

PROGRAM PHILOSOPHY

The purpose of a partial hospitalization program is to function as a diversion from inpatient hospitalization or to facilitate the transition from hospital to community. For referrals that are primarily for inpatient diversion, The Boston Center is able to manage children and adolescents with acute mental health treatment needs.

The Boston Center works with clients and families in a collaborative effort to facilitate positive change. Family involvement is a vital component of the partial hospitalization treatment approach. Family members are asked to actively participate in treatment by attending a family support group and family sessions.

INFORMATION AND REFERRALS

To make a referral, please contact 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 do an on-site evaluation and contact the insurance company with information needed for authorization.

The programs operate Monday through Friday, 9:30 a.m. –3 p.m. For more information, please call the Boston Center Director at (617) 783-9676.

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 Service may be available. For the adolescent PHP, all parents/guardians need to be available for 1 hour on the first day. For the child PHP, for patients 6-10 years old, all parents/guardians are required to attend the program with child from 9:30 a.m.–12 p.m. for the first two days to facilitate transition.

The Boston Center is a program of Arbour Health System, the largest private behavioral health system in Massachusetts. Arbour Health System consists of Arbour Hospital, Boston; Arbour-Fuller Hospital, South Attleboro; Arbour-HRI Hospital, Brookline; Pembroke Hospital; Westwood Lodge; Lowell Treatment Center; The Boston Center; The Quincy Center; Arbour Counseling Services, with 13 locations throughout eastern Massachusetts; and Arbour SeniorCare.



THE BOSTON CENTER

PROVIDING SHORT-TERM INTENSIVE
TREATMENT FOR CHILDREN
AND ADOLESCENTS



THE BOSTON
CENTER

WESTWOOD PEMBROKE HEALTH SYSTEM
A Division Of Arbour Health System

14 Fordham Road • Allston, MA 02134
(617) 783-9676

Easy Access to Quality Mental Health Services
www.arbourhealth.com



CHILD AND ADOLESCENT PARTIAL HOSPITALIZATION PROGRAM

The Boston Center provides Partial Hospitalization Programs for children and adolescents. Services include highly structured, intensive behavior modification group programs for children, ages 6-12, and adolescents, ages 13-17*, with acute emotional and behavioral difficulties. The children's program is the only one of its kind in the Boston area.

PROGRAM GOALS

- Provide crisis stabilization
- Teach clients to understand and express their feelings
- Improve communication skills
- Develop and strengthen healthy coping and problem-solving skills
- Provide parenting support and psychological education
- Assist in the development of a support network
- Improve family communication

PROGRAM COMPONENTS

- Multidisciplinary team approach to treatment
- Psychiatric evaluation
- Medication evaluation and monitoring
- Diagnostic evaluation
- Individualized treatment plans
- Collaborating with collaterals
- Individual sessions
- Family meetings



*18-year-olds can be considered if still attending school.



Group Therapies for the Children's PHP include:

- Social/coping skills
- Cognitive-behavioral psychotherapy
- Psychoeducation
- Anger and stress management
- Feelings/expression
- Expressive therapy

Group Therapies for the Adolescent PHP include:

- Solution-focused psychotherapy
- Life skill building
- Cognitive-behavioral psychotherapy
- Psychoeducation
- Anger management
- Expressive therapy

STAFFING

- Child/adolescent psychiatrist
- Clinical nurse specialist
- Master's level licensed clinicians
- Master's level clinicians
- Milieu counselor
- Master's level interns

ABOUT THE COVER

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