



The Partial Hospitalization Program operates Monday through Friday with child group programming from 9:00 a.m. to 2:00 p.m. and adolescent group programming from 9:00 a.m. to 2:30 p.m.

Individual visits with PHP staff and patients and their families can be scheduled before or after group programming hours.

ABOUT WESTWOOD LODGE

Westwood Lodge provides a wide range of inpatient and partial hospitalization services in a private community setting for children, adolescents and adults experiencing a variety of psychiatric illnesses.

Additional services offered include:

- 24-hour evaluation, triage and admission
- Crisis intervention services
- Inpatient psychiatric treatment for children, adolescents and adults
- Partial hospitalization for adults
- Dual diagnosis services (primary mental health with co-occurring addiction disorders.)

DIRECTIONS

- Driving from Route 128 north or south, take exit 16B onto Route 109 west
- Follow Route 109 for approximately 2 miles
- After the sign for Nahatan Street to Norwood, take a left onto Pond Street (keeping cemetery to your left). Route 109 will bear to your right
- Follow Pond Street .8 miles and turn left onto Clapboardtree Street
- Westwood Lodge is the second driveway on the right

ABOUT THE COVER

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

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

Westwood Lodge is accredited by The Joint Commission and licensed by the Massachusetts Department of Mental Health.

PARTIAL HOSPITALIZATION PROGRAM

Short-Term Intensive Treatment
for Children and Adolescents
Westwood, Massachusetts



**WESTWOOD
LODGE**

WESTWOOD PEMBROKE HEALTH SYSTEM

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

www.arbourhealth.com

45 CLAPBOARDTREE STREET, WESTWOOD, MA 02090
PHONE: 781-762-7764 FAX: 781-762-7612

PROGRAM DESCRIPTION

The goal of the Westwood Lodge Child and Adolescent Partial Hospitalization Program (PHP) is to create a safe, therapeutic environment for children, adolescents, and families with mental health concerns.

PROGRAM COMPONENTS

- Crisis intervention
- Psychopharmacology
- Group and individual therapy
- Family systems approach
- Crisis management
- Parenting support
- Expressive art therapy

While attending PHP, as appropriate, patient may have scheduled educational school time.

The Partial Hospitalization Program staff is sensitive and responsive to the individual needs of each patient by providing a comprehensive spectrum of services.

The program's interdisciplinary approach ensures patients a complete and well-rounded assessment of their needs, thereby focusing on a more comprehensive and effective course of treatment.

Specialized Treatment

Specialized Treatment Programs are offered to children, adolescents and their families in the following areas:

- Treatment of co-occurring psychiatric and substance disorders
- Treatment of depression/mood disorders



- Treatment of anxiety disorders
- Treatment of thought disturbances

PHP TREATMENT TEAM

From the initial assessment, the patient is in the care of a highly skilled, multidisciplinary treatment team that includes a psychiatrist, case manager, counselor and educational professional. Individuals who refer patients to the program are valued and respected members of the treatment team; contact is maintained with these professionals throughout the treatment process.

COMMUNICATION

The key to the patient's treatment success is that communication on all levels be paramount. Treatment team members work closely with appropriate outpatient providers and other support persons to ensure clear, consistent treatment planning and aftercare. Social workers, case managers, teachers and community service representatives work with the clinical team to make sure that communication related to treatment and aftercare planning is thorough and well-coordinated.

FAMILY INVOLVEMENT

Family involvement is a vital component of treatment, especially for children and adolescents. Program staff work to educate the family about the dynamics of illness, establish a framework for resolving frustrations and conflicts which may have developed, and teach the necessary skills to build healthy channels of communication.

DISCHARGE AND AFTERCARE

Working together with the treatment team, the patient and his or her family develop an appropriate discharge and aftercare plan. The goal is to assist the individual in maintaining ongoing treatment. The discharge and aftercare plan may include referrals to outpatient services with medication management or other community-based programs

INFORMATION AND REFERRALS

To make a referral to the Child and Adolescent Partial Hospitalization Program, or for more information, call the 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 schedule a level of care evaluation and contact the insurance company with the information needed for authorization.

For more information on the program, please call 781-762-7764 and ask for the Partial Hospitalization Program director.