

- Structured daily schedule of activities to promote work, leisure, and social skills
- Intensive inpatient treatment with focus on diagnosis and stabilization
- Intensive patient/staff ratios

INFORMATION AND REFERRALS

To make a referral to this program, contact the Arbour Health System Intake Department 24 hours a day, 7 days a week, at 800-22-ACCES (800-222-2237) with demographic, clinical, and insurance information. Information will be forwarded to the team for their review and a staff member will reach out directly to the referral source if additional information is needed. Once a patient is accepted, the referrer will be notified. Given that the unit is at capacity at times, the patient may be placed on a waiting list for an available bed. Patients appropriate for the unit are those ages 22 and older with DDS services, however, patients who are 18 to 21 years of age and without DDS services will be considered on a case-by-case basis. For more information about the program, please call the Intellectual Disabilities program staff at 508-838-2273.

ABOUT THE COVER

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

Arbour-Fuller Hospital is a division of Arbour Health System, the largest private mental health system in Massachusetts. In addition to Arbour-Fuller Hospital, Arbour Health System consists of Arbour Hospital, Jamaica Plain; Arbour-HRI Hospital, Brookline; Pembroke Hospital; Westwood Lodge; Lowell Treatment Center; The Boston Center; The Quincy Center; Arbour Counseling Services, with many locations throughout Eastern Massachusetts; and Arbour SeniorCare.

Arbour-Fuller Hospital is licensed by the Department of Mental Health and Department of Public Health, Bureau of Substance Abuse Services (BSAS), and is accredited by The Joint Commission.

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INTELLECTUAL DISABILITIES PROGRAM

A Collaborative Venture with
The Massachusetts Department of
Developmental Services (DDS)
and Arbour-Fuller Hospital
South Attleboro, Massachusetts



**ARBUR-FULLER
HOSPITAL**

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

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PROGRAM DESCRIPTION

The Intellectual Disabilities Inpatient Unit at Arbour-Fuller Hospital has served adults with intellectual and other developmental disabilities for more than 25 years. Established in 1989 as a joint venture of the Southeast Region of the Department of Developmental Disabilities and Arbour-Fuller Hospital. Advocates, Inc., provides behaviorists and occupational therapists to support the program. The unit, which started with four beds and has expanded to twenty beds, is the only inpatient adult intellectual disabilities unit in Massachusetts.

The program provides diagnosis and treatment to persons with intellectual disabilities who are experiencing acute co-occurring behavioral or psychiatric disorders. The goal of the program is to enable patients to return to community living after a short-term hospital stay. The program provides a safe, respectful, therapeutic environment in which an individual can be understood and treated. Individual treatment planning is conducted with input from the patient, family, and their community-based team. The success of the program has in large part related to the ability of the hospital and private and public agencies to successfully collaborate and coordinate treatment and aftercare.

ASSESSMENT AND EVALUATION

Persons with intellectual disabilities undergo specialized assessments by program staff including psychiatrist, psychologist, social workers, nurses, and medical physician where needed. The behavioral evaluation uses both standardized assessments as well as individually designed functional analysis procedures. Behaviors are objectively defined and measured using individualized data collection instruments to collect the most in-depth and accurate information from both patients and their caregivers.

TREATMENT PHILOSOPHY

The goal of treatment is to strengthen social and adaptive behaviors, increase patients' ability to participate and enjoy their daily lives, and be active members of their family and community. This is accomplished by teaching appropriate daily living skills, engaging patients with assistance on behaviors they and their families/caregivers want to change, and addressing medication management. The program philosophy incorporates a model that emphasizes acquisition of specific behavioral skills—psychopharmacological and psychological assessments are key to stabilizing acute psychiatric symptoms. Length of stay in the program varies and depends on patient needs.

PROGRAM COMPONENTS

Treatment is conducted through a multidisciplinary team that may include psychiatrists, nurses, social workers, mental health specialists, behavioral specialists, and occupational therapists. The program includes behavior therapy, occupational health assessment, and psychosocial evaluation.

Each patient's presenting problems are monitored on an ongoing basis with team meetings to review progress.

Program features include:

- Community involvement in intake and discharge planning
- Coordination with the Department of Developmental Services (DDS) as appropriate
- Individualized behavior assessment and treatment planning
- 24-hour data collection on presenting problems
- Daily graphs of patient progress including grids to monitor and document each patient's behaviors including aggression, medication non-compliance, medication response and changes

