

Partial Hospital Program Psychiatry Services

The Partial Hospital Program at Marlborough Hospital is a voluntary, short-term, acute-care program that can follow inpatient care or be used as a diversion from inpatient hospitalization. Our clinical goal here is to help patients focus on stabilizing their symptoms and increase their coping skills through the use of medication management, group therapy and group education. The Partial Hospital Program encourages patients to identify their feelings, explore and discuss behavioral changes and gain the insights they will need for an independent and healthy lifestyle. Before discharge, patients will receive support for arranging any necessary aftercare.

Admission Criteria

To be considered for admission, a potential client should:

- Demonstrate symptoms consistent with a DSM Axis I-V diagnosis that requires and can reasonably be expected to respond to therapeutic intervention
- Have an adequate social support system that includes a safe place to live and access to transportation
- Commit to not using substances or alcohol for the duration of the program, if addiction is an issue, and agree to drug and alcohol testing
- Be able to commit to keeping themselves and others safe while in treatment
- Agree to attend the Partial Hospital Program daily unless otherwise discussed with staff

Treatment Team

Our program's multidisciplinary team includes:

- psychiatrist
- licensed social workers
- licensed mental health counselors
- registered nurses

Program Length

Approximately 10 days
(dependent on a patient's treatment goals and progress)
Monday through Friday
9 am to 3 pm

Marlborough Hospital accepts most private insurances as well as:

Medicare, MassHealth, CommonHealth, Commonwealth Care

Referrals call: 508-486-5547.

Marlborough Hospital is easily accessible from I-495 and Route 85.
For detailed directions, please visit our website, www.marlbroughhospital.org



157 Union Street • Marlborough, MA • 01752 • Partial Hospital Program: 508-486-5547

Partial Hospital Program Psychiatry Services Frequently Asked Questions

Does the Partial Hospital Program accept patients with addiction issues?

Yes, the program assists patients who have substance use disorders in addition to their primary mental health diagnoses. Patients coming into treatment with the Partial Hospital Program must not be at risk of withdrawal. If this is a possibility, please have the patient see their primary care physician for assessment and guidance.

Does the Partial Hospital Program prescribe medication?

Yes, after a psychiatric assessment, medication may be prescribed. These patients will be monitored throughout the duration of their treatment for efficacy of the medications and any side effects.

What happens when patients are discharged from the program?

All patients are helped to set up individual, outpatient and psychopharmacology treatment plans before their discharge. It is essential for patients to continue to build on the coping skills and tools they have learned while participating in the program.

Is there parking at Marlborough Hospital?

Yes, there is plenty of free parking at the hospital.

What do patients do for lunch while attending the program?

A microwave and refrigerator are available for patient use or patients can buy lunch at the hospital cafeteria.

What is the schedule for a typical day?

Partial Hospital Program Group Schedule					
	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 10:00	Process Group	Process Group	Process Group	Process Group	Process Group
10:00 - 10:45	Goals	Goals	Goals	Goals	Goals
11:00 - 12:00	Mental Health	Relationship Issues	Anger Management	Mental Health	Self-Esteem
12:00 - 1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 - 2:00	Cognitive Reframing	Discharge Planning	Communication Group	Mental Health	Stress Management/ Expressive Therapy
2:15 - 3:00	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up

