



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 adolescents
- 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.

20 WINTER STREET, PEMBROKE, MA 02359
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ADULT 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



PROGRAM DESCRIPTION

Pembroke Hospital's Adult Partial Hospitalization Program (PHP) is a short-term treatment program for adults, age 18 years and older, who are in acute psychiatric crisis and require a highly structured program to prevent further decompensation and inpatient hospitalization.

The program also provides monitoring and support to facilitate patients' safe transition back into their communities following an inpatient hospitalization. Patients receive individualized, goal-oriented, strength-based treatment to facilitate stabilization of symptoms in the least restrictive environment.

The program offers highly-structured therapeutic groups daily, as well as treatment collaboration with family members and outpatient providers.

PROGRAM COMPONENTS

- Multidisciplinary treatment team
- Psychiatric evaluation
- Diagnostic evaluation
- Psychopharmacology
- Individualized treatment plans
- Dialectical behavior skills
- Comprehensive group psychotherapy program. Sample group topics include: problem solving, coping skills, depression awareness, medication education and rehabilitation.

PROGRAM GOALS

The goal of the Partial Hospitalization Program is to aid in the psychiatric stabilization process while teaching proactive, strength-based coping skills to prevent hospitalization and prolong the patient's health in the least restrictive setting.

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 and 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 people to ensure clear, consistent treatment planning and aftercare. Social workers, case managers and community service representatives work with the clinical team to ensure that communications related to treatment and aftercare planning is thorough and well-coordinated.

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. Pembroke Hospital has an adult intensive outpatient program (IOP) that may be used as a step-down from partial hospitalization or for direct admissions.

INFORMATION AND REFERRALS

The Partial Hospitalization Program operates Monday through Friday from 10:00 a.m. to 3:00 p.m. Individual meetings between the appropriate clinician on the PHP staff and the patient and their family can be scheduled before, during or after group programming hours.

For more information on the program, please call 781-829-7113 and ask for the PHP director.

To make a referral to the Partial Hospitalization Program, 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 authorization. Step-downs from inpatient require prior authorization.

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

