

# Specialized Outpatient Behavioral Health Programs

*Offering adults the flexible scheduling they need*

Call today for more information about our day treatment programs at 857-225-5256.

We are conveniently located just off the MBTA B-line. Affordable transportation should never be an issue in getting treatment. Please contact us for information.

## HRI HOSPITAL

227 Babcock Street  
Brookline, MA 02446  
857-225-5256  
[hrihospital.com](http://hrihospital.com)



Physicians are on the medical staff of Arbour-HRI Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of Arbour-HRI Hospital. The facility shall not be liable for actions or treatments provided by physicians.

Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.

For language assistance, disability accommodations and the non-discrimination notice, visit our website.  
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## HRI HOSPITAL

## Helping adults improve coping skills *for a better tomorrow*

The GAP (General Adult Psychiatric) Partial Hospitalization is a day program for adults who could benefit from an intensive, structured program to help manage mental health issues. The program offers Process Therapy and Expressive Therapy and can serve as a bridge between inpatient and outpatient levels of care.

Patients can learn coping strategies to help them stabilize cognitively, emotionally and behaviorally. They can work with their treatment team to achieve personal goals and also work on aftercare plans to continue treatment after completing our program.

### Partial Hospitalization Program

Services include:

- Group therapy: five groups, five days a week
- Individual therapy: once a week
- Psychiatry: twice a week
- Length of stay: approximately two weeks
- Program runs from 10:00 am to 3:15 pm daily

### Intensive Outpatient Program

Services include:

- Group therapy: three groups three to five times a week
- Individual therapy: once a week
- Length of stay: approximately two weeks
- Lengths of stay and scheduled psychiatry visits may vary
- Program runs from 10:00 am to 3:15 pm daily and patients can choose their schedules

Call today for more information about our day treatment programs at 857-225-5256

Our staff is ready to help Monday through Friday from 8:00 am to 5:00 pm.

**We provide a Dialectical Behavior Therapy-based focus and also include groups such as:**

- Cognitive Behavioral Therapy
- Coping with change
- Laughter therapy
- Self-esteem
- Meditation
- Symptom management
- Anger management
- Coping skills
- Relationship skills

