

## DESCRIPTION OF PROGRAM

The Adult Partial Hospitalization Program (APHP) is a day program providing mental health care for adults over the age of 20 who have behavioral, psychiatric and/or neuropsychiatric difficulties.

The program offers a full range of services, including multidisciplinary evaluation and treatment, a highly structured milieu, and coordination of continuing care needs.

The purpose of a partial hospitalization program is to prevent a psychiatric hospitalization and/or to provide an extended period of restabilization after an inpatient stay. The APHP, located at Arbour Counseling Services in Haverhill, provides adults with comprehensive evaluation and treatment planning, medication management, psychoeducation and family counseling as indicated. Members of the program enjoy being with others in group therapy.

## ADMISSION CRITERIA

- 20 years of age or older
- Have emotional or psychiatric symptoms that are severe enough to require intensive treatment in order to restore functioning
- Not actively suicidal or homicidal or unable to contract for safe behavior

*Arbour Counseling Services is a division of Arbour Health System, the leading 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; Arbour Counseling Services, with eleven locations throughout eastern Massachusetts; Arbour SeniorCare; and Choate ESP.*

## ABOUT THE COVER

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



# HAVERHILL ADULT PARTIAL HOSPITALIZATION PROGRAM



ARBOUR  
COUNSELING SERVICES  
A Division Of Arbour Health System

116 Summer Street • Haverhill, MA 01830 • (978) 521-2955  
**Easy Access to Quality Mental Health Services**  
[www.arbourhealth.com](http://www.arbourhealth.com)





## PROGRAM COMPONENTS

The APHP 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 an attractive, convenient community setting. These services include:

### CLINICAL EVALUATIONS

- Individual Assessments
- Psychiatric and Psychopharmacological Assessments
- Neurobehavioral Assessment and Consultation

### CLINICAL TREATMENT

- Individual Therapy
- Therapeutic Milieu and Structured Group Program
  - Psychoeducation
  - Expressive Therapies: Art, Music, Movement
  - Group Psychotherapy
- Medication Management with Psychiatric Nursing
- Regular Visits with Nurse Practitioner and Psychiatrist
- Case Management and Discharge Planning
- Family Counseling

Clients may attend up to five days a week, from 9:00 AM to 2:30 PM. Transportation is available.

## RELAPSE PREVENTION GROUP

The Relapse Prevention Group is for those who are seeking support dealing with co-occurring psychiatric and addiction issues and wishing to increase their techniques for maintaining their progress in battling their addictions.

Contact the Group Coordinator at (978) 521-2955 ext. 20.

## REFERRAL PROCESS

Referrals may be made to the APHP by calling the Program Director, at (978) 521-2955, ext. 14 or (978) 373-7010. Or contact the Intake Department, 24 hours a day, 7 days a week, at (800) 22-ACCES or (617) 390-1320.

Referrals are accepted from locations including but not limited to: hospital inpatient units, physicians, mental health providers, and family members.

## PAYMENT

Partial hospitalization is a covered service of Medicare, Medicaid, and other health insurance programs. The Medicare co-payment is covered by Medicaid, Medex and other supplemental insurances. Haverhill also has contracts with certain managed care plans for PHP.

## DIRECTIONS TO ARBOUR COUNSELING SERVICES OF HAVERHILL

- Summer Street in Haverhill is off Route 125 (Main Street) close to the downtown area.
- From Route 495 North, take exit 51A.
- Follow Route 125 (Main Street) for 1.7 miles.
- Turn left on Summer Street and proceed 4 blocks to the intersection of Summer Street and Highland Avenue.
- Our building is on the left and our entrance is adjacent to the rear parking lot.

