

INFORMATION AND REFERRALS

Referrals may be made to the Latino Program by calling the Arbour Intake Department at (617) 390-1320 or at (800) 22-ACCES.

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.

For further information, please contact Rodrigo Barahona, Psy.D., Director, at (617) 390-1236.

ABOUT ARBOUR HOSPITAL

Arbour Hospital is accessible via public transportation. The hospital is accredited by the Joint Commission on Accreditation of Healthcare Organizations and licensed by the Department of Mental Health. Most HMOs and insurances are accepted.

Arbour Hospital is a division of Arbour Health System, the leading private behavioral health system in Massachusetts. In addition to Arbour Hospital, Arbour Health System includes 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.



LATINO PROGRAM

A PARTIAL HOSPITALIZATION PROGRAM
FOR ADULTS WITH PSYCHIATRIC
DISORDERS OR DUAL DIAGNOSIS




ARBOUR
HOSPITAL

A Division Of Arbour Health System

49 Robinwood Avenue • Boston, MA 02130 • (617) 522-4400
Easy Access to Quality Mental Health Services
www.arbourhealth.com





The Latino Partial Hospitalization Program (PHP) at Arbour Hospital consists of a five day per week, intensive short-term treatment program for Latino adults with psychiatric disorders or dual diagnosis. Psychotherapy and psychoeducation groups are all conducted in Spanish, and bilingual and bicultural staff are available to address cultural and societal issues within the context of treatment.

In the PHP, patients are seen daily by the psychiatrist and a dedicated case manager. There is an intensive focus on short-term goals leading to the patient's return to long-term maintenance and stabilization in the community. The case manager, who is sensitive to patients' cultural issues, is available to provide support to the patient and his or her family during the partial hospitalization stay as well as after discharge.

GOALS OF PROGRAM

- To assure consistency with patients' cultural and linguistic needs
- To provide psychoeducation and help patients develop effective coping skills
- To offer an effective alternative to inpatient hospitalization
- To provide information on, and offer patients a better understanding of, medication usage

PROGRAM FEATURES

- Five groups daily, all conducted in Spanish
- Bicultural and bilingual staff including psychiatrists and social workers
- Individual, group and family therapy
- Brief treatment model with no required length of stay
- Coordination with outside referral sources, including psychiatrist where applicable, at all stages of treatment
- Medication evaluation and monitoring

GROUP MODELS

The group therapy schedule offers a variety of groups from psychotherapy to psychoeducation.

PSYCHODYNAMIC GROUP

Treatment procedures in which the patient participates in group process as well as reflects on effects of his/her participation on the overall group dynamic.

MIND/BODY GROUP

Expressive therapy group that includes relaxation exercises and education on the connection between physical health and emotional stress.

PSYCHOEDUCATIONAL GROUP

Substance abuse treatment group that combines didactic learning with group process and examines relationship between substance use and emotional conflict.

COMMUNITY RESOURCES

This group will teach patients concrete methods for using available resources in their social/community milieus (i.e. relatives, community networks, etc.) in order to enhance their sense of independence and personal growth.

STEPS TO RECOVERY

Psychoeducational group which encourages members to help one another to express and understand their mental health concerns, and recover from emotional problems and the effects of mental illness.

MEDICATION MANAGEMENT

Informs members about psychopharmacology including benefits, side effects, etc. Staff answer specific questions about medications.

OUTPATIENT SERVICES AND AFTERCARE

All efforts are directed to working with the patient, family, referral source and involved agencies to ensure that discharge plans are coordinated and comprehensive. Bilingual and bicultural outpatient therapy is also available at select Arbour Counseling Services sites throughout eastern Massachusetts, including directly on the Arbour Hospital campus in Boston.

