

## How will patients spend their time?

*An example of a typical day in our Partial Hospitalization Program:*

- 9 a.m. | Check-in, daily goals group
- 10 a.m. | DBT skills group
- 11 a.m. | Group psychotherapy
- 12 p.m. | Lunch (*provided*)
- 1 p.m. | Relapse prevention group
- 2 p.m. | Coping skills, check-out group

*"The help I have received in this program has saved my life. My outlook on mental health and how I approach life has improved."*

*"I am, and will forever be grateful to everyone who has been a part of this change."*

*-J.L.*

*"PHP is the best program I have been in. It is real group therapy."*

*-V.W.*

## LOCATIONS:

### Primary Mental Health (PHP)

29 Pine Street  
Southbridge, MA  
Ph: 508-765-2248  
Fax: 508-765-2197

### Co-Occurring Disorders (PHP)

340 Thompson Road  
Webster, MA  
Ph: 508-949-8905  
Fax: 508-943-2604

**Harrington**  
HEALTHCARE SYSTEM  
*Total Local Care*

PARTIAL HOSPITALIZATION  
PROGRAMS

**Harrington**  
HEALTHCARE SYSTEM  
*Total Local Care*



**Rapid stabilization  
to help you get  
back on track.**



# Welcome!

We look forward to working with our patients and their loved ones. We are dedicated to providing the treatment each individual needs in a proactive, supportive and therapeutic environment.

## About Our Programs

We have two established **Partial Hospitalization Programs (PHP)** in safe, structured environments. PHPs are typically available after discharge from an acute program, or as a diversion from inpatient hospitalization. We offer programs specializing in both primary mental health (in Southbridge) and co-occurring disorders, a combination of both mental health and substance use disorders (in Webster). We offer a higher level of care than a traditional outpatient service. On average, patients stay in our program anywhere from five to twenty days. Our program runs from 9 a.m. to 3 p.m. Monday through Friday. Upon completion of the PHP, patients may be referred to an appropriate outpatient service.

## Why Our Program is Different

PHP provides the coping skills and thinking processes necessary to help the patient not only manage their current situation, but learn proactive strategies to prevent future crises from occurring.

PHP offers a multidisciplinary treatment through incorporating group interactions, social settings, individual counseling and family interactions.

With the help of licensed doctors, nurses, clinicians, and social workers, there is constant communication to discuss the patient's progress. All of our providers help to create a customized treatment program for each patient's needs. The plan often includes family members, spouses and/or close friends.

*Program components include:*

- Aftercare planning
- Case management
- Family meetings
- Individual therapy
- Psychiatric assessment/ongoing medication management
- Psycho-educational groups, including dialectical behavioral therapy (DBT), mindfulness and coping skills.

