



AHS News March 2009

Arbour Counseling Services, Allston Opens Community Support Program (CSP)

At the invitation of the Massachusetts Behavioral Health Partnership (MBHP) due to quality Family Stabilization Team (FST) work, Arbour Counseling Services, Allston is now the second member of Arbour Health System (AHS) to develop a Community Support Program (CSP).

“Our mission is to support our patients,” said Director Andrew Linberg. “We provide counseling as well as help them access resources in the community.”

Opened officially at the start of 2009, the Allston CSP works with patients from around the Greater Boston area, providing counseling and social supports to those in need.

The CSP currently has between five and 10 case coordinators with the potential to hire more. These case coordinators have seen 10-20 patients who have been referred from private therapists, within the AHS system and from outside programs.

Some of the issues clinicians have worked through with clients include food stamps, housing applications, transportation, psychosocial stress, facilitating a relationship with the state Department of Children and Family (DCF) as well as self-care supports.

If you think your client could benefit from this service, please call Andrew Linberg at 617-782-6460.

Westwood Lodge Opens Hillside House

Westwood Lodge became the third hospital in Arbour Health System to offer a supervised dormitory program when it opened Hillside House, a female-only program, on Feb. 11.

Medhat Migeed, MD and the senior managers at Westwood Lodge saw a trend of a need for this type of treatment program in the greater Boston area. While Arbour Hospital was managing a supervised dorm for men, there was no similar program in the region for women. The 12-bed Hillside House is appropriate for women ages 18 and over with dual diagnosis, substance abuse or psychiatric disorders and who are concurrently enrolled in Westwood Lodge’s PHP program.

“People leaving dual diagnosis and detox can struggle with sobriety,” noted Dan Tarlin, PHP director. “They

may not receive much support from family or the community, so you can see a high relapse volume. We give them a little more time, a little more sobriety to set up their lives to continue on a more positive track.”

The PHP at Westwood serves to assist individuals who are making the transition from inpatient level of care to independent living while continuing their treatment or to provide diversionary care for individuals. Hillside House gives patients a safe, positive and encouraging environment during that transition. The average length of stay is one to two weeks.

Westwood Lodge has begun to run groups on substance abuse, relapse prevention and psychoeducation in addition to the PHP groups. AA meetings are offered seven days a week.

While living in the house, all patients are expected to attend all groups and related treatment. Hillside House offers some kitchen facilities and cable television, and the residents may eat in the cafeteria. Individuals are expected to do their own laundry in the house’s facilities and are assigned other household tasks to build their skills for independent living.

If you have a client who would benefit from Hillside House, please contact Dan Tarlin at 781-762-7764 x370.



Spotlight On: Healthcare Training in AHS Hospitals

Every hospital in the country serves two purposes: the main one is to help the patients get better. But the one that is less-examined is serving as a place for health care staff to learn and gain practical knowledge.

Arbour Hospital System hospitals have programs in place that accept student nurses and medical students and residents from colleges and universities around the Boston area. These programs allow those students to experience daily routines on a psychiatric unit while completing program requirements for their post-graduate degree studies.

While the schools from which the nursing students come and the number of students per rotation vary, the general program is similar at each hospital. A nursing instructor provided by the college/university oversees the group of students on the rotation while they observe staff meetings, patient groups and shadow the full-time nurses in their duties.

At Arbour-Fuller Hospital, students come from Rhode Island College, Quincy College, Bristol Community College and Regis College and work six to eight students per rotation. Students are generally required to do eight to 16 hours per week for a semester. Nursing students at Arbour-Fuller report in the morning and sit in on the community meeting before assisting with breakfast. They take vital signs and sit in on the morning groups. From there, they follow the routine of the unit.

Arbour Hospital in Jamaica Plain currently hosts students from Massachusetts Bay Community College, Boston College and Northeastern University, having worked with Roxbury Community College in the past. Eight to nine students fill out each rotation, working once or twice a week for a semester on both the day and evening shifts under the watchful eye of their nursing supervisor.

On Tuesdays and Thursdays, Westwood Lodge has eight students from Curry College come in for two days a week for six weeks. The student nurses are on the units for five hours a day and spend one hour in a clinical review to talk about their experiences.

The students work on a variety of units - children, adolescents, adult psych, dual, partial hospitalization - and spend time learning the admissions process as well. Curry tries to get all its students into two units as well as to observe the admissions process during their rotations.

The nursing students typically listen to rounds and patient histories, observe group activities with an eye to potentially leading groups by the end of the rotation, meet one on one with the patients to learn how to have a therapeutic relationship, write clinical evaluations weekly. Curry requires each student to do process record-

ings and analyze therapeutic dialogue with their patients.

Arbour-HRI has a working relationship with Simmons College. Currently seven students come once a week to work on the evening shift. They have patient assignments, work on treatment plans, observe various therapeutic groups and learn about medication names, dosages, therapeutic usages, side effects, etc.

Each AHS facility's nursing student program is set up to allow participants to help patients in their recoveries and the student nurses in their continuing education.

Westwood Lodge runs a training program for medical students and residents. The medical students primarily come to Westwood from the Boston University Medical School; it is the longest-running rotation of those established at BUMS.

Dr. Paul Arkema, a two-time honoree of the prestigious Nancy C.A. Roestke Award presented by the American Psychiatric Association for Excellence in Medical Student Education and winner of the Outstanding Teacher for the Psychiatry Clerkship by BU Medical School Award, is the associate medical director and a child and adolescent psychiatrist at Westwood Lodge who also serves as a faculty member for Boston University.

Dr. Gary Jacobson, Chief Medical Officer; Dr. Charles Adler, former medical director; Drs. Burns Woodward and Arthur Papas, senior medical staff alumni; John Miner, PhD and Dr. Paul Daigencourt, child psychiatrist are the medical staff members and alumni of Westwood Lodge who participate in the BU teaching program.

Drs. Arkema and Jacobson oversee a rotation of 30 medical students and two to four medical residents who wish to specialize in psychiatry. The medical students are assigned four to five patients in the adolescent and adult inpatient units, working with those patients on a one-to-one basis.

They also sit in on rounds and academic lectures, as well as review relevant literature and meet with Dr. Arkema daily and other staff members as needed. The medical students sit in on lectures and discussion about establishing a therapeutic relationship with psychiatric patients, interview techniques, differential diagnosis, psychopharmacology, and suicide assessment and intervention among other topics.

According to Dr. Jacobson, the BU students who rotate through Westwood Lodge consistently get the highest marks among the BU medical students who rotate through various psychiatric hospitals in the Boston area. Third-year rotations are six weeks in duration and are limited to inpatient services. Elective fourth-year rotations may also include a partial hospital group and individual treatment, all under daily supervision of a faculty member.

Dr. Medhat Migeed supervises the medical residents

AHS Patients Say Thank You

From Arbour Hospital:

- “The staff was more than accommodating and understanding. They were absolutely amazing. They kept my spirits up and were good listeners.”
- “This was the best hospital I’ve been in. The staff was wonderful, so kind and understanding.”

From Arbour-HRI Hospital:

- “Thank you for your care, compassion and skills. I’ve learned a great deal and have rarely just stopped and dealt with the issues I’ve addressed during my time at Triangle.”
- I want to thank you for all the hard work that you do at Triangle. The 12 days that I spent there I found very beneficial ... The Triangle Program is social work at its best ... Thank you for helping me in my quest for continued sobriety.”
- “Just a short note, to once again express my gratitude for each of your personal involvements in helping me to achieve a healthy balance in my life. I’ll be forever indebted.”

From Pembroke Hospital:

- “... I was not acting right at all, not my normal nature. I am now 20 days later able to speak clearly, no longer thinking that way, I’m not afraid to go to sleep, I don’t get scared of crowds, I’m well on my way to making a total recovery and that is due to all of you and your hard work. You all made me smile. I’ve laughed harder here than I have in a long, long time. I’m really enjoying being clean and sober. I am really going to do my best one day at a time. Thanks to all of you I am able to work on my recovery ... Again, thank you all. You are all very special people. You all deserve good things in your own lives.”

From Westwood Lodge:

- “... I cannot say enough about the partial program staff. I’ve participated in partial four times. By far, this was the best. They’re so kind, caring understanding and show true concern of your problem ... My caseworker was the first person in many, many years who made me feel like a real person. She took the time to make sure that I understood everything. She always greeted us all with a big smile and always saw the good in all. She is a true lady. When I left she made sure that everything was in order and assured me that I could do it ... I will always remember her smile, guidance and above all her humanity.”
- “I want to express my best appreciation to people under your supervision such as my daughter’s doctor and caseworker. I am very thankful for everything the doctor has done for my daughter. I know it was not easy for him to deal with court, it took a lot of energy from him, but he helped my daughter to come over and enjoy a little life. He is not only a good doctor, he is a good person, who takes care of such sick people, like my daughter. Thanks to the caseworker as well. It was so sweet of him to take time to talk with me. I was expressing my feelings about my daughter and he was a good, very patient listener to all my conversations almost every day. He shared with me the pain inside of me that I keep all the time when my daughter is sick. It was so helpful for me to keep myself stronger.”

from Tufts’ psychiatric residency program who rotate through Westwood Lodge’s adult dual diagnosis unit. The residents work on the inpatient unit daily, seeing a case load of patients through an agreement with Tufts Medical Center. Newly adopted by-laws also allow the medical residents to write orders in the doctors’ orders book under the general supervision of Dr. Migeed.

Westwood Lodge also hosts a rotation of Massachusetts General and McLean residents in an elective rotation on administrative psychiatry that is overseen by Dr. Jacobson.