

Addiction Partial Hospital Day Treatment Program

BWFH's Addiction Partial Hospital Program is a 10-day program that addresses the needs of patients who have both substance use and psychiatric disorders. The program runs from 8:30 am to 2:45 pm, Monday through Friday. The primary goals of the program are to provide guidance, self empowerment, and healthy living techniques to promote recovery from drug or alcohol use.

Our professional staff will help you to understand how your substance use and mental health influence one another, while learning healthy coping skills to prevent relapse. While in the program, you will participate in a variety of psycho-educational groups. Each patient receives a full psychiatric evaluation and ongoing assessment by our addiction psychiatry team, daily individual counseling by an addiction counselor, and coordination of care with current outpatient providers and aftercare referrals. During the course of treatment, patients may also be prescribed medication to assist with the treatment of psychiatric and substance use disorders.

Evening Dual Diagnosis Group Program

The Evening Group Treatment Program allows working adults to continue meeting their day-time responsibilities while receiving outpatient group treatment for their addictive disorder. This 3-week program meets on Monday, Wednesday, and Thursday nights from 6 to 8 pm and is meant to be used in conjunction with self-help meetings.

Outpatient Suboxone Practice

The Outpatient Suboxone Practice is designed to help patients struggling with opioid addiction. Examples of opioids include heroin, Percocet, Vicodin, Oxycodone, Oxycontin, Morphine, Fentanyl, and Methadone. If appropriate, new patients will be scheduled for a medical evaluation with one of our addiction psychiatrists. If accepted into the practice, a Suboxone dosing appointment will be scheduled to determine the appropriate therapeutic dose for treatment. All new patients enter a weekly maintenance group for at least 8 weeks before they are considered eligible for every other week or monthly group and medication management appointments. Patients who are in the Suboxone program will also focus on improving other symptoms that often co-exist with addiction, including depression, anxiety, etc. with either medication treatment or individual therapy, or both.

Outpatient Vivitrol Practice

Extended release Naltrexone (Vivitrol) is a once monthly injection used for treatment of opioid and alcohol use disorder. The program consists of options for individual and group therapy, in addition to medication management visits with an addiction psychiatrist. The admission process entails meeting first with an addiction psychiatrist, obtaining basic laboratory work, and starting a short trial of oral naltrexone if appropriate. Injections are delivered monthly at the outpatient infusion clinic by experienced nursing staff.

BRIGHAM HEALTH



**BRIGHAM AND WOMEN'S
Faulkner Hospital**



**HARVARD
MEDICAL SCHOOL**

THE DEPARTMENT OF PSYCHIATRY

1153 Centre Street

Boston, MA 02130

617-983-7474

Outpatient Treatment Services



Who We Are

Brigham and Women's Faulkner Hospital (BWFH) Department of Psychiatry is the largest clinical psychiatry site in the Brigham / Faulkner system. Our clinical staff includes psychiatrists, psychologists, social workers, occupational therapists, and certified alcohol and drug counselors.

We evaluate and treat a broad range of patients especially those with complex, interconnected medical problems who are treated by Brigham Faulkner physicians. In addition to providing expert care to individuals with mood, anxiety, psychotic and substance use disorders, we have subspecialists who concentrate on behavioral therapies.

New Appointments and Referrals

Please call 617-983-7060 for the following programs & services:

- Psychiatric Partial Hospital Program
- Evening Dual Diagnosis Group Program
- Outpatient Buprenorphine (Suboxone) Practice
- Outpatient extended release Naltrexone (Vivitrol)
- Addiction Partial Hospital Program

Please call 617-732-5148 for the following programs & services:

- Outpatient Psychiatry Clinic
- Individual Therapy for Dual Diagnosis

Our Approach



BWFH Psychiatry offers medication, individual, couple, and group psychotherapy with an emphasis on skills based training such as cognitive behavioral therapy. Other talking or behavioral therapies may be recommended. Whenever possible, we will provide ongoing care after the initial evaluation.

As part of our academic mission, BWFH Psychiatry is involved in training the next generation of clinicians. We are a training site for the Harvard Longwood Residency Training Program, Harvard Medical students, psychology, social work, nursing, and occupational therapy students. These trainees are a valued part of our multidisciplinary team and are closely supervised by our experienced providers. We are also increasingly working side by side with researchers, and may offer you opportunities to participate in clinical studies. Clinicians who are involved in teaching and research provide you the most evidence based, state of the art care possible.

Location

Brigham and Women's Faulkner Hospital is located at 1153 Centre Street in the Jamaica Plain section of Boston approximately 5 miles from Brigham and Women's Hospital's main campus.

For more information, please visit:
www.brighamandwomensfaulkner.org

Psychiatric Partial Hospitalization Program

The BWFH Psychiatric Partial Hospital Program is a time limited, ambulatory, evaluation and treatment program, designed to help psychiatric patients stabilize and improve symptoms while restoring independent functioning. The treatment day runs from 9:15 am to 2:45 pm, Monday through Friday.

The PHP is designed with a focus on group treatment. There are four daily groups, each 45 minutes to one hour in length. The groups focus on an array of themes meant to teach or solidify coping skills, provide psychoeducation, and address topics related to mental health conditions. While in the program, patients receive daily ongoing therapy in addition to medication consultation with the staff psychiatrist.

Outpatient General Psychiatry Clinic

The Outpatient Psychiatry Clinic offers contemporary, evidence-based, psychiatric evaluations and treatments for patients with psychiatric difficulties and substance use disorders. A multidisciplinary team including psychiatry, psychology, and social work provides balanced evidence-based psychopharmacologic care and psychotherapy.

We offer individual psychotherapy with an emphasis on skills-based training. Examples of this include cognitive behavioral therapy, mindfulness-based therapy, interpersonal therapy, and dialectical behavioral therapy.