



The site of Arbour Hospital's Partial Hospitalization Program at The Quincy Center in Quincy, Massachusetts.

CLINICAL TREATMENT

- Individual therapy
- Therapeutic milieu and structured group programming
- Psychopharmacology evaluation and treatment
- Case management and discharge planning
- Family intervention as necessary
- Outpatient referrals

INFORMATION AND REFERRALS

To make a referral for an evaluation or an admission to the Partial Hospitalization Program, contact the Arbour Health System (AHS) Intake Department, 24 hours a day, 7 days a week, at 800-22-ACCES (222-2237) or 617-390-1320.

To refer a patient to partial hospitalization, you may obtain prior approval from the patients' insurance company before contacting the Intake Department, or we can do an on-site evaluation and contact the insurance company with the information needed for authorization.

To inquire about which insurance plans are covered, please call the AHS Intake Department.

ABOUT ARBOUR HOSPITAL AND SATELLITE THE QUINCY CENTER

Arbour Hospital is a 136-bed, private psychiatric hospital in Boston, Massachusetts. Other services include:

- Crisis assessment and intervention
- Adult Inpatient Psychiatric and Dual Diagnosis Program
- Adolescent Inpatient Program
- The Quincy Center Inpatient Adult Psychiatric Program
- Electroconvulsive Therapy (ECT) Services
- Mental health and substance abuse outpatient services
- Structured Outpatient Addictions Program (SOAP) and Suboxone Maintenance

ABOUT THE COVER

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

Arbour Hospital and satellite The Quincy Center are accredited by The Joint Commission and licensed by the Massachusetts Department of Mental Health. Arbour Hospital is also licensed by the Department of Public Health Bureau of Substance Abuse Services for both inpatient and outpatient treatment.

460 QUINCY AVENUE, QUINCY, MA 02169
PHONE: 617-801-5170 FAX: 617-801-5171



PARTIAL HOSPITALIZATION PROGRAM

Short-Term Intensive Treatment for Adults
Quincy, Massachusetts



ARBOUR
HOSPITAL
THE QUINCY CENTER

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

www.arbourhealth.com

PROGRAM DESCRIPTION AND GOALS

The Quincy Center Partial Hospitalization Program (PHP) is a voluntary program for adults with psychiatric or dual diagnosis (co-occurring psychiatric and addictions) disorders. Partial hospitalization provides highly structured, short-term intensive treatment five days a week Monday through Friday, from 9:00 a.m. to 3:00 p.m.

PHP either continues the evaluation and stabilization process initiated on an inpatient unit, or functions as a diversion from hospitalization for patients who require treatment to prevent decompensation and admission. Patients receive individualized, focused, goal-oriented treatment to facilitate stabilization of symptoms in a less restrictive, non-hospital environment.

The Partial Hospitalization Program offers treatment through a variety of therapeutic activities in a group setting. Patients receive intensive treatment and supervision for the hours they spend in the program, but they maintain independent functioning and ties with home, family and community.

The program philosophy incorporates a disease and recovery model for both the psychiatric and dual diagnosis programs that emphasizes:

- Education to patients and families regarding the nature of the disorder that precipitated the admission
- Information regarding access to treatment and recovery programs to promote progress towards continued rehabilitation and growth



- Acquisition of specific cognitive and behavioral skills for managing symptoms and feelings, as well as for the development of social supports

Length of stay in the program varies and depends on patient needs. The partial clinical team will negotiate length of stay with the patient and their insurance company.

Above all, the PHP values dignity, self-reliance and self-respect. The treatment process is a partnership among patients, their families and the PHP staff. Patients and families collaborate with the staff to establish treatment goals and plan for discharge. Patients share experiences, resources and support with one another. With the treatment team, patients establish short-term treatment goals that can be accomplished during their stay in the program. Overall treatment is focused on stabilizing acute symptoms.

Referrals are made via telephone to centralized Intake Service and an intake appointment is scheduled. Individual treatment needs are identified with patients during the intake process. After admission, the treatment team formulates the interdisciplinary treatment plan with the patient's input. Patients and families collaborate with the staff to establish goals and plans for discharge.

PROGRAM COMPONENTS

The partial hospitalization program is comprised of the following components:

- Illness education designed to help individuals understand their symptoms and the recovery process including relapse prevention
- Skills-based treatment incorporating cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT) skills training, expressive therapy and positive psychology
- Case management emphasizing the coordination of care with family, community supports and treatment providers
- Individualized assessment and treatment planning focusing on the social, psychological and medical functioning of each participant
- Skills training aimed at identifying the behavioral and attitudinal changes that are necessary to establish recovery from psychiatric and addiction problems as well as for development of new social supports
- Strong focus on assisting individuals to plan for their continued recovery as they prepare to leave the program by utilizing 12-step programs, community supports and various resources

INTENSIVE OUTPATIENT PROGRAM

An Adult Intensive Outpatient Program (IOP) is also offered for psychiatric or dual diagnosis clients who have co-occurring substance disorders. IOP is for patients where psychiatric and/or substance dependence symptoms are impeding their ability to function interpersonally and professionally, but who do not require the intensity of a partial hospitalization level of care. The IOP is offered daily from 9:00 a.m. to 12:30 p.m.