



INFORMATION AND REFERRALS

To make a referral to The Boston Center, call the Intake Department, 24 hours a day, 7 days a week at 800-22-ACCES (222-2237) or call 617-390-1320.

Group programming is scheduled Monday through Friday, 9:30 a.m. to 3:00 p.m. Family meetings are either prior to or following the PHP groups. For more information, please call the program at 617-783-9676.

Referrals are accepted from sources including, hospital inpatient units, community-based acute treatment, crisis teams, mental health clinicians, schools and family members.

Parents/guardians assume responsibility for making all arrangements for pick-up and drop-off for clients attending the program. Under special circumstances, arrangements for transportation services may be available for ages 13 and up.

Parent/guardian needs to be available for the intake appointment. For patients under 13, a parent/guardian must be immediately available on-site for the first two days of treatment to assist with the transition. Parents/guardians wait in a lounge area adjacent to the PHP.

DIRECTIONS

The Boston Center is wheelchair accessible.

Via Public Transportation

- Take the Boston College “B” branch of the Green Line MBTA out Commonwealth Avenue past Packard’s Corner. The trolley line bears left.
- Get off at the Harvard Avenue stop.
- Walk back two blocks on Commonwealth Avenue and turn left on Fordham Road.
- The center is at 14 Fordham Road; there is a sign out front. Go to the second floor.

From the North or South

- Take the expressway to Storrow Drive.
- Take the Kenmore Square exit, go right into Kenmore Square onto Commonwealth Avenue.
- *Go past Boston University; you will see Star Market on your right.
- The next intersection is Commonwealth and Brighton Avenues. The trolley line bears left. You may begin looking for a parking space on Commonwealth Avenue.
- Fordham Road is a right at the next trolley stop.

From the West

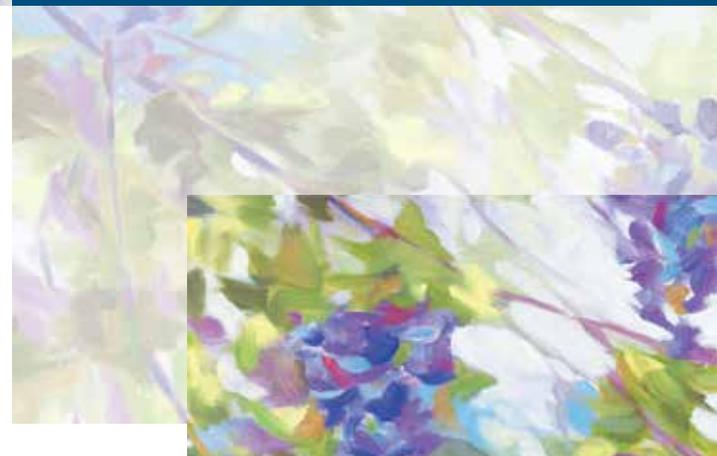
- Take Mass Pike east to Allston/Cambridge exit.
- After the toll follow signs to Cambridge.
- At the Guest Quarters Suite Hotel, take a right on Storrow Drive east.
- Take first Boston University exit and then take a right onto Commonwealth Avenue.
- Then follow directions from *above.

ABOUT THE COVER

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

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

14 FORDHAM ROAD, ALLSTON, MA 02134
PHONE: 617-783-9676 FAX: 617-783-9685



THE BOSTON CENTER

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



ARBOUR
COUNSELING SERVICES

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

www.arbourhealth.com

PROGRAM DESCRIPTION

The Boston Center Partial Hospitalization Program (PHP) offers therapeutic support and interventions for children and adolescents, ages six to seventeen (age 18 and above are considered if still attending high school), presenting with issues including low self-esteem, school avoidance, gender identity and sexuality concerns, trauma, acute stress, conflict within peer and family relationships, mood dysregulation, self harming behaviors, underdeveloped social skills, impulsive behaviors and separation anxiety.

The program either continues the evaluation and stabilization process initiated on an inpatient unit, or functions as a diversion from hospitalization. Some of the specific disorders treated at the PHP level of care include, but are not limited to, anxiety, adjustment disorders, depression, high functioning autism spectrum disorder, early recovery from psychosis, ADHD, post-traumatic stress disorder.

Patients receive individualized, focused, goal oriented treatment to facilitate stabilization of symptoms in a less restrictive, non-institutional environment.

The program is voluntary, and thereby fosters an environment of trust, caring and support.

The program views problems systematically, and involves both the patient and his or her family in the therapeutic process whenever appropriate.

Staff are sensitive and responsive to the specific needs of each patient, and provide a comprehensive spectrum of service. The program emphasizes:

- Education of patients and families on the disorder that precipitated admission
- Treatment and recovery to stabilize acute symptoms and restore functioning to potential

- Acquisition of specific cognitive and behavioral skills for symptom management and development of social supports. This may involve dialectical and cognitive behavior therapy (DBT and CBT)

PROGRAM COMPONENTS

The PHP provides a time-limited, therapeutic intervention designed to restore and maintain a maximum level of functioning. A full range of therapeutic services is available in a convenient community setting. These services include:

- Psychiatric and psychopharmacological assessments
- Group psychotherapy
- Group psychoeducation
- Medication management
- Case management and discharge planning
- Expressive therapies: art, music, drama, dance/movement
- Family meetings
- Tutoring during the school year

PROGRAM GOALS

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



THE PHP TREATMENT TEAM

From the initial assessment, the patient is in the care of a highly skilled, multidisciplinary treatment team. The team includes a clinician, psychiatrist and educational professional.

The individuals who refer patients to the partial hospitalization program are valued and respected members of the treatment team; with consent, contact is maintained with those professionals throughout the treatment process.

DISCHARGE AND AFTERCARE

The Boston Center recognizes the importance of working with educational institutions, outpatient mental health providers, PCPs and health care agencies in order to maximize support services for patients and their families. Program staff works closely with families to identify their unique needs and then coordinate wraparound services that will provide ongoing support after patients are discharged.