

We know that seeking help can be overwhelming and we are here to support you.

Our programs are designed to help individuals with behavioral health issues or who are having trouble coping with life stressors. We can help improve life skills and everyday functioning with our specialized treatment programs.

We are a welcoming and inclusive space for all women.

Call 833-468-2531 for more information or to make a referral.



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.

We accept TRICARE® and most insurances.



HRI HOSPITAL

227 Babcock Street, | Brookline, MA 02446

Phone: 617-731-3200 | Fax: 617-566-0894

hrihospital.com

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Women's Program

Specialized Outpatient Behavioral Health Treatment



hrihospital.com



Comprehensive Treatment for *a Brighter Future*

Our group-based treatment program focuses on brief intervention and solution-focused therapies and we offer two to three structured Dialectical Behavior Therapy groups daily. Our clinicians and staff reinforce applied skill use, active coping, and concepts of self-regulation. We also incorporate concepts of Cognitive Behavioral Therapy, Open Process Psychotherapy and Expressive Therapies within our group programming.

Evidence-based treatment 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 meetings/interventions
- 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

The treatment team includes:

- Program clinicians
- A psychiatrist or psychiatric nurse practitioner
- A program director
- Group therapists

Our clinical evaluation, consultation and intensive daily treatment can provide stabilization, support and healing. Group and individual therapy can provide the tools you need to cope with life's challenges.

We can help those who struggle with:

- Trauma and other abuse-related issues
- Self-injurious behavior
- Domestic violence
- Substance use
- Eating disorders

Programming Tailored to the Needs of Women

Outpatient Services

Treatment is provided Monday through Friday from 9:30 am to 3:15 pm with a complimentary breakfast and lunch provided. Groups begin at 10:00 am. Typical program length is two to four weeks.

Our staff is here to provide the help you need. Call 833-468-2531 today or find out more at hrihospital.com.

