



PROGRAM OVERVIEW

The Women's Partial Hospitalization Program (WPHP) of Arbour-Fuller Hospital provides an innovative and specialized continuum of care for women ages 18 and older with:

- Post-Traumatic Stress Disorder including victims of sexual and domestic violence
- Depression, Anxiety and Bipolar Disorder
- Dissociative Disorders
- Borderline Personality Disorder
- Self-injurious behaviors
- Co-morbid addictive behaviors

Admission criteria for the program includes ability to comprehend and retain Dialectical Behavior Therapy (DBT) literature, without florid psychosis, acute mania, and able to attend and participate in group therapy without behavioral disruption. Women with active eating disorders or who may be medically unstable are not appropriate for the program.

INFORMATION AND REFERRALS

The WPHP welcomes referrals for partial hospitalization and intensive outpatient treatment. Most health insurance plans are accepted. Referring therapists and potential patients may call the Intake Department 24 hours a day, seven 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 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 more information, referring clinicians may call the program at 508-838-2337 or contact the Community Relations Department at 508-761-8500.

The program operates Monday through Friday, with optional weekend sessions, from 9:00 a.m. to 3:00 p.m. The Intensive Outpatient Program (IOP) runs on Mondays, Wednesdays, and Fridays from 9:00 a.m. to 3:00 p.m. Arbour-Fuller Hospital also has a short-term, supervised residence for patients struggling with psychiatric or dual diagnosis disorders. Residents must be enrolled concurrently in Arbour-Fuller Hospital's Partial Hospitalization Program (PHP) in order to participate.

ABOUT THE COVER

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



WOMEN'S PARTIAL HOSPITALIZATION PROGRAM (WPHP)



ARBOUR-FULLER HOSPITAL

A Division Of Arbour Health System

200 May Street • South Attleboro, MA 02703
Phone: (508) 838-2337 • Fax: (508) 838-2326
Referral Pager (24 hours/day, 7 days/week):

Easy Access to Quality Mental Health Services

www.arbourhealth.com



PROGRAM FEATURES

Many of our patients suffer from the effects of childhood abuse or other painful traumatic events and experience intrusive thoughts, feelings, and images related to these events. In addition, they may experience depression, emotional numbing and dysregulation, chronic suicidality, memory difficulties, altered perception, and identity fragmentation. Many also have difficulties with chronic self-injury, which represents an attempt to cope with problems and emotional distress.

Patients in the Women's PHP are encouraged to acknowledge and understand the impact of painful traumatic events in their lives and the recovery process. They are viewed as partners in treatment who must learn new relational and coping skills for responding to problems, addictions, and the aftereffects of trauma in healthier ways. Specific methods used to address individual issues are:

- Strength-based psychoeducation
- Dialectical Behavior Therapy skills
- Psychotherapy groups on a variety of topics, including distress tolerance, family issues, PTSD recovery, crisis identification and management, parenting skills, positive leisure activities, coping skills, addressing addictions, building self-esteem, anger management, self-care.

TREATMENT MODEL

The WPHP's treatment model integrates cognitive behavioral therapy, Dialectical Behavior Therapy (DBT) and phase-oriented trauma treatment. Our treatment model focuses on helping patients gain control over symptoms and learn skills for safety and emotional regulation. Clinical research and many years of experience stress the need for symptom control prior to exploring and processing traumatic memories. In addition, DBT skills used in the women's program will address the following:

INTERPERSONAL EFFECTIVENESS

Most trauma victims have poor personal relationships based on their history. They also continue to be victimized in most areas of their lives. This skill will provide them with options for better communication and assertiveness. It can also help with expression of feelings which have probably been repressed

EMOTIONAL REGULATION

Most of women with trauma histories are unable to identify emotions- DBT skills will help them not only identify but "let go of painful emotions and increase positive emotions."

DISTRESS TOLERANCE

These skills are used for "tolerating painful events and emotions when the patient cannot make things better right away." Staff use imagery, relaxation, the five sense, and soothing techniques.

MEETING DIFFERENT NEEDS FOR CARE

The program offers:

- Women's Partial Hospitalization Program (WPHP), a full-day program to prevent inpatient hospitalization or facilitate transition from hospital to community
- Intensive Outpatient Program (IOP) within the WPHP, as a step-down from PHP or to improve support services when outpatient treatment is not sufficient
- Referral to outpatient therapists with specialties in trauma and substance abuse if needed and consultation to outpatient treatment teams

PROGRAM TEAM

The team of professional staff have specialized training and experience working with trauma, dissociation, and addictive behaviors. Staff are also trained in Dialectical Behavior Therapy. On-site psychopharmacology for management of symptoms is available as part of the PHP.