

PARTIAL HOSPITALIZATION FOR ADULTS

Lowell Treatment Center's Adult Partial Hospitalization Program (PHP) is a short-term, intensive treatment program designed to meet the needs of individuals suffering from any psychiatric disorder who are in crisis and require stabilization. This level of care offers transition after inpatient hospitalization or can often prevent patients from needing hospitalization.

Groups begin daily at 10:00 AM and continue through 3:30 PM, Monday through Friday.

PROGRAM GOALS

- Educate individuals about diagnoses and treatment recommendations.
- Identify and confront the issues surrounding wellness barriers and their impact on the individual's relationships.
- Implement aftercare plans including self-help groups, individual therapy, medication monitoring and a strong recovery network of support.

REFERRAL TO ADDITIONAL SERVICES

- Psychiatry/Medication referral
- Family and couples counseling referral
- Referral to a step-down program to the next level of care
- Interview and referral to outpatient groups

STAFF

Program clinicians are mental health professionals with areas of expertise including depression, bipolar illness, dual diagnosis, psychotic disorders, women's issues, older adult issues, relapse prevention and expressive therapy.

Staff members form a multidisciplinary treatment team of nurses, licensed mental health counselors, social workers, psychologists, substance abuse counselors and expressive therapists.

ABOUT LOWELL TREATMENT CENTER

Lowell Treatment Center offers inpatient treatment for children and adolescents, partial hospitalization programs for adolescents and adults, and a Family Stabilization Team.

Lowell Treatment Center is a program 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; and Arbour SeniorCare.

INFORMATION AND REFERRALS

To make a referral to the inpatient or partial hospitalization programs, please call the Intake Department, 24 hours a day, 7 days a week, at (800) 22-ACCES (222-2237).

To make a referral to the Family Stabilization Team, please call the FST Director at (800) 727-6324.

For more information, please call the Lowell Treatment Center Director at (978) 322-5161.

DIRECTIONS

To reach the Center, take Route 3 North to Exit 32. At the rotary, turn onto Drum Hill Road (sign says "Lowell 3 miles"). Go through three sets of traffic lights. You will pass Dunkin Donuts and Drum Hill Ford on your right. Bear left at the fork next to traffic light (Wood Street). Continue straight through light and go over the Rourke Bridge. At the end of the bridge take a right onto Route 113 East (Pawtucket Boulevard), a divided highway (the river will be on your right). Get into the left lane and go straight through three sets of lights. At the fourth light turn left onto Varnum Avenue. You will see a sign for Lowell General Hospital. Lowell Treatment Center is a half-mile down on the right, the first driveway after the Lowell General Hospital Service Delivery Entrance. Lowell Treatment Center is on the 2nd floor. Parking is in the rear of the building.



LOWELL TREATMENT CENTER

- INPATIENT TREATMENT FOR CHILDREN AND ADOLESCENTS
- PARTIAL HOSPITALIZATION FOR ADOLESCENTS
- PARTIAL HOSPITALIZATION FOR ADULTS
- FAMILY STABILIZATION TEAM



LOWELL
TREATMENT CENTER
A Program Of Arbour Health System

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Easy Access to Quality Mental Health Services
www.arbourhealth.com





INPATIENT TREATMENT FOR CHILDREN AND ADOLESCENTS

Lowell Treatment Center's inpatient program serves children and adolescents ages 5 through 17. The goal of the program is to provide short-term intensive psychiatric intervention, diagnosis, stabilization and treatment through a multi-disciplinary approach that emphasizes family involvement and collaboration with the client's community network.


The program offers treatment to children and adolescents in need of acute care services. Typically these are individuals with serious behavioral problems such as suicidal or violent acts. Underlying these presentations are often undiagnosed and/or undertreated affective illness, learning disabilities, substance abuse or trauma.

PROGRAM COMPONENTS

- Multidisciplinary treatment team, including psychiatrist, nursing staff, case manager and allied health professionals.
- All patients, caregivers, support persons, and families are involved in the assessment, treatment and discharge planning process and receive individualized education.
- Coordination of care with community providers is an integral part of the program, and this can include those noted above as well as case managers from state agencies, clergy, and patient advocates.

ABOUT THE COVER

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



PARTIAL HOSPITALIZATION FOR ADOLESCENTS

The Partial Hospitalization Program (PHP) serves adolescents ages 13 through 18. Patients are referred directly to the program as an alternative to inpatient hospitalization, or as a transition from more intensive levels of care. The PHP is part of the continuum of care for youth that Lowell Treatment Center offers.

The program is completely voluntary, and, as such, fosters an environment of trust, caring and support with an eye to permanent, long-term change. The program views problems systematically, and involves both the patient and his or her family in the therapeutic process whenever appropriate. The PHP staff are sensitive and responsive to the individual needs of each patient, and provide a comprehensive spectrum of services.

PROGRAM COMPONENTS

- Full day of programming, from 9:00 AM until 3:00 PM.
- Comprehensive program of psychotherapy groups, covering topics such as illness education, addiction education, medication education, relapse prevention/ weekend planning, de-escalation and anger management, conflict resolution, communication skills, self-esteem development, coping skills and family and peer relationships.
- 766-approved tutoring, provided by the program.
- Aftercare case management services and discharge planning, to obtain appropriate community services to help patients foster and maintain a healthy mental status after discharge.

PROGRAM GOALS

- Educate families about the dynamics of mental illness
- Work to establish a framework for resolving conflicts
- Teach skills necessary to build healthy channels of communication
- Treat dual diagnosis disorders, depression and mood disorders, anxiety, and thought disturbances

FAMILY STABILIZATION TEAM

The Family Stabilization Team (FST) provides short-term, in-home services to assist parents and other caregivers in stabilizing children and adolescents in their home settings after an acute mental illness or substance abuse episode. The program can also be used as a treatment alternative to hospitalization and/or as a step-down program between hospitalization and returning home. The FST is an integral component of the continuum of care for youth that Lowell Treatment Center offers.

The goals of the FST are to provide transitional support and assist families in establishing relationships with a permanent support network. The program offers advocacy, consultation and support services to facilitate communication between families and service providers.

The FST has had success treating a variety of patient populations which may include: multi-stressed families with many outpatient, school and/or court involvements, individuals who experience repeated hospitalizations, families with limited support networks, and patients for whom outpatient treatment has been unable to provide stabilization and whose clinicians seek a more systemic understanding to further treatment goals. Treatment areas include abuse and neglect, domestic violence, chronic mental illness, substance abuse, eating disorders, developmental delays, learning disabilities, and family loss or disintegration.

In addition, the program includes a Community Support Program (CSP), targeted to clients of all ages who are considered to be at risk within the community. The program provides a longer-term case management service that encompasses the client's entire health profile, in order to reduce the number of hospitalizations and the length of time needed for stabilization. Program interventions include assisting the client in maintaining regular visits with his or her primary care physician, psychiatrist and/or other treatment providers.