

Adult Partial Hospital Program



Our partial hospital program provides intensive, five-days-a-week support for individuals who need more structure and clinical care than can be provided at an outpatient level for treatment of psychiatric or dual diagnosis issues. Our patients are 18 and older, and the typical stay is five to ten days. We are an affiliate of Mass General Brigham and we work closely with Massachusetts General Hospital, McLean Hospital and Brigham and Women's

nsmc.partners.org/psychiatry

SERVICES WE PROVIDE

- Medication evaluation
- Social work intake assessment
- Daily individual meetings with your social worker/case manager
- Five group educational sessions each day, focusing on coping skills to help you better manage your symptoms
- Dialectical behavioral therapy and cognitive behavioral therapy techniques incorporated into our sessions
- Follow-up planning, including referrals to appropriate clinicians, support groups and additional programs as needed (such as intensive outpatient programs for substance abuse or long-term day treatment programs for mental health issues)
- A transition plan for your return to work/school and family life

LOCATION

Axelrod 7 West
81 Highland Avenue Salem
MA 01970

978.354.4600

OUR TEAM

Stephanie Ferraro, N.P., Supervising N.P.
Mark Schechter, M.D., Supervising M.D., Chair of Psychiatry
Katie Rand, N.P., Staff N.P.
Maribeth Capparelli, L.M.H.C., Clinical Case Manager
Richard Keimig, C.A.D.C. II, Clinical Case Manager Elizabeth
Stahl, L.I.C.S.W., Clinical Case Manager
Kylie Cameron-Burr, L.C.S.W., Clinical Case Manager Hunter
Gossett, M.A., Clinical Case Manager
Sarah Hernando, Patient Service Coordinator

DAY PROGRAM OVERVIEW

Our day program is broken into six 45 minute sessions, including a check-in at the start of the day and wrap-up at day's end. All program participants are asked to:

- Arrive before 8 a.m. on the first day of program. The first day runs from 8 a.m. - 3 p.m.; all subsequent days run 9 a.m. - 3 p.m.
- Bring an ID and health insurance card
- Bring lunch or buy a lunch in our cafeteria. We provide some refreshments and snacks
- This is a sober program for all participants. In a therapeutic environment it helps to support one another in this way. Medication management is provided and abstaining from substances helps to ensure proper monitoring and safety

HOW TO MAKE A REFERRAL

Referrals can be made by fax, email, through EPIC (if you are within the Partners HealthCare network), or by phone. We accept referrals from:

- Outpatient treatment providers
- Primary care physicians
- Emergency Departments
- Inpatient psychiatric units
- Residential treatment programs
- Self-referrals; it is not necessary to be evaluated by an Emergency Department

Our web page on the NSMC site [nsmc.partners.org/psychiatry/adult psychiatry](https://nsmc.partners.org/psychiatry/adult-psychiatry) includes detailed information about our program, directions, and a link to our referral form (PDF). You may send the completed referral form via:

EPIC: NSMC Partial Hosp Prg (11218)
AMB Referral to NS Adult Partial Hospitalization Program

Email: nsmcadultphp@partners.org

Fax: 978.740.4849
Tel: 978.354.4600

