



Programming Tailored to
Fit Your Needs

We know that seeking help can be overwhelming and we are here to support you. Our specialized partial hospitalization program treats adults with mental health and dual diagnosis issues.

Group and individual therapy can provide you the tools you need to cope with life's challenges. Treatment can include medication management offering you a comprehensive healing experience.

Our compassionate and caring staff is here for you to provide the help you need. Call 617-390-1320 today.

Information and Referrals
To refer a patient to partial hospitalization, you may obtain prior approval from the patient's insurance company before contacting the Intake Department, or we can do a level-of-care evaluation and contact the insurance company with information needed for authorization.

To make a referral, call the Intake Department, 24 hours a day, 7 days a week, at 617-390-1320. Be sure to ask for The Triangle Program. Intake staff will schedule a time for the patient's arrival at the program and ask to have any appropriate clinical information faxed directly to us.

HRI Hospital is accredited by The Joint Commission and licensed by the Massachusetts Department of Mental Health. The hospital also has a license from the Department of Public Health Bureau of Substance Abuse Services for both inpatient and outpatient treatment.

We have immediate appointments available and accept most insurance plans.

Affordable transportation should never be an issue in getting treatment. Please contact us for information.



HRI HOSPITAL

227 Babcock Street, | Brookline, MA 02446
Phone: 617-731-3200 | Fax: 617-566-0894

hrihospital.com

Physicians are on the medical staff of HRI Hospital but, with limited exceptions, are independent practitioners who are not employees or agents of 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. 182913 8/18



The Triangle Program

*Intensive Behavioral Health
Treatment for LGBTQ Adults*



hrihospital.com

The Triangle Program

We provide quality mental health treatment that is sensitive to the needs of gay, lesbian, bisexual, transgender and questioning individuals who may have issues with various life stressors or emotional functioning.

Some of these issues may include trauma, depression, anxiety, isolation, gender or sexual identity, body image, gender dysphoria, living with HIV/AIDS, co-occurring mental health and addictions including sexual compulsivity.



Our clinical evaluation, consultation and intensive daily treatment can provide stabilization, support and healing. The treatment team includes program clinicians, a psychiatrist or psychiatric nurse practitioner, program director and group therapists.

A two to four week treatment program with personalized treatment designed to preserve relationships with outpatient therapists and community support systems.

The program operates Monday through Friday from 9:30 am until 3:15 pm. Groups begin at 10:00 am. There is a complimentary breakfast at 9:30 am with staff available to patients during this time.

Program components can include:

- Comprehensive psychiatric and substance use evaluation
- Psychopharmacology evaluation and consultation
- Intensive group treatment program with individual counseling
- Trauma-informed treatment
- Psychodynamic and cognitive/behavioral interventions
- Family counseling/intervention
- Collaboration with outpatient therapists and primary care physicians; opportunity for involved providers to participate in treatment team meetings
- Preservation of outpatient therapist/client relationship
- Referral to outpatient providers and other supports if needed
- Nutritional consultation
- Empowerment to develop a safe and supportive life outside of the program



Sample Group Topics

- Sexuality and Gender Expression
- Trauma and Recovery
- Relationship and Family Issues
- Assertiveness and Anger Management
- Self-esteem and Empowerment
- Health and Wellness
- Relapse Prevention
- Coping with Anxiety and Stress

Group Modalities

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Expressive Art and Music Therapies
- Open Process Psychotherapy

