaritan Medical Center in addition to working in private practice and as a clinical drug investigator.

Elizabeth Thornton Letendre, MA, LMSC, is the new Director of Clinical Services at Arbour Hospital. Elizabeth was most recently with MHM Services as the Unit Director of the Maximum I Security Unit at Bridgewater State Hospital, as well as an emergency room psychiatric emergency triage clinician with Signature Health Care Brockton Hospital. She held positions as a mental health clinician since 2007, including for the Suffolk County House of Corrections.

Judith Simansky, MS, RHIA, is the new Director of Health Information Management/Privacy Officer at Arbour-HRI Hospital. Judith comes to AHS from Lowell General Hospital, where she was the Director of Health Information Management/Privacy Officer. Before that, she held the position of Director, Medical Record Department at Saints Medical Center, Lowell, MA; New England Sinai Hospital & Rehabilitation Center; and Hallmark Health, Melrose and Medford, Massachusetts.

ARBOUR-HRI SUPPORTS BOSTON PRIDE From page 1

Downtown on June 5th, Dania and Christopher sat at the table of one of the Grand Marshalls, Samuel Brinton.

All in all, there were more than 50 events, with one of the flagship events the 2015 Boston Pride Festival and free concert on City Hall Plaza on Saturday, June 13th.

Arbour-HRI Hospital’s Triangle Program was among the 108 registered exhibitors at the sold-out festival, which ran from 11:00 a.m. to 6:00 p.m. According to their website, www.bostonpride.org, Boston Pride estimates that “about 125,000” attended the festival and concert. Sarah Dionne, Director of Partial Hospitalization Programs at Arbour-HRI Hospital, was one of the hospital employees who set up and worked the booth. She says the atmosphere was, “Very fun, happy and celebratory.” At the peak of the festival between noon and 5:00 p.m., there were always people at the booth. Asked about who visited the booth, Sarah says, “It was a mixture of people. We had ex-clients who came and said hello, people who were clients of other AHS programs excited to see it represented, providers in the field that were either looking for more information or knew of the program wanted to say how much they appreciate being able to refer their clients to us. We also had those who had never heard of the program.”

AHS PROVIDES NURSING SCHOLARSHIPS

Arbour Health System (AHS) has a scholarship called the RN Scholarship Loan Program. The program provides employees an opportunity to apply for financial aid to pursue a nursing degree. Those accepted into the program commit to work at an AHS hospital for a set period of time once they successfully complete the program and earn their RN license.

AHS provides those in the program up to $8,000 (a maximum of $4,000 a year) towards educational costs. The money does not have to be paid back as long as all program requirements are met.

Typical applicants include nursing students, interns and mental health workers. There are requirements in order to be accepted to the program, but even employees who do not have a clinical background may be accepted if specific prerequisite course work is completed prior to applying.

To learn more about this benefit, contact Human Resources. You can find the brochure and program application online in the Careers section of www.arbourhealth.com.

Continued on page 4
CEO WALKS “THE OVERNIGHT” FOR SUICIDE PREVENTION

Dania O’Connor, CEO of Arbour-HRI Hospital, trained for about seven weeks leading up to the June 27th 18-mile dusk-to-dawn walk to support suicide prevention. In fact, she and her husband, who joined her on the walk, trained so well that they finished 5th and 6th out of 2,500 walkers, and crossed the finish line three hours ahead of schedule.

The Out of the Darkness Overnight or “The Overnight” is the premier annual national event organized by the American Foundation for Suicide Prevention (AFSP). It is held in two cities each year and different cities host the walk every year. For the first time, Boston was chosen to host one of the national walks in 2015.

The name, Out of the Darkness, is apt because of the lack of openness about suicide, commonly associated with mental illness, specifically depression. “Personally,” says Dania, “I did the walk because I am bothered by the stigma attached to mental illness. I’m very passionate about helping people to understand that it’s a real disease that takes our loved ones, a disease just like cancer.” According to the AFSP website, www.afsp.org, “Ninety percent of all people who die by suicide have a diagnosable psychiatric disorder at the time of their death. Over 50 percent of all people who die by suicide suffer from major depression. If one includes alcoholics who are depressed, this figure rises to over 75 percent.”

Dania described the opening ceremony as “very powerful.” Individual stories were told representing many different experiences of struggle and loss. “So sad, but at the same time it powers me up to stay energized and connected to why I get up every day and do what I’m doing.”

Walkers were a mix of individuals, and both small and large groups. The more than 2,500 participants raised over $2.9 million. Though it was their first walk, Dania and her husband raised almost $2,500. “We were proud to do the walk. I’m hopeful that we can do it again next year and every year.”

Dania is very interested in forming a team for the local Boston Out of the Darkness Community Walk on October 31, 2015. Please contact Dania at dania.oconnor@uhinc.com if you are interested in joining the team.

1American Foundation for Suicide Prevention website, www.afsp.org

GAUDET TEACHES BEHAVIORAL HEALTH PROGRAMS IN COMMUNITY

This past June, Mike Gaudet, LICSW, LCDCP, Director of Arbour Counseling Services (ACS), Norwell, and the Director of Quality Assurance and Compliance for ACS, was busy teaching three summer school courses for the New England Institute of Addiction Studies:

- Etiology and Epidemiology of Addiction,
- Cognitive Behavioral Therapy and
- The Use of Medication Assistance with Persons with Substance Use Disorder.

Mike was teaching at a four-day summer school session the NEIAS holds at Worcester State University each year. He teaches a variety of courses at other schools, and at a few Arbour Counseling locations for AHS employees as well. He gives up his free time to develop courses and teach because, he says, “It helps me stay sharp and keeps me current.”

Mike has now become the go-to person if a center needs training.

“It’s not official” he says, “just something that I enjoy doing and hope to continue and expand upon.”

Mike has taught Medication Assisted Treatment (MAT), the use of methadone, buprenorphine, and vivitrol in the treatment of opioid dependant person, in Fall River.

In West Yarmouth, he has taught Treatment Planning MATRS, an acronym which stands for measureable, achievable, timely, realistic, and specific to the individual—a format when followed, automatically includes the required medical necessity documentation.

Service excellence in practice

In-house training is a great benefit to employees. The courses allow staff to earn six free Continuing Education Units (CEUs), 2 for attending each class, which helps the licensed people with some of the hours they to keep their licenses, and any unlicensed people can apply earned CEUs towards their initial certification and licensing.

Open to Arbour Health System staff at all locations, Mike feels that teaching has been an opportunity for him to apply the Service Excellence principles of Continuous Improvement and Employee Development. “Offering training is a way of equipping our staff to provide quality treatment. That’s something I think AHS should be very proud of, that we do take opportunities to train staff and we offer it free of charge.”

To inquire about future courses, email Mike at michael.gaudet@uhinc.com.

1New England Institute of Addiction Studies www.neias.org
2Continuing Education (CE) approvals are through the MA chapter of NASW for social workers, MMCEP for mental health counselors and MFTCE for marriage and family counselors. Some courses are approved for substance abuse counselors through NAADAC.
NEW SUMMER PROGRAM LAUNCHED

After a successful pilot program in the summer of 2014, ACS Community Services, in partnership with the Boston Area office of the Department of Mental Health (DMH) and Reverend Edwin Johnson of St. Mary’s Episcopal Church in Dorchester, ran a new youth program Monday through Friday from July 20th through August 14th, open to Boston-area youth ages 7-13 with DMH services.

Under the contract for Individual Family and Flexible Support Services (IFFSS), ACS used four DMH Youth Support Groups per day, fun group activities, play, and outings, to help youth discover and discuss topics of friendship, feelings, social skills, crafts, and coping. All snacks, lunches, supplies, and outings were paid for through DMH flexible funding, and transportation was provided as needed through DMH Individual Youth Support.

Staffed with Master's level clinicians and paraprofessionals with experience in play therapy and child and youth development, there were no more than 8 youth per 1 clinician/1 paraprofessional team. Gina Desmond, Executive Director of Community Services, Arbour Counseling Services, says, “It was a safe, fun place during the summer for youth with the highest need of support and structure within their own community. It also provided staff new opportunities for a fun role within their current positions and they did an amazing job.” Plans are to repeat the program in the summer of 2016.

HOSPITAL WEEK AT ARBOUR-FULLER

Arbour-Fuller Hospital’s 2015 Hospital Week celebration focused on giving back. Employees voted for their favorite charities and the Service Excellence Committee, co-chaired by Bridget Eason and Brian Brisson, arranged different fundraising events each day.

Charities included the American Foundation for Suicide Prevention, American Diabetes Association, Make a Wish Foundation, Friends of Attleboro Animal Shelter, and the ALS Association.

During the week’s festivities the employees were also thanked for their hard work and dedication with an Ice Cream Social, Del’s Lemonade, coffee and pastries, chair massages, boot camp class, yoga class, healthy eating seminar, and a longevity awards dinner.

ARBOUR-HRI SUPPORTS BOSTON PRIDE

and were interested in potentially receiving services, and those who were not in need of mental health services but enjoyed hearing about the program and wanted to thank us for the work that we do.” When asked if she would volunteer to work the booth again, Sarah said, “Absolutely, it was a great experience, and it is essential that The Triangle Program show that we are supportive and a part of the LGBTQ population.”

The Triangle Program at Arbour-HRI Hospital is the first partial hospitalization program in the Boston area that comprehensively responds, and is sensitive to, the complex mental health needs of lesbian, gay, bisexual, transgender, and questioning people. It provides treatment for these individuals who are dealing with issues such as trauma, sexual abuse, depression, social isolation, co-occurring eating disorders, the emotional impact of HIV infection and co-occurring addiction disorders. For more information on The Triangle Program, visit www.arbourhealth.com.