



Patients typically participate in IOP three days per week, for three hours a day. The overall duration of treatment depends on each individual's need.

## PHP TREATMENT TEAM

With the treatment team, patients establish short-term treatment goals that can be accomplished during their stay in the program. Overall treatment is focused on stabilizing acute symptoms.

The partial hospitalization staff is a professional, multi-disciplinary team. In addition to a clinical manager, the staff includes a psychiatrist, social worker, substance abuse specialist, a nurse, and an expressive arts therapist.

Patients are assigned a psychiatrist and a case manager who work with them throughout their admission.

This team coordinates all aspects of each patient's care and meets with the patient in groups as well as individually. All clinical information is communicated to the partial hospitalization treatment team and the patient's outpatient behavioral health providers.

### Partial Plus

Arbour-Fuller provides dormitory-style rooms for those who need housing while in treatment in the Partial Hospitalization Program. Call the PHP Director at 508-761-8500 for more information.

## INFORMATION AND REFERRALS

To make a referral to the Partial Hospitalization Program, please contact the Intake Department, 24 hours a day, 7 days a week, at 800-22-ACCES (222-2237). If you would like more information on the program, please call 508-838-2316.

The Partial Hospitalization Program at Arbour-Fuller operates Monday through Friday with optional weekend sessions, 9:00 a.m. to 3:00 p.m.

The Intensive Outpatient Program operates Monday through Friday with optional weekend sessions, 9:00 a.m. to 12:15 p.m.

To refer a patient to partial hospitalization or intensive outpatient services, you can obtain prior approval from the patient's insurance company before contacting the Intake Department, or we can do an evaluation and call the insurance company for authorization.

Arbour-Fuller Hospital accepts most insurances. To inquire about which insurance plans are covered, please contact the Intake Department at 800-22-ACCES (222-2237).

## ABOUT THE COVER

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

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.



# PARTIAL HOSPITALIZATION PROGRAM

Short-Term Intensive Treatment for Adults  
South Attleboro, Massachusetts



**ARBOUR-FULLER  
HOSPITAL**

*A Division Of Arbour Health System*

*Easy Access to Quality Mental Health Services*

[www.arbourhealth.com](http://www.arbourhealth.com)

200 MAY STREET, SOUTH ATTLEBORO, MA 02703  
PHONE: 508-761-8500 FAX: 508-838-2326



## PROGRAM DESCRIPTION

The Arbour-Fuller Partial Hospitalization Program (PHP) is able to provide treatment for those diagnosed with a mental health disorder or those with a dual diagnosis. PHP is a highly structured, short-term intensive outpatient program that represents an important part of Arbour-Fuller's continuum of care.

The PHP is accessible to patients ages 18 and over who suffer from any psychiatric disorder—or any combination of psychiatric and substance disorder—who have had an acute decompensation and require a short-term intensive outpatient program for stabilization. The aim of the program, which may last approximately one to four weeks, is to prevent hospitalization, or to facilitate transition from hospital to community.

Each patient is assigned to a treatment team consisting of an attending psychiatrist/psychiatric nurse practitioner and a case manager. Each patient receives a comprehensive interdisciplinary evaluation that includes an attending evaluation, medication evaluation, and psychosocial assessment. Coordination with primary care physician, outpatient providers, and collateral contacts is an important part of treatment and discharge planning.

Based upon this assessment, each patient receives an interdisciplinary, problem-specific treatment plan that is updated at least once a week during team meetings. Treatment includes: regular psychiatrist visits, weekly case manager meetings, weekly family and collateral contact, and a full program of groups.

All treatment interventions are designed to achieve specific individualized, behaviorally measurable treatment goals and objectives that are developed with input from the patient, family and outpatient treaters. All interventions are designed to assist patients in developing a plan for physical, mental and spiritual recovery from psychiatric and/or substance disorders, and to support individual strengths and efficacy in mastering symptoms.

Discharge planning begins at the point of admission, and involves collaboration between patient, family, and collateral supports to develop a plan for continuing growth.

## PROGRAM COMPONENTS

- Comprehensive group program, peer support, interpersonal interaction and problem solving
- Psychopharmacology as needed
- Case management to reinforce behavior and aftercare plan
- Dialectical behavior therapy skills group

## DIALECTICAL BEHAVIOR THERAPY

Arbour-Fuller's Partial Hospitalization Program incorporates dialectical behavior therapy (DBT) treatment techniques, including skills groups, the use of diary cards, and behavioral analysis. DBT is a cognitive-behavioral treatment (CBT) that balances validation and acceptance with change, growth and empowerment. DBT focuses on teaching skills for participating effectively in the world, as well as skills for emotion regulation and distress tolerance.



## DUAL DIAGNOSIS PARTIAL HOSPITALIZATION

Arbour-Fuller's Partial Hospitalization Program includes treatment for dual diagnosis patients who have co-occurring psychiatric and addiction disorders. The focus is to identify and engage behavioral changes that are necessary to establish recovery. Patients take an in-depth look at the process of relapse, and develop strategies to effectively manage the relapse process as it occurs.

## INTENSIVE OUTPATIENT PROGRAM

The Intensive Outpatient Program (IOP) is for patients whose psychiatric and/or substance dependence symptoms are impeding their ability to function interpersonally and professionally, but who do not require the intensity of a partial hospitalization level of care.

IOP focuses on the stabilization of symptoms by the teaching and utilization of dialectical behavior therapy skills to cope with problems and emotions more effectively.