

PROGRAM OVERVIEW

The Center for Women's Development of Arbour-HRI Hospital is a comprehensive program providing a full continuum of services for women, including intensive outpatient care, partial hospitalization and inpatient services.

The Center for Women's Development (CWD) offers a specialized continuum of care for adult women with:

- Post-Traumatic Stress Disorders resulting from childhood sexual or physical abuse, rape, battering, or other trauma
- Dissociative Disorders
- Mood Disorders
- Borderline Personality Disorder and Symptomatology
- Chronic suicidality and self-injury
- General psychiatric disorders including major depression
- Eating disorders secondary to psychiatric diagnosis
- Dual diagnosis syndromes (co-occurring psychiatric and addictive disorders)

Since 1991, CWD has provided treatment for the psychological, behavioral and emotional needs of women within a safe and supportive milieu that respects each woman's strengths as well as her individual needs and concerns. CWD programs emphasize rapid stabilization of symptoms and self-harming behaviors, and teaching new skills for self-management. Our programs provide individualized problem- and skill-focused care stressing rapid step-down to less intensive levels of care, and transition to outpatient care and the community.

TREATMENT MODEL

CWD's treatment model integrates cognitive-behavioral therapy, Dialectical Behavior Therapy (DBT), phase-oriented trauma treatment, and relational therapy approaches.

Our treatment model focuses on helping patients gain control over symptoms and learn skills for safety and emotion regulation. Clinical research and many years of experience stress the need for symptom control prior to exploring and processing traumatic memories or the underlying causes of eating disorders or addictive behaviors.

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 substance abuse disorders and chronic self-injury, which represent attempts to cope with problems and emotional distress.

Women in CWD programs are encouraged to acknowledge and understand the impact of painful traumatic events in their lives and the pacing of 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.

ABOUT THE COVER

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



*The Center for Women's
Development*

WOMEN'S INPATIENT SERVICES
SPECIALIZING IN THE TREATMENT OF:

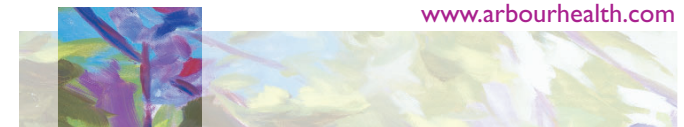
- TRAUMA-RELATED AND DISSOCIATIVE DISORDERS
- CO-OCCURRING PSYCHIATRIC AND
SUBSTANCE ABUSE DISORDERS



ARBOUR - HRI
HOSPITAL

A Division Of Arbour Health System

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MEETING DIFFERENT NEEDS FOR CARE

CWD offers the following continuum of care for women:

- Evaluation Services for patients who may need Inpatient, PHP or IOP levels of care
- Women's Inpatient 14-bed Unit (see admissions criteria and program components below)
- Observation beds on the Women's Inpatient Unit for rapid stabilization and to assess the need for further inpatient treatment
- Women's Partial Hospitalization Program (PHP) to prevent hospitalization or facilitate transition from hospital to community
- Intensive Outpatient Program (IOP), a half-day program as a step-down from inpatient or PHP, or to increase services when outpatient treatment is not sufficient
- Referral to outpatient therapists with trauma and other specialties as needed, and consultation to outpatient treatment teams.

ADMISSION CRITERIA

CWD's Inpatient Program accepts patients with PTSD, dissociative disorders, personality disorders, mood disorders, major depression, and anxiety disorders. Patients may have substance use or eating disorders; however, these will be secondary to the psychiatric disorder. Those patients who are exhibiting acute, floridly manic symptoms or those who require special observation may be admitted to the hospital's general inpatient unit prior to consideration for the CWD inpatient program.

PROGRAM COMPONENTS

CWD's multidisciplinary team of professionals includes psychiatrists, medical physicians, clinical nurse specialists, psychologists, nurses, social workers, dietitians, mental health counselors, and activity therapists with specialized training and experience working with trauma, dissociation, chronic suicidality, addictions, depression, and borderline symptomatology.

CWD provides:

- State-of-the-art psychopharmacology for management of severe symptoms
- Individualized treatment to reduce target symptoms, including work with self-destructive ego states and personality fragmentation
- Psychodiagnostic and neuropsychological testing as needed
- Collaboration with and consultation to outpatient providers and case managers, including in-hospital bridge meetings, to facilitate discharge and transition to the community
- Family therapy with family and significant others to facilitate transition to the community
- Comprehensive group therapy program focusing on affect and symptom management, self-care skills, coping skills, understanding and managing trauma symptoms, and decreasing fear and distress from thoughts, feelings, flashbacks and dissociative episodes.

INFORMATION AND REFERRALS

CWD welcomes referrals for evaluations, inpatient care, partial hospitalization, and intensive outpatient treatment. Voluntary and involuntary patients are considered for admission and many health insurance plans are accepted.

For more information about The Center for Women's Development, referring therapists and potential patients may call Andrea Santilli, Community Relations Coordinator, at (617) 390-1423.

For immediate assistance and access to care, referring therapists and potential patients may call the Intake Department 24 hours a day, 7 days a week, at (800) 22-ACCES or (617) 390-1320. Please be sure to ask for The Center for Women's Development at Arbour-HRI Hospital. An evaluation can be scheduled 24 hours a day, 7 days a week. The hospital accepts most forms of insurance.

LOCATION

The Center for Women's Development is located at Arbour-HRI Hospital, 227 Babcock Street, Brookline, Massachusetts. Arbour-HRI is a small, private psychiatric hospital with services including general psychiatry, dual diagnosis services, and specialty programs for the gay, lesbian, bisexual and transgendered community. The hospital is located one block away from the MBTA Commonwealth Avenue Green Line.

The Center for Women's Development 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.