

HRI HOSPITAL

Know what to expect from your time in a partial hospitalization program (PHP) at HRI Hospital by reading the information below.

Intake

- You will first complete an **intake assessment for 45 minutes to an hour**. This involves meeting privately with a clinician who will provide an overview of the program; gather information on your history, current symptoms and stressors; and help determine if the program is appropriate for you right now.
- Intake assessments can be rescheduled by calling our central intake line at 833-468-2531. We typically have intake availability every day of the week with intake times from 8:15 a.m. to 9:00 a.m.
- If you are found to be a suitable candidate for the program, **you will be asked to start the groups on the day of your intake** and remain for the **full day of programming** until 3:15 p.m.
- **If you cannot stay the full day of your intake assessment, please inform a staff member immediately.** You may be asked to reschedule your intake appointment to another date when you can remain for the full day.

Treatment

- PHPs are outpatient group treatment options that consist of five groups a day, Monday through Friday from 10:00 a.m. 3:15 p.m.
- Once enrolled in a PHP, you will be seen by an individual clinician for therapy and case management once a week and a prescriber for medication management needs once or twice a week. **You will be seen by the attending psychiatrist or nurse practitioner the day of intake.**
- The length of stay in the program is assessed weekly with your clinician and is dependent on your needs and insurance coverage, but average lengths of stay are **two to four weeks**.

- **Regular attendance in the program is vital to your treatment** and is utilized to help determine insurance coverage. Infrequent absences for excusable reasons (sickness, appointments, family emergencies, etc.) can be accommodated if necessary. **If you are absent for more than three days in a row, regardless of reason, you may require an administrative discharge from the program.** If this is the case, you would need to complete another intake assessment before resuming treatment.
- **Please inform a staff member immediately if you are anticipating any commitments that will require you to be out more than three days in a row.** You may be asked to hold off treatment until you can commit to at least a two-week admission.
- Please remain in regular contact with your assigned clinician and inform them if you will need to be absent or will be running late for program. **The facility's phone number is 617-731-3200.**
- You are required to include an emergency contact on your release of information prior to joining this program. This person **does not** need to be a family member. This person will only be contacted in case of emergencies or if you remain out of contact with the program for two days in a row.
- **If you choose not to complete the program, please inform a staff member immediately.** If you choose to enroll in the program and remain absent for three days in a row without contacting the program, a wellness check may be performed at your home or place of residence. **Your safety is our number one priority.**
- **This is a voluntary program.** If you choose to enroll in the program, please respect the healing process and commit to creating a safe and comfortable space for all.
- As with any new endeavor, it will likely take time and patience to become comfortable and oriented within the program. If needed, **please practice healthy coping** within the space (i.e. externalizing your stress to the group or to staff, taking breaks, using fidgets or stress balls, coloring or doodling, etc.). Patients are encouraged to set their own limits and share at their own pace. Group facilitators will monitor what is shared in group and ensure it is within the parameters of group guidelines.
- If daily attendance does not seem possible for you, some insurance companies cover a reduced level of care called an **intensive outpatient program (IOP)**. This level of care requires attendance in three groups a day for a minimum of three days a week. **IOP patients do not have access to a prescriber and cannot step up to the full schedule once started on IOP.** Notify the clinician performing your intake if you are interested in this level of care.

- Breakfast and lunch are available as a part of the program and are served in the cafeteria. Please inform a staff member if you have any allergies we should know about so accommodations can be made.
- For your safety and security, you will be given a name tag to wear every day that you are in program. This will be provided in the first group of the day. You will need this tag to enter and exit the building.
- We will be in regular contact with your insurance carrier during your treatment here. If you have concerns about co-pays or billing, please inform a staff member so they can connect you to the right person to speak with about it.

Transportation and Parking

- Parking can be difficult in the area so **please utilize public transportation if possible**. MBTA passes can be made available if it is deemed a financial hardship for you to attend the program. Please inform a staff member if this would be helpful for you.
- If you intend to drive, be advised the parking lot adjacent to the hospital is for staff use only. **Two-hour street level parking is available in the city of Brookline after 10: 00 a.m. Three-hour metered parking spots are available on Commonwealth Ave. and other surrounding streets.** There are 15-minute breaks in between groups during which cars can be moved or meters can be refilled. A parking garage connected through **Boston University Lot B: Langsam Garage** is located at 278 Babcock St. is available by cash or permit (about \$12 a day).
- Some insurance companies cover transportation to and from treatment facilities, which **can take three to four days** to initiate. Please inform a staff member if you would like to be assessed for this service.

Call HRI Hospital at **833-378-7377** to schedule an appointment or **833-468-2531** to make a referral. We are available 24/7 to discuss treatment and insurance options.