



## 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 after-care plan may include referrals to outpatient services with medication management or other community-based programs.

## ABOUT PEMBROKE HOSPITAL

Pembroke Hospital provides a wide range of inpatient and partial hospitalization services in a private community setting for adolescents and adults experiencing a variety of psychiatric illnesses. Additional services offered include:

- 24-hour evaluation, triage and admission
- Crisis intervention services
- Intensive Outpatient Program (IOP) for adults
- Partial Hospitalization Program for adults
- Inpatient psychiatric treatment for adolescents, adults and older adults
- Electroconvulsive Therapy (ECT)

## DIRECTIONS

### From the North or South

- Take MA Route 3 to exit 12 Marshfield/Hanover
- At the end of the exit turn onto MA 139 west/ Church Street (signs for Pembroke/Hanover)
- Stay in the left lane
- Take a left on the Oak Street Extension, which becomes Oak Street
- Take a left on Winter Street into the industrial park. Pembroke Hospital will be on the large sign at the entrance
- It is the first building on the left. Take the second left driveway into the parking lot

The program is located in the brick building with Pembroke Hospital on the glass door.

## ABOUT THE COVER

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

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

Pembroke Hospital is accredited by The Joint Commission and licensed by the Massachusetts Department of Mental Health.



## ADOLESCENT PARTIAL HOSPITALIZATION PROGRAM

Short-Term Intensive Treatment  
Pembroke, Massachusetts



**PEMBROKE  
HOSPITAL**

WESTWOOD PEMBROKE HEALTH SYSTEM

*A Division Of Arbour Health System*

*Easy Access to Quality Mental Health Services*

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

20 WINTER STREET, PEMBROKE, MA 02359  
PHONE: 781-829-7240 FAX: 781-829-7162



## PROGRAM DESCRIPTION

This highly-structured, intensive group program offers treatment to adolescents seeking help with acute emotional and behavioral disorders.

The Partial Hospitalization Program (PHP) offers treatment for adolescents with psychiatric and co-occurring psychiatric and substance abuse disorders.

## PROGRAM COMPONENTS

- Multidisciplinary team approach to treatment
- Psychiatric evaluation
- Medication evaluation and monitoring
- Diagnostic evaluation
- Individualized treatment plans
- Dialectical behavior skills
- Group therapies:
  - Solution-focused psychotherapy
  - Social/coping skills
  - Cognitive-behavioral
  - Psychoeducation
  - Anger/stress management
- Dual Diagnosis programming:
  - Substance abuse screening, assessment and counseling
  - Group therapy
- Individual sessions
- Family meetings
- Tutorial services during school year

## PROGRAM GOALS

- Provide crisis stabilization
- Teach patients to identify their thoughts and emotions
- Improve communication skills including with family
- Develop strategies for redirecting high-risk behaviors
- Develop and strengthen coping and problem-solving skills
- Assist in the development of a support network

## 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 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.

## INFORMATION AND REFERRALS

The Partial Hospitalization Program hours are Monday through Friday from 9:00 a.m. to 3:00 p.m., which includes tutoring during the school year, and 10:00 a.m. to 3:00 p.m. during the summer. Individual visits with PHP staff and patients and their families can be scheduled before or after group programming hours. For more information on the program, please call 781-829-7240 and ask for the PHP Director.

To make a referral to the Adolescent Partial Hospitalization Program, please call the Intake Department, 24 hours a day, 7 days a week, at 800-22-ACCES (222-2237).

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 an authorization. Step-downs from inpatient require prior authorization.

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

