

# Feeling like life is an emotional rollercoaster? Let's slow down the ride.



Adult Psychiatry &  
Behavioral Health

**BROWN**Health  
UNIVERSITY

**Building Emotion Acceptance & Regulation (BEAR)**  
track offers **100% virtual care** through the Brown University Health  
Partial Hospital Program serving adults across RI and MA.

## Program Highlights

- DBT-informed skills groups rooted in acceptance, mindfulness, and self-regulation
- Supportive care for emotional challenges
- Integration of evidence-based therapies
- Compassionate clinicians committed to your growth and stability

*Note: This is not a full-model DBT program. Treatment is 100% virtual.*

## What to Expect:

- Monday through Friday, 8 a.m. - 2 p.m.
- Daily therapy, psychiatry, and skill-based groups
- Care coordination and aftercare planning
- A treatment plan individualized to your needs

## Who We Help

You may benefit from the BEAR Track if you experience:

- Intense, rapidly shifting emotions
- Self-harm or suicidal thoughts
- Feelings of emptiness or dissociation
- Unstable sense of identity

and/or have traits of, or are diagnosed with:

- borderline personality disorder (BPD)  
or bipolar disorder



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## Interested?

Call 401-444-3748 for external and self-referrals.  
Scan QR code for more information

We accept most insurances including Medicare and Medicaid of RI.  
Internal providers: In Epic, order "Enhanced Referral to Behavioral Health."

