



## 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.



## ABOUT ARBOUR-HRI HOSPITAL

Arbour-HRI Hospital is a 62-bed, private psychiatric facility 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.

## THE TRIANGLE PROGRAM

Short-Term Intensive Treatment  
for LGBTQ Adults  
Brookline, Massachusetts



**ARBOUR - HRI  
HOSPITAL**

*A Division Of Arbour Health System*

*Easy Access to Quality Mental Health Services*

[www.arbourhealth.com](http://www.arbourhealth.com)



**The Triangle Program**

227 BABCOCK STREET, BROOKLINE, MA 02446  
PHONE: 617-731-3200 FAX: 617-566-0894



## PROGRAM DESCRIPTION

The Triangle Program provides quality mental health treatment that is sensitive to the needs of gay, lesbian, bisexual, transgender and questioning individuals who may have concerns with various life stressors or emotional functioning. Some of these issues may include trauma, depression, anxiety, isolation, gender or sexual identity, body image, living with HIV/AIDS, co-occurring mental health and addictions including sexual compulsivity.

Our clinically sophisticated evaluation, consultation and intensive daily treatment provide stabilization and support for patients during times of crisis. The Triangle Program provides flexible and personalized treatment schedules and consistently preserves client relationships with outpatient therapists and community support systems. The treatment team includes program clinicians, psychiatrist or psychiatric nurse practitioner, program director and group therapists.

## PROGRAM COMPONENTS

- Comprehensive psychiatric and substance use evaluation
- Psychopharmacology evaluation and consultation
- Intensive group treatment program with individual counseling
- Trauma-informed treatment
- Psychodynamic and cognitive/behavioral interventions
- Family counseling/intervention

- Collaboration with outpatient therapists and primary care physicians; opportunity for involved providers to participate in treatment team meetings
- Preservation of outpatient therapist/client relationship
- Referral to outpatient providers and other supports if needed
- Nutritional consultation
- Empowerment to develop a safe and supportive life outside of the program

## SAMPLE GROUP TOPICS

- Sexuality and Gender Expression
- Trauma and Recovery
- Relationship and Family Issues
- Assertiveness and Anger Management
- Self-Esteem and Empowerment
- Health and Wellness
- Relapse Prevention
- Coping with Anxiety and Stress

## GROUP MODALITIES

- Cognitive Behavior Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Expressive Art and Music Therapies
- Open Process Psychotherapy

## INSURANCE

The Triangle Program accepts most insurances.



## 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 Triangle 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 Triangle Program.

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.