

YOUR APPOINTMENT

Your appointment for the program is scheduled for:

Date _____ Time _____

Please plan on spending the day at the PHP program after your intake or level of care evaluation. Call for hours of operation and transportation availability and options.

Arbour Hospital

157 Green Street, Jamaica Plain, MA
___ Adult Psychiatric/Dual Diagnosis 617-390-1409

Arbour-Fuller Hospital

200 May Street, South Attleboro, MA
___ Adult Psychiatric/Dual Diagnosis 508-838-2316

Arbour-HRI Hospital

227 Babcock Street, Brookline, MA
___ Adult Psychiatric/Dual Diagnosis 617-731-3200 ext.187
___ Triangle Adult LGBTQ 617-731-3200 ext.409
___ Adult Women's Partial 617-731-3200 ext.183

Pembroke Hospital

20 Winter Street, Pembroke, MA
___ Adolescent 781-829-7240
___ Adult Psychiatric/Dual Diagnosis 781-829-7113

Westwood Lodge

45 Clapboardtree Street, Westwood, MA
___ Child and Adolescent 781-762-7764 ext.184
___ Adult Psychiatric 781-762-7764 ext.139
___ Adult Dual Diagnosis 781-762-7764 ext.370

Lowell Treatment Center

391 Varnum Avenue, Lowell, MA
___ Adolescent 978-703-2211
___ Adult Psychiatric/Dual Diagnosis 978-703-2251

The Boston Center

14 Fordham Road, Allston, MA
___ Child 617-783-9676
___ Adolescent 617-783-9676

The Quincy Center

460 Quincy Avenue, Quincy, MA
___ Adult Psychiatric/Dual Diagnosis 617-801-5170

Arbour Counseling Services PHPs

___ Fall River Adult 508-678-2833 ext.2012
___ Haverhill Adult 978-521-2955 ext.218
___ Lawrence Latino Adult 978-975-3789
___ Norwell Adult 781-871-6550 ext.36
___ Woburn Adult 781-932-8114 ext.324
___ Worcester Adolescent 774-243-7486
___ Worcester Adult 774-243-7486

For directions to the above programs, visit our website at arbourhealth.com



PATIENT GUIDE TO AHS PARTIAL HOSPITALIZATION PROGRAMS



Easy Access to Quality Mental Health Services
www.arbourhealth.com



ABOUT YOUR REFERRAL

Your clinician has referred you to an Arbour Health System Partial Hospitalization Program (PHP) at the location and appointment time noted on the back of this brochure. Often patients have questions about partial hospitalization and what to expect when they arrive at the program. This is a voluntary program and individuals often ask why they need to attend, especially after an inpatient stay. Below are some frequently asked questions about our program—we hope the answers will help your transition to PHP.

WHAT IS PARTIAL HOSPITALIZATION?

PHP refers to a comprehensive, short-term, intensive, clinical treatment program. PHP is a step below inpatient hospitalization, but more concentrated than traditional outpatient care. Clients are generally referred to partial programs when they are experiencing acute psychiatric symptoms that are difficult to manage but do not require 24-hour care.

Sometimes partial hospitalization is needed after an inpatient stay to continue the crisis stabilization and treatment process started in the hospital. While a PHP is voluntary, the treatment team recommends this as a critical part of treatment and it is important to attend.

Individuals in partial hospitalization programs attend structured programming throughout the day, usually five days a week, and return home evenings. Patients interact with psychiatrists, social workers and other mental health practitioners during the day.

WHY SHOULD I ATTEND PARTIAL HOSPITALIZATION?

There are many advantages to participating in a partial hospitalization program. You may be worried

that the program is not worth the time away from work or other activities, however, your psychiatrist or other treating clinician believes it is necessary and will help transition you back to those activities.

Remember that the PHP is short-term and provides group therapy which allows you to interact with other people experiencing similar problems. The goal of many PHPs is the development of skills that help clients better manage their lives and their symptoms. It has the potential to help you tremendously.

WHAT HAPPENS AFTER PARTIAL HOSPITALIZATION?

PHP staff routinely involves the patient and their family as appropriate in assessment, treatment and discharge planning. All of the partial hospital program directors are in regular communication with patients, patients' family members, other individuals considered significant by the patient, including outpatient behavioral health providers and PCPs when appropriate and approved by the patient. The staff will work with you on a plan to continue your care and treatment in the community, including assisting with outpatient appointments or other community-based services.

If you have any questions about the PHP, please feel free to call the program director at the location noted on the back of this brochure. He or she will provide more information about the program, which could give you a better understanding of what to expect. We look forward to meeting you and helping with your care.

Please note that most programs have two tracks including psychiatric and dual diagnosis (for those who have co-occurring psychiatric and addictions disorders) and the PHP clinical team will make certain you are in the most appropriate program.

