



The site of Arbour Hospital's Partial Hospitalization Programs at 157 Green Street, Jamaica Plain, Massachusetts.

INFORMATION AND REFERRALS

To make a referral for an evaluation or an admission to the Partial Hospitalization Program, contact the Arbour Hospital Intake Department, 24 hours a day, 7 days a week, at 800-22-ACCES (222-2237) or 617-390-1320.

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 the information needed for authorization.

Arbour Hospital accepts most insurances. To inquire about which insurance plans are covered, please call the Intake Department at 800-22-ACCES.

To arrange van transportation, or to learn about the other transportation options available, please call 617-390-1409.

The Arbour Hospital PHP operates Monday through Friday. There is a complimentary breakfast at 8:30 a.m. and groups run from 9:15 a.m. until 2:45 p.m.

ABOUT ARBOUR HOSPITAL

Arbour Hospital is a 136-bed, private psychiatric hospital in Boston, Massachusetts. Other services include:

- Crisis assessment and intervention
- High Intensity Inpatient Unit
- Adult Inpatient Psychiatric and Dual Diagnosis Program
- Adolescent Inpatient Program
- The Quincy Center Adult Psychiatric Program
- Electroconvulsive Therapy (ECT) Services
- Mental Health and Substance Abuse Outpatient Services
- Addictions outpatient services including Structured Outpatient Addictions Program (SOAP) and Suboxone maintenance

ABOUT THE COVER

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

Arbour Hospital is a division of Arbour Health System, the largest private mental health system in Massachusetts. In addition to Arbour Hospital, Arbour Health System consists of 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 locations throughout eastern Massachusetts; and Arbour SeniorCare.

Arbour Hospital is accredited by The Joint Commission and licensed by the Massachusetts Department of Mental Health. The hospital also has a license from the Department of Public Health Bureau of Substance Abuse Services for both inpatient and outpatient treatment.

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PARTIAL HOSPITALIZATION PROGRAM

Short-Term Intensive Treatment for Adults
Jamaica Plain, Massachusetts



ARBOUR
HOSPITAL

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

www.arbourhealth.com

PROGRAM DESCRIPTION

The Arbour Hospital Partial Hospitalization Programs (PHP) are for adults with psychiatric or dual diagnosis (co-occurring psychiatric and addictions) disorders. Partial hospitalization programs provide highly structured, short-term intensive treatment five days a week from 9:30 a.m. to 3:00 p.m.

PHP either continues the evaluation and stabilization process initiated on an inpatient unit, or functions as a diversion from hospitalization for patients who require treatment to prevent decompensation and admission. Patients receive individualized, focused, goal-oriented treatment to facilitate stabilization of symptoms in a less restrictive, non-institutional environment. The programs are located adjacent to the counseling services offices at 157 Green Street in Jamaica Plain.

The Partial Hospitalization Programs offer voluntary, short-term treatment through a variety of therapeutic activities in a group setting. Patients receive intensive treatment and supervision for the hours they spend in the program, but they maintain independent functioning and ties with home, family and community.

The treatment process is a partnership among patients, their families and PHP staff. Patients and families collaborate with the staff to establish goals and plans for discharge.

An Adult Intensive Outpatient Program (IOP) is offered for psychiatric or dual diagnosis clients who have co-occurring substance disorders.



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.

PSYCHIATRIC PARTIAL PROGRAM

The psychiatric partial hospitalization program is comprised of the following components:

- Illness education designed to help individuals understand their symptoms and the recovery process
- Skills-based treatment incorporating cognitive behavioral therapy, DBT skills training, expressive therapy and positive psychology
- Case management emphasizing the coordination of care with family, community supports and treatment providers
- Individualized assessment and treatment planning focusing on the social, psychological and medical functioning of each participant

DUAL DIAGNOSIS PARTIAL PROGRAM

The Dual Diagnosis PHP is comprised of the following components:

- Illness education which focuses on assisting individuals to better understand their illness, the process of change and relapse prevention
- Skills training aimed at identifying the behavioral and attitudinal changes that are necessary to establish recovery from psychiatric and addiction problems as well as for development of new social supports
- Case management focusing on the coordination of care with various providers, community supports and family members
- Strong focus on assisting individuals to plan for their continued recovery as they prepare to leave the program by utilizing 12-step programs, community supports and various resources

CLINICAL TREATMENT

- Individual therapy
- Therapeutic milieu and structured group programming
- Psychopharmacology evaluation and treatment
- Case management and discharge planning
- Family intervention as necessary
- Outpatient referrals