



The program operates Monday through Friday from 9:30 a.m. until 3:15 p.m. Groups begin at 10:00 a.m. to allow on-street parking. There is a complimentary breakfast at 9:30 a.m. with PHP staff available to patients during this time.

Van transportation on a scheduled basis may be available for patients in a certain geographic area.

Patients may also participate in our half-day PHP, Intensive Outpatient Program (IOP), or Evening IOP, depending upon their clinical need, insurance authorization and coverage.

INSURANCE

The GAP Program accepts most insurances. Call the Intake Department for more information.

ABOUT ARBOUR-HRI HOSPITAL

Arbour-HRI Hospital is a 62-bed, private psychiatric hospital located in Brookline, Massachusetts. The hospital's inpatient programs include those for adults with mental health and dual diagnosis issues as well as a specialty women's unit. Partial hospitalization services include those for adults with mental health and dual diagnosis and distinct programs for women and LGBTQ individuals.

Arbour Counseling Services, Brookline, offering outpatient mental health and substance abuse services, is located on the campus of the hospital. The hospital is one block away from the Babcock Street stop on the Boston College ("B") line of the MBTA Green Line. MBTA Bus #57, originating from Watertown or Kenmore Square, also stops at Babcock Street.

ABOUT THE COVER

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

Arbour-HRI Hospital is accredited by The Joint Commission and licensed by the Massachusetts Department of Mental Health. The hospital also has a license from the Department of Public Health Bureau of Substance Abuse Services for both inpatient and outpatient treatment.



THE GAP PROGRAM

Short-Term Intensive Treatment for Adult Psychiatric and Dual Diagnosis Patients
Brookline, Massachusetts



**ARBOUR-HRI
HOSPITAL**

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

www.arbourhealth.com

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PROGRAM DESCRIPTION

The General Adult Program (GAP) at Arbour-HRI Hospital, is a highly structured, short-term intensive partial hospitalization (PHP) or intensive outpatient program (IOP) that represents an important part of the continuum of care. The program offers both dual diagnosis and primary mental health tracks. Patients with mental health or dual diagnosis disorders receive individualized, focused, goal-oriented treatment to facilitate stabilization of symptoms in a less restrictive, non-institutional environment.

Treatment is provided through psychoeducation-based groups, individual counseling and after-care planning. The treatment team includes the program clinicians, psychiatrist, program director and group therapists.

The overall program philosophy incorporates a recovery model for both psychiatric and addictions disorders that emphasizes:

- Education to patients and families regarding the nature of the disorders that precipitated admission.
- Access to treatment and recovery, to stabilize acute symptoms and to promote progress with continued rehabilitation and growth.
- Acquisition of specific cognitive and behavioral skills for managing mental health symptoms and feelings, as well as for development of new social supports.
- Identifying areas for behavioral and emotional changes that are necessary to establish recovery.
- In the dual diagnosis track, patients take an in-depth look at the process of relapse, and

develop strategies to effectively manage the relapse process as it occurs.

The GAP Program is also designed to help “bridge the gap” between inpatient treatment and the ultimate goal of maximum independence and community-based outpatient treatment.

The program also provides diversionary care for individuals who are safe to remain in their home setting, but require intensive interventions to address mental health and/or recovery issues in order to prevent an inpatient hospitalization.

PROGRAM COMPONENTS

- Emphasis on mental health and recovery issues affecting adults over age 18 with psychiatric or dual diagnosis disorders
- Comprehensive group program
- Psychiatric evaluation
- Individualized treatment plans
- Family involvement
- Psychopharmacology
- Trauma-informed treatment
- Case management to reinforce behavior and aftercare plans that have been established
- Empowerment to develop a safe and supportive life outside of the program

SAMPLE GROUP TOPICS

- Cognitive Behavior Therapy (CBT)
- Dialectical Behavior Therapy Skills (DBT)
- Trauma and Recovery
- Relationship Issues



- Assertiveness Training and Anger Management
- Self-Esteem
- Mental Health Awareness/Education
- Health and Wellness
- Relapse Prevention
- Expressive Art and Music Therapies
- Coping with Anxiety and Stress

INFORMATION AND REFERRALS

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 a level of care evaluation and contact the insurance company with information needed for authorization.

To make a referral, call the Intake Department, 24 hours a day, 7 days a week, at 800-22-ACCES (222-2237) or 617-390-1320. Be sure to ask for The GAP Program. Intake staff will schedule a time for the patient’s arrival at the program and ask to have any appropriate clinical information faxed directly to The GAP Program.