

Welcome To The BayRidge Partial Hospitalization Program

BayRidge Hospital
60 Granite Street, Lynn, MA 01904
(781) 477-6938

The BayRidge PHP is an intensive, outpatient voluntary program for adults, 18 and older, that are in need of comprehensive mental health services but do not require 24-hour inpatient care. The focus of this program is to help guide you toward feeling more prepared to manage life stressors.

We currently offer a mental health focused curriculum with the plan of adding a dual diagnosis track in the future!

First Day: What to Expect

- Your start date begins at 8:15 a.m. and ends at 1:30 p.m. On your first day, attendance is required for the full session. Regular hours are from 8:30 a.m. to 1:30 p.m., though we ask you to arrive 15 minutes early for registration on the first day.
- Upon arrival, you'll check in and complete program registration with our administrative assistant.
- We will offer coffee, fruit, and pastry in the morning.
- A PHP clinician will guide you through a program orientation, explaining everything you need to know and answering any questions.
- You will meet with your assigned clinician for an intake.
- You will attend groups throughout the day.
- **Please bring your own lunch.** While we provide a light breakfast, lunch is not included, and there is limited time during the 30-minute lunch break to leave the grounds.
- You will meet with the psychiatrist at some point throughout the day for an initial psychiatric/medication review.
- BayRidge Hospital is a tobacco-free campus, so smoking and vaping are not permitted anywhere on the grounds.
- Cell phones are not allowed on the unit and may only be used in designated cell phone areas.

Treatment

- Our PHP is a group based therapeutic program that operates Monday through Friday from 8:30am until 1:30pm, offering 4 groups per day.
- During your stay, you will be assigned a dedicated clinician who will work with you throughout the program, providing one-on-one check-ins, case management, communication with outpatient providers, and aftercare planning

- You will meet with our attending psychiatrist or nurse practitioner on your first and last day, and you can request additional sessions as needed between these appointments to address any questions, med refills, etc.
- We offer "family meetings" to involve your support system (family, friends, significant others) in your treatment. These sessions help keep your supports updated on your progress and address any challenges you may be facing at home or in the community.
- The typical length of stay is 7-10 business days, but it may vary based on your needs and progress.
- Daily attendance is expected. Please notify your clinician or the PHP manager in advance if you have any prior commitments. Absences of three or more consecutive days may result in discharge.

Location: Where Will You Find Us?

- Enter through the Outpatient entrance (located up the stairs to the right of the main entrance). You will only be able to enter after 8:15am. If you arrive prior to 8:15am, please go to the main hospital entrance.
- Turn right and check in with our administrative assistant at the office across from the waiting area. She will complete your registration and provide further instructions.
- Proceed to the end of the hallway, through the door marked "Partial Hospitalization Program," and go up the stairs to the next floor.
- When you enter through that doorway, take a seat on the bench in the hallway or take a seat in our Orientation Room and a clinician will direct you what to do and where to go for orientation.

What if you can't make it on your start date?

Be sure to call the administrative assistant at 781-477-6938 and identify:

- Why you cannot make it in.
- How you are feeling.
- How safe you are.
- What phone number you can be reached for a call back from a clinician.
- **PLEASE NOTE:** If you miss your initial start date without notifying us, we will attempt to contact you directly. If we are unable to reach you in a timely manner, we will contact your emergency contact and referral source to check on your safety, which may result in a wellness check at your residence. To avoid any concern or inconvenience, please call us if you are unable to attend.
- **If you do not keep your intake appointment, we cannot guarantee admission on the following day.**

We're committed to making your experience with us meaningful and supportive. Please don't hesitate to reach out if you have any questions or concerns.

We look forward to seeing you!

BayRidge PHP Sample Group Schedule

All groups are subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:00	Orientation	Orientation	Orientation	Orientation	Orientation
9:00-10:00	Check In Mindfulness/DBT	Check In/Mindfulness/DBT	Check In Mindfulness/DBT	Check In/Mindfulness/DBT	Check In Mindfulness/DBT
10:00-10:15	Break / 1:1	Break / 1:1	Break / 1:1	Break / 1:1	Break / 1:1
10:15-11:00	Psychoeducation/ Expressive Tx	Psychoeducation/ Expressive Tx	Psychoeducation/ Expressive Tx	Psychoeducation/ Expressive Tx	Psychoeducation/ Expressive Tx
11:00-11:15	Break / 1:1	Break / 1:1	Break / 1:1	Break / 1:1	Break / 1:1
11:15-12:00	Psychotherapy	Psychotherapy	Psychotherapy	Psychotherapy	Psychotherapy
12:00-12:30	Lunch	Lunch	Lunch	Lunch	Lunch
12:30-1:15	Psychoeducation	Medication Education/ Psychoeducation	Psychoeducation	Medication Education/ Psychoeducation	Psychoeducation
1:15-1:30	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up
We will reserve time at the end of the day for individual check ins and med provider check ins. Our clinicians will be available for you until 2:30pm					

Effective 9/30/2024 *This group schedule is subject to change*