



## 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.

## INFORMATION AND REFERRALS

You can make a referral by calling the Intake Department 24 hours a day, 7 days a week at 800-22-ACCES (222-2237).

For more information, to make a referral, or for accepted insurances plans, call the PHP Clinical Director at 781-932-8114 ext. 326. PHP hours at Arbour Counseling Services, Woburn, are 9:00 a.m. to 3:00 p.m. Monday through Friday.

## DIRECTIONS

### From I-93 and I-95 South

- From I-93 north or south take exit 37B to I-95 south
- After .5 mile take Exit 36 Washington Street/Woburn/Reading
- Keep left at the fork, and follow signs for Mishawum Road
- Turn onto Mishawum Road and drive 1.1 miles
- Mishawum Road becomes Industrial Parkway
- Slight right onto New Boston Street
- Turn right onto Roessler Road
- Follow Roessler Road to the left
- The last entrance on the left is 10-I Roessler Road

### From I-95 North

- Take exit 36 Washington Street/Woburn/Reading
- At end of ramp turn left onto Washington Street
- Turn left onto Mishawum Road and drive 1.1 miles
- Mishawum Road becomes Industrial Parkway
- Slight right onto New Boston Street
- Turn right onto Roessler Road
- Follow Roessler Road to the left
- The last entrance on the left is 10-I Roessler Road

## ABOUT THE COVER

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

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

Arbour Counseling Services is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), and is licensed by the Massachusetts Department of Public Health.

10-I ROESSLER ROAD, WOBURN, MA 01801  
PHONE: 781-932-8114 FAX: 781-305-4907



# PARTIAL HOSPITALIZATION PROGRAM

Short-Term Intensive Treatment for Adults  
Woburn, Massachusetts



**ARBOUR COUNSELING SERVICES**

*A Division Of Arbour Health System*

*Easy Access to Quality Mental Health Services*

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

## PROGRAM DESCRIPTION

The Partial Hospitalization Program (PHP) at Arbour Counseling Services, Woburn, focuses on adult psychiatry with a dual diagnosis component. PHP is a highly structured short-term intensive treatment program that represents an important part of the continuum of care. The PHP is offered Monday through Friday.

Partial hospitalization either continues the evaluation and stabilization process initiated on an inpatient unit, or functions as a diversion from hospitalization for patients who require a highly structured treatment program 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 overall program philosophy incorporates a disease and recovery model for both psychiatric and substance disorders that emphasizes:

- Education to patients and families regarding the nature of the disorders that precipitated admission
- Access to treatment and recovery, to stabilize acute symptoms and to promote progress with continued rehabilitation and growth
- Acquisition of specific cognitive and behavioral skills for managing symptoms and feelings, as well as for development of new social supports
- Identifying and engaging behavioral and attitude 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



The Partial Hospitalization Program at Arbour Counseling Services, Woburn is a voluntary, short-term treatment program that offers a variety of therapeutic activities in a group setting. Patients receive intensive treatment and supervision for the hours they spend in the partial hospitalization program, but they maintain independent functioning and ties with home, family, and community.

## PROGRAM COMPONENTS

- Comprehensive clinical evaluation, including psychiatric and psychopharmacological assessment
- Individualized treatment, case management, and discharge planning
- Comprehensive group therapy program incorporating dialectical behavior therapy (DBT) and cognitive behavior therapy (CBT) skills training
- Psychoeducation
- Family consultation
- Expressive therapy

- Case management to reinforce behavior and aftercare plans that have been established
- Aftercare options may include: individual therapy, medication management, referral to group therapy such as DBT, CBT, or recovery, and Women's

## DIALECTICAL AND COGNITIVE BEHAVIOR THERAPY

DBT, CBT, and mindfulness techniques are used in our Psycho-Education and Psychotherapy Groups in both the mental health and dual diagnosis tracks of the Partial Hospitalization Program. DBT focuses on teaching skills for participating effectively in the world, as well as skills for emotion regulation and distress tolerance. CBT is a cognitive behavioral therapy that balances validation and acceptance with change, growth and empowerment. Mindfulness techniques assist people in managing the present and maintain perspective in the "here and now." Overall, the program fosters recovery of mental health and co-occurring disorders, specializing in anxiety management, mood self-regulation, and relapse prevention.

## INTENSIVE OUTPATIENT PROGRAM

The Intensive Outpatient Program (IOP) is care for each of two tracks: mental health and dual diagnosis. IOP is a half-day partial hospitalization program 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 behavior therapy skills to cope with problems and emotions more effectively.