



PRODUCED BY BOURNEWOOD HEALTH SYSTEMS, A LEADER IN PROVIDING COMPASSIONATE CARE ALONG THE ENTIRE CONTINUUM OF PSYCHIATRIC AND SUBSTANCE ABUSE SERVICES.

Strong Relationships are Key to the Success of Bournewood Hospital's Efforts

Relationships are at the core of Bournewood Hospital's operations. "With a comprehensive continuum of care to treat patients with psychiatric and substance abuse disorders, we recognize how essential it is for all of our services to work closely within our treatment programs to support our overall efforts," explains Nasir A. Khan, MD, Chief Executive Officer.

To this end, he says that strong collaborations between the various disciplines enable Bournewood to provide outstanding patient care and a personalized touch that set us apart from competitors.

For instance, Social Work Services play an essential role in our overall goals, overseeing each patient's stay and coordinating his or her participation in the various programs and activities.

Rehabilitation Services also provide a key component. Our rehab therapists are experts trained in music, art and other expressive therapies, who work closely

"Our commitment to establishing and nurturing relationships really cements our position as a leader in the field."

with the other departments to help our patients find creative ways to begin the healing process.



STAFF MEMBERS MEET TO COORDINATE PATIENT CARE.

In addition, Bournewood's Psychology Services bring the latest clinical research and approaches through an innovative clinical training program. "Our doctoral level trainees are learning a new technique to teach better coping skills to our patients with dual diagnosis. This strategy can help these patients further along in the recovery process," Khan says.

Further, our Nursing Services are an important part of our multidisciplinary team, interacting with patients 24-hours-a-day and monitoring their progress closely.

And Khan says that Bournewood's collaborations are not limited to our facility but also extend into the community. "We are proud to reach out to partner with other institutions and to support continuing medical education on a regular basis."

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Bournewood Launches Dialectal Behavioral Therapy For Dual Diagnosis Patients

Many patients at Bournewood who suffer from co-occurring psychiatric and substance abuse problems have experienced traumas in their lives, and this can present significant challenges in their recovery process.

"As a result of these issues, some of our patients suffer from Post Traumatic Stress Disorder and related dissociative symptoms and often don't have effective coping strategies in place," says Mark Geer, Ed.D., Bournewood's Chief Psychologist.

This means that when they leave Bournewood's structured environment, the typical stresses

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Dialectal Behavioral Therapy

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of daily life may trigger a relapse of the behaviors that brought them to our facility in the first place.

That's why, as head of Psychology Services, Geer is leading a team of doctoral level students from the Massachusetts School of Professional Psychology (MSPP) and from Suffolk University's Department of Psychology in launching a new approach, called Dialectal Behavioral Therapy (DBT), which addresses multiple issues and teaches missing skill sets to patients.

Geer says that patients who participate in DBT, along with taking part in the other important programs at Bournewood, will leave our facility with essential strengths to help them navigate life more effectively.

"Our DBT training will teach students to run psycho-educational groups to help patients develop coping skills in order to strengthen their interpersonal effectiveness, distress tolerance/reality acceptance, emotion regulation, and mindfulness," he explains. "These additional cognitive and emotional resources can be important to help stabilize our patients' recovery process."

In addition to working with Bournewood's staff on this new approach, students from Suffolk's



DOCTORAL STUDENTS
BRING IMPORTANT
KNOWLEDGE AND ENTHUSIASM TO OUR TEAM.

Ph.D. program also benefit from the presence of two faculty members credentialed at Bournewood who supervise their progress here.

At the present time, the MSPP and Suffolk students are piloting DBT in several Bournewood units. The model of intervention will be expanded to other treatment units in the future.

"Our clinical training program provides a unique opportunity for students to learn how DBT can be utilized in the dual diagnosis treatment program," Geer says, "and to see first hand the real difference building cognitive-behavioral skills can make with this population."

"Bournewood's clinical training program is teaching doctoral psychology students a new approach to help patients develop better coping skills."

Bournewood Post-Doc Student Brings Psychological and Neuropsychological Testing to Our Facility

A post-doctoral student who participates in Bournewood's clinical training program brings to our facility an important ability to conduct psychological and neuropsychological testing. This testing is a sophisticated technique that examines a patient's neurocognitive functions and determines his or her strengths and weaknesses. The test results are compared to standardized norms in order to make some conclusions about the patient's current functioning and future ability to cope. This information enables our medical staff to develop a personalized treatment plan that can address each patient's specific needs most effectively. This testing capacity is an important element of our overall strategy.



Social Workers Help Steer Patients to Successful Outcomes

Social workers have an important role at Bournewood, helping patients effectively navigate through the various activities that make up their treatment plan.

“Our social workers are a key element on our multi-disciplinary team, coordinating patients’ participation in various groups and ensuring they are getting the support they need,” explains Jenny Raffa, LICSW, Director of Social Services.

Social workers meet with patients both one-on-one and in group settings and explore both the internal and external factors that affect their behaviors in a process-oriented way. This gives them a valuable opportunity to get to know patients on a personal level and to understand their weaknesses and strengths.



SOCIAL WORKERS
PROVIDE A PERSONAL TOUCH.

The social workers also reach out to involve family members in the treatment plan. This is a crucial fact, since it enables the family to learn about the patient’s illness and to understand how best to support him or her in the recovery process. In addition, social workers reach out to other medical providers as needed to make sure that pressing health issues are met while the patient is at our facility.

And while most of Bournewood’s departments focus on how patients are doing while they are here, social workers go an extra step and look at how they do in their home environments. They also work hard to connect patients to key resources in the community to ensure that they will have a strong aftercare strategy in place to support them when they leave the hospital.

Bournewood Partners with NESTTD to Provide Continuing Education

Bournewood has a commitment to providing continuing education for medical professionals. That’s why we are supporting the New England Society for the Treatment of Trauma and Disassociation to host a special training with Ellert Nijenhuis, Ph.D. (www.enijenhuis.com) next spring. The event, which is also held in conjunction with the Institute for Continuing Education, will take place on Friday and Saturday, March 16 and 17, 2007 at Bentley College in Waltham, Mass. Continuing educational units will be offered for participants who qualify. For more information or to find out more about the agenda, please visit www.nesttd.org.



Our Rehab Services Take a Creative Approach to Helping Patients Heal

Patients participating in activities run by our Rehabilitation Services might seem, to a casual onlooker, to be simply having fun. But the reality is that they are actually engaging in creative outlets as a way to tap into their deeper feelings and begin the healing process.

“Rehab programs use expressive arts therapies such as dance, music, psychodrama, writing and art, in conjunction with verbal psychotherapy, to help patients address their most pressing concerns,” explains Jennifer Schultz Bray, MA, ET, LMHC, Rehab Department Supervisor. She says that this combination of modalities is typically used to assess each participant’s cognitive functioning and skills, and to give them an alternative means of expression.

In addition, occupational therapists on the rehab staff evaluate patients with special needs and give them one-on-one support with these issues, such as helping to develop independent living skills.

Rehab staff members provide groups on our five inpatient units seven days a week. They work closely with colleagues from other disciplines to coordinate the best use of resources and to facilitate a positive patient care environment.

“When patients participate in a combination of activities run by rehab services,” says Schultz Bray, “they gain many benefits and learn many skills that can help them long after they leave our facility.”



AN EXAMPLE OF EXPRESSIVE ARTS THERAPIES AT WORK.



PAINTING HELPS PATIENTS TAP INTO THEIR FEELINGS.

“Creative arts therapies provide an important outlet to help patients start the recovery process.”



The Nursing Staff Forms Strong Relationships with Patients

A day in the life of a patient at Bournewood begins, and ends, with care from our exceptional Nursing Services staff.

“A nurse is usually the first person a patient sees when he or she enters our facility, so a relationship begins to form right from the intake process,” points out Mary Purdy, RN, MSN, Director of Patient Care Services.

Nurses also play a key role in providing patient programming throughout the week, so they have an unusual opportunity to assess the programming content and decide what is working and what needs to be changed, which can ultimately impact a patient’s recovery process.

Many nursing staff members also lead unit groups, which furthers their ability to connect with patients and allows the nurses to know them in ways other staff members usually do not.

With so many opportunities to interact with our patients, nurses have a unique chance to monitor them closely and share their progress with other staff members, who often use this information to guide a course of action.

Purdy says that this insider perspective is what makes the nursing staff an extremely valuable component of our multi-disciplinary team, and one that everyone relies on.

“The nurses are really the key ingredient that holds our programs together,” she says. “They are on the units 24 hours a day, seven days a week, and therefore are a consistent part of our patients’ experiences.”



OUR NURSES OVERSEE PATIENTS’ PHYSICAL AND EMOTIONAL HEALTH.

Bournewood Attracts and Retains the Best Skilled Nursing Staff

While our nursing staff is well-respected for its medical expertise and patient knowledge, as well as for the strong commitment its members bring, most nurses here say that they also respect their co-workers and are happy to be part of our comprehensive team.

“Bournewood is a great place for nurses to practice,” Purdy says, adding that this is no coincidence. She says that Bournewood works hard to attract the most talented staff and to take steps to keep them happy. Our very low turnover rate is concrete proof of this fact. “Once nurses come here, they don’t want to leave.”



About Bournewood Health Systems

Bournewood Hospital is a leader in psychiatric and chemical dependency treatment within a nurturing and supportive environment. It has operated continuously on a 12-acre campus in South Brookline since 1895, and today, Bournewood Hospital serves patients of all ages, all ethnic and socioeconomic groups and all diagnostic categories within its unique comprehensive continuum of care.

Bournewood Health Systems' services include:

- **Psychiatric physicians on campus 24 hours a day, 7 days a week**
- **Triage, assessment and admissions 24 hours a day**
- **Five inpatient units, including a discrete child/adolescent unit**
- **Separate acute residential beds**
- **Separate adult, and child/adolescent partial hospitalization programs**
- **Outpatient services in Brookline, Woburn and Brighton, Massachusetts**
- **Adult partial hospital and ambulatory services available at the Bournewood Caulfield Center in Woburn, Massachusetts**
- **Outpatient practice affiliations throughout the state**

Bournewood Health Systems has contracts with most insurance and managed-care companies including Medicare, Medicaid, Blue Cross, Tufts, Harvard Pilgrim, Magellan, United Behavioral Health, PacifiCare, Cigna and most other major insurance providers.

For more information, visit www.Bournewood.com

Inpatient Location:

Bournewood Hospital
300 South St.
Brookline, MA 02467
(617) 469-0300

Outpatient Offices:

Bournewood Ambulatory Services
300 South St.
Brookline, MA 02467
(617) 469-0300

Bournewood Caulfield Center
23 Warren Ave.
Woburn, MA 01801
(781) 932-0649

Bournewood Clinical Associates
17 Henshaw St.
Brighton, MA 02135
(617) 783-0282

Affiliated Locations:

Colony Care Behavioral Health
11 River St.
Wellesley, MA 02481
(781) 431-1177

Family Associates of Merrimack Valley
201 Chelmsford St.
Chelmsford, MA 01824
(978) 256-1467

Collaborations in Clinical Care
275 Turnpike St., Suite 105
Canton, MA 02021
(781) 821-1760

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