

Center House Day Treatment

A day treatment program designed to prevent or shorten the hospitalization of people with severe and persistent mental illness

Summary

At Center House Day Treatment, clients with a broad range of serious psychiatric conditions, including mood, anxiety, dissociative, personality and psychotic disorders, are helped with a combination of highly structured treatment modalities.

The treatment team, in cooperation with the client, develops individual treatment plans that promote the rehabilitation process. Clients are enrolled in selected groups according to their individual needs and in conjunction with one of six different *Treatment Tracks*. The staff facilitates a schedule of therapeutic sessions that vary from day to day throughout the week. Group sizes range from five to twelve clients.

Therapeutic groups focus on verbal processing, psycho-educational affect management and



The Center House Day Treatment Program is located on the fourth floor of a five story brick building.

expression, using coping and cognitive-behavioral (including DBT: Dialectic Behavioral Therapy) techniques. Other group sessions feature the building of self-esteem, living skills, pre-vocational education and stress management. The sessions are integrated into a therapeutic setting that promotes the development of social skills and provides a safe environment in which to practice these skills.

This high intensity program is designed to work in conjunction with individual therapists and other care providers who already have ongoing relationships with the client.



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Specialized Services Provided

In order to serve the clients effectively, specialized *Treatment Tracks* have been developed. Each track contains a number of core groups that addresses the specific needs of the clients assigned to that track. The Treatment Tracks are as follows:

1) *General Mental Health Track*: This track is designed for clients who process well verbally and respond well to a cognitive approach. It includes mainly psycho-educational, verbal processing and expressive groups, such as tracking one's feelings, coping with symptoms, anger management, stress management and mental health education. In addition, all main components of the DBT (dialectic behavioral therapy) approach have been included in the schedule.

2) *PTSD Track*: This trauma survivors' program is specifically designed to complement individual outpatient treatment that is provided outside the program by independent clinicians. Supportive and psycho-educational groups form an essential part of the highly structured day schedule for clients suffering from PTSD (Post Traumatic Stress Disorder). A specialized program for people suffering from trauma-related symptoms is offered, consisting of survivor education, safety and wellness, and coping groups. This Day Treatment Program has been highly effective in working with trauma survivors. The structure of the program provides a safe and comfortable environment to maximize progress.

3) *Dual Diagnosis Track*: This track serves clients with both mental illness and chemical dependency issues who can be helped with dual-diagnosis, psycho-educational, recovery, relapse prevention and support groups. Clients in this track have regular sobriety check-ins as well as comprehensive addictions education. Since clients utilizing this track are often connected with other substance abuse services offered at Bay Cove, staff at Day Treatment coordinates care with outpatient and detox

services as well as connecting clients with self-help groups in the community.

4) *Life Skills Track*: This track concentrates on clients who need assistance with independent living skills and who respond well to a task-oriented approach. The focus is on learning skills for the activities of daily living, projects such as arts and crafts, lunch preparation and social time. Behavioral plans are carried out in the context of these activities with the goal of preparing clients for successful integration into community living. For some of the groups, Boston University's model of recovery is used to assist clients in the recovery process.

5) *Social Skills Track*: Clients with interpersonal skills deficits and affect management problems benefit most from this track. Groups offered include forming relationships, coping with feelings, anger management and social skills development.

6) *Pre-Vocational Skills Track*: Clients who are ready to start a transition from daily treatment into a work situation attend some of the groups in this track to prepare for termination from the program. This track offers sessions in dealing with transitions, work readiness, stress management and participating in volunteer activities.



Training is provided in food preparation and cooking.

Community Involvement

During the treatment process, clients may be encouraged to go on outings accompanied by staff or to participate in volunteer activities facilitated by Day Treatment staff. In the past volunteer work was done in organizations such as the AIDS Action Committee, Project Bread or the Human Services Coalition. Staff also promotes and facilitates the use of self-help groups such as Alcoholics Anonymous, Narcotics Anonymous and others.

Services Provided Following Day Treatment

The Day Treatment Program is a vital part of a continuum-of-care model developed by Center House and Bay Cove Human Services. Clients

All of the Treatment Tracks are used flexibly. Individualized treatment plans are established in cooperation with each client and reviewed and adjusted on a regular basis. The main objective is to serve clients in the most effective way.

at Day Treatment can easily move from one track to the next or to part- or full-time participation in other agency programs, depending upon readiness and need. Following stabilization, clients are often referred from this relatively high intensity and treatment-related program to more moderate, community-based programs such as the Social Activities Programs (Center Club), the Supported Employment and Education Programs (CAR and Center Club), the Bay Cove supported housing programs (Harbor Area Supported Housing and Mass Bay



The focus of the Life Skills Track is on projects such as arts and crafts, lunch preparation and social time.

Supported Housing Program) or one of Bay Cove's many community residential programs.

Weekday Schedule

The Day Treatment Program is open for clients Monday through Friday, 9:00am to 3:00pm. Each day the program starts with an opening meeting, followed by two group sessions and/or community meetings and activities. Between the two morning sessions there are opportunities for clients to use short check-ins for a variety of issues: sobriety, eating, medications, and other general checking-in needs.

For those clients who rely on greater structure, before the afternoon group there are many opportunities to get involved with short activities such as exercising, meditations, discussion of current events, structured social activities, and so forth. After cleaning up the program space, clients end their day at Day Treatment with a closing meeting.

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Weekend Schedule

The Day Treatment Center is closed on weekends.

Vacations and Holidays

The Day Treatment Program is closed on the regularly scheduled agency holidays. Clients are welcome to visit Center Club (located on the first three floors in the same building) during these times for holiday-related activities.

Admissions Process

The Day Treatment Program accepts referrals of adults with severe and persistent mental illness, including individuals who are dually diagnosed with both mental illness and substance abuse. Clients are often referred to the program either to help them get stabilized following a

Day Treatment focuses on ability rather than disability. . .

psychiatric hospitalization stay or to prevent such a hospitalization. In most cases, it is vital that the intake process be accomplished within 24 hours of the referral. Staff is able to routinely facilitate such rapid admissions by seeing clients for Intake Assessments and allowing them to visit the program while they are still on inpatient status. The client is encouraged to visit the Center House Day Treatment site for a full day (at no cost) before making a commitment to enter the program. Following a successful visiting day, the client is asked to participate in a two-week evaluation period before enrolling in the regular program. Referrals are processed by calling

Sample Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30 Open doors/milieu time	9:00-9:30 Open doors/milieu time	9:00-9:30 Open doors/milieu time	9:00-9:30 Open doors/milieu time	9:00-9:30 Open doors/milieu time
9:30-10:00 Opening Meeting	9:30-10:00 Opening Meeting	9:30-10:00 Opening Meeting	9:30-10:00 Opening Meeting	9:30-10:00 Opening Meeting
10:00-10:45 *Tracking Your Feelings *Work Skills *Goal Planning I (M.H.) *Goal Planning II (M.H.)	10:00-10:45 *Anger Management *Work Skills *Goal Planning III (M.H.) *Getting out - all morning *DBT-Mindfulness	10:00-10:45 *Community Lunch prep *Mind Over Mood *Current Events *Goal Planning VI (Dual Diagnosis)	10:00-10:45 *Yoga & Meditation *Story Making *Survivor Educ. Group *Life Skills *DBT-Interprnsal Effectiveness	10:00-10:45 *Mental Health Educ. *Exercise for Health *Role Playing *Basic Cooking
10:45-11:00 Break	10:45-11:00 Break	10:45-11:00 Break	10:45-11:00 Break	10:45-11:00 Break
11:00-11:45 *Community Meeting	11:00-11:45 *Social Time *Getting out - all morning *Bereavement Group	11:00-11:45 *Community Lunch prep *Self Esteem *Open Studio	11:00-11:45 *Social Time *Transitions	11:00-11:45 *Music & Movement *Social Skills *Interactive Learning *DBT-Emotion Regulation
11:50-12:00 Medication and/or Eating Habits Check-in				
12:00-1:00 Lunch				
1:00-1:20 Wellness and Sobriety Check-in				Weekend Planning
1:30-2:15 *Baking *Family Group *Arts & Crafts *Recovery *Cognitive Behavioral Grp	1:30-2:15 *Coping with Symptoms *Empowerment with Art *Goal Planning IV (Life Skills) *Goal Planning V (Mixed)	1:30-2:15 *Art Therapy *Fitness *Discussion Group *Stress Management	1:30-2:15 *Walking *Nutrition Group *Addictions Education *Expressive Group *DBT-Distress Tolerance	1:30-2:15 *Games *Expressive Check-in *Clean & Sober
2:15 Clean-up				
2:30 Closing Meeting				

(617) 371- 3020 to request a blank admissions form, which will be faxed upon request. The completed form may then be returned by fax to the program at (617) 523-7618.

Funding

The Center House Day Treatment Program is a member of the Mass Behavioral Health Plan (MBHP) and the network of the Neighborhood Health Plan (NHP). The program accepts most categories of Medicaid (MassHealth) as well as many private insurance carriers and direct payments from clients or their families. To confirm funding eligibility, call Rainer Felber, Program Director, at (617) 371-3020.

Staff

The staff consists of a multidisciplinary team that includes licensed clinicians with advanced degrees in social work, expressive therapy, counseling psychology and rehabilitation counseling, as well as an administrative assistant for clerical support. A psychiatrist works for four hours a week as a consultant to the treatment team. All staff members are trained in crisis intervention techniques and assessments.

The treatment of clients at the Day Treatment Program is integrated into the client's overall system of care. Staff members communicate and coordinate a client's treatment regularly with caregivers outside the program such as psychiatrists, case managers, residential counselors, and outpatient therapists.

A Day Treatment Client talks about what the program has meant to her:

"This program is giving me a new lease on life. It has the exact environment, understanding and non-judgmental nurturing I have deeply missed in my life.

Coming here every day, plus seeing my psychiatrist, helps me to reinforce positive active thoughts. Plus I'm learning all new coping skills and how not to ruminate.

I feel the format of the groups and the way members help each other creates a positive family-type atmosphere, and the sharing of emotion is good.

I like each staff member so much. The entire staff is too wonderful — well-educated and caring and patient to even be able to describe.



Painting large murals is one example of a favorite on-going Day Treatment project.

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The needs of clients are the most important considerations when developing individual treatment plans.

If all people with problems could come to a place like this, it would be great.”

Karen G., July 1998

Referral Sources talk about the Center House Day Treatment Program

“The Center House Day Treatment Program is a good program with good staff members who are flexible and are interested in the clients’ welfare. It works well for us.”

“Staff members are superb. They are clinically astute, friendly, easy to work with and very positive. I would refer clients to the program in a minute.”

“The program takes referrals quickly with very little hassle. There are no obstacles to placement.”

“There are a wide variety of components for clients to choose from. Special high praise should go to the Dual Diagnosis Track.”

Building and Location

The Center House Day Treatment Program is located on the 4th floor at 31 Bowker Street in the Government Center area of Boston. An elevator makes the program accessible to persons with physical disabilities. The program uses various environments for its treatment,

from a brightly-lit sunroom, an art and crafts room and a kitchen, to a spacious and comfortable community lounge area.

The program is easily reached by public transportation on the Orange, Green or Blue Lines, or on numerous bus routes that terminate at the Haymarket Station. From the North Station stops on the T, walk south on Canal Street to New Chardon Street, turn right and go several blocks past Congress Street and the large parking garage. Bowker Street is the first street on the left after the parking garage. From the Bowdoin Street stop on the Blue Line, walk down the hill on New Chardon Street. Bowker Street is the third street on the right, just before the parking garage.

Transportation

Transportation can be arranged via *The Ride* or with cab vouchers for individuals who are unable to use public transportation.



The Weekly Schedule lists “Fitness” as one of many classes or activities available to clients.

For more information about Center House Day Treatment, please contact Kacey Sornberger, Program Director, at (617) 371-3020
fax (617) 523-7618



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