

## INFORMATION AND REFERRALS

To make a referral to the Adolescent PHP, please contact the Intake Department 24 hours a day, seven days a week, at 800-22-ACCES (222-2237). Patients may be referred for an evaluation to determine appropriateness for PHP level of care. Evaluations for the PHP are scheduled by the Intake Department, and in most cases can be arranged for the next business day. The program director or designee will evaluate each adolescent. Parents or guardians should be present during the evaluations.

For patients who are being discharged from inpatient level of care, the case manager should obtain prior approval from the patient's insurance company before contacting the Intake Department.

Lowell Treatment Center accepts most insurance plans. To inquire about which insurance plans are accepted, please contact the Intake Department at the telephone number above.

For more information, please call the PHP Program Director at 978-703-2211.

## ABOUT LOWELL TREATMENT CENTER

Lowell Treatment Center offers inpatient treatment for adolescents and adults, partial hospitalization programs for adolescents and adults, and Community Services.

## DIRECTIONS TO LOWELL TREATMENT CENTER

- To reach the Center, take Route 3 North to Exit 32.
- At the rotary, turn onto Drum Hill Road (sign says "Lowell 3 miles").
- Go through three sets of traffic lights. You will pass Dunkin' Donuts and Drum Hill Ford on your right.
- Bear left at the fork next to traffic light (Wood Street).
- Continue straight through light and go over the Rourke Bridge.
- At the end of the bridge take a right onto Route 113 East (Pawtucket Boulevard), a divided highway (the river will be on your right).
- Get into the left lane and go straight through three sets of lights.
- At the fourth light turn left onto Varnum Avenue. You will see a sign for Lowell General Hospital.
- Lowell Treatment Center is a half-mile down on the right, the first driveway after the Lowell General Hospital Service Delivery Entrance.
- Lowell Treatment Center is on the 2nd floor.
- Parking is in the rear of the building.

## TRANSPORTATION

Transportation for local participants may be available if needed. Please call the Program Director for more information.

Lowell Treatment Center can be reached by public transportation. Lowell Regional Transit Authority's Route 7 – Pawtucketville UMass Lowell North bus stops at 391 Varnum Avenue, the site of Lowell Treatment Center.

## ABOUT THE COVER

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



## ADOLESCENT PARTIAL HOSPITALIZATION PROGRAM

SHORT-TERM INTENSIVE TREATMENT FOR ADOLESCENTS



LOWELL  
TREATMENT CENTER  
WESTWOOD PEMBROKE HEALTH SYSTEM  
*A Division Of Arbour Health System*

391 Varnum Avenue • Lowell, MA 01854 • 978-703-2242  
Easy Access to Quality Mental Health Services  
[www.arbourhealth.com](http://www.arbourhealth.com)



## PARTIAL HOSPITALIZATION FOR ADOLESCENTS

The Partial Hospitalization Program (PHP) serves adolescents ages 13 through 18. Patients are referred directly to the program as an alternative to inpatient hospitalization, or as a transition from inpatient programs.

The program is completely voluntary, and as such, fosters an environment of trust, caring and support with an eye to permanent, long-term change. The program views problems systematically, and involves both the patient and his or her family in the therapeutic process whenever appropriate. The PHP staff are sensitive and responsive to the individual needs of each patient, and provide a comprehensive spectrum of services.

### PROGRAM COMPONENTS

- Full day of programming, from 9:30 AM to 3:00 PM.
- Comprehensive program of psychotherapy groups, covering topics such as illness education, addiction education, medication education, relapse prevention/ weekend planning, de-escalation and anger management, conflict resolution, communication skills, self-esteem development, coping skills, and family and peer relationships.
- 766-approved tutoring, provided by the program.
- Aftercare case management services and discharge planning to obtain appropriate community services to help patients foster and maintain a healthy mental status after discharge.
- A complete, nutritional hot/cold lunch is served. Light snacks and drinks are available through the day.

### PROGRAM GOALS

- Educate adolescent patients and their families about the dynamics of mental illness
- Work to establish a framework for resolving conflicts
- Teach skills necessary to build healthy channels of communication
- Treat dual diagnosis disorders, depression and mood disorders, anxiety, and thought disturbances

The PHP also addresses the needs of victims of physical and sexual abuse and gang-related trauma.

The program recognizes the importance of working with community mental health and health care agencies, educational institutions, and the juvenile court system in order to maximize support services to teens and their families. Program staff work closely with families to identify their unique needs and then collaborate wraparound services that will provide ongoing support after patients are discharged.



## STAFF/TREATMENT TEAM

Each patient is assigned to a treatment team; they receive a comprehensive interdisciplinary evaluation that includes psychiatric evaluation, nursing evaluation, psychosocial evaluation, family contact, and primary care physician contact.

Lowell Treatment Center PHP staff members form a multidisciplinary treatment team including psychiatrist, nurse practitioner, licensed clinical social workers, and mental health counselors. 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.

## FREQUENTLY ASKED QUESTIONS

Who is appropriate to participate in the PHP?

The program is appropriate for adolescents who:

- Manifest behavior of such severity that it interferes with social, family, or educational functioning.
- Exhibit behaviors indicating the need for increased intensity and frequency of services.
- No longer require 24-hour acute care but are not capable of assuming responsibility for their lives. Without partial hospitalization there would be an exacerbation of symptoms.
- Have been unsuccessful with treatment at a lower level of care (i.e., cannot be managed in outpatient treatment and require the protected observation and coordination of therapeutic resources offered by an active partial hospitalization program).