



CLINICAL SERVICES FOR COLLEGE STUDENTS AND YOUNG ADULTS AT MCLEAN HOSPITAL
A HARVARD MEDICAL SCHOOL AFFILIATE**

	INPATIENT UNITS	KLARMAN EATING DISORDER CENTER	OCD INSTITUTE	3EAST INTENSIVE DBT CENTER*	BEHAVIORAL HEALTH PARTIAL HOSPITAL PROGRAM	WOMEN'S TREATMENT PROGRAM
PRIMARY AND SECONDARY DIAGNOSIS	Depression Bipolar & Psychosis PTSD Alcohol & Drug	Anorexia nervosa, Bulimia nervosa; EDNOS must be primary but most patients have significant co-morbid conditions such as OCD, PTSD, depression, substance abuse	Obsessive Compulsive Disorder, with co-morbid depression, anxiety disorders; Obsessive Compulsive spectrum disorders	Impulsive and self-injurious behaviors and emerging borderline personality disorder in college age and high school students.	Depression Anxiety Disorders Bipolar & Psychosis Personality Disorders Alcohol & Drug as a secondary diagnosis	BPD, other personality disorders, mood disorders, anxiety disorders, trauma in young and middle-aged women.
AGES	18+	13 to 23	16+	13 to 20	18+	18+
GENDER	Co-ed	Female	Co-ed	Female (residential) Male and female (partial)	Co-ed	Female
LEVEL(S) OF CARE	Inpatient	Acute residential and partial hospitalization program; must be medically cleared.	Acute residential; partial hospitalization program	Intensive residential; step-down residential; partial hospitalization program	Partial hospitalization program	Short-term residential treatment; short-term partial hospitalization program
LENGTH OF STAY (LOS)	Variable ALOS: 9 days	Individualized LOS; ALOS 6-8 weeks+, combination residential/PHP	Individualized LOS; 30 to 90 days	4 to 6 week intensive DBT, with longer term options, in premier ambience	Variable with a range of 7 to 10 days	Short LOS; 14 to 21 days
PROGRAM HOURS	24/7	24/7 for acute residential; 7 am to 7 pm seven days per week for partial hospital program	24/7 for acute residential; 9 am to 5 pm Monday to Friday for partial hospitalization program	24/7 for intensive residential 3 pm to 9 am for step- down program; 9 am to 3 pm for partial hospitalization program	Monday - Friday 8 am to 3 pm on first day, then 9 am to 3 pm	Partial hospitalization program: 9 am to 3 pm Monday to Friday; Residential services: 24/7 with evening and weekend groups included.
INTAKE CONTACT	Diane Bedell 617.855.3147 Wendy Currie 617.855.3813 Lorey Bonante 617.855.3814	Christine Radulski/Liz Finegan Intake Coordinators 617.855.3410	Tricia Jamiol Admissions Coordinator 617.855.3371	Sarah Hunt 877.967.7233	Debbie Flynn Intake Coordinator 617.855.3286 Lynne Kopeski, RN/PC Nurse Director 617.855.2187	Linda Larson 617.855.2595
PROGRAM LOCATIONS	Belmont, MA and Brockton, MA (McLean Southeast)	Belmont, MA Bowditch Building	Belmont, MA North Belknap, 1 st Floor Orchard House	Belmont, MA East House, 3 rd Floor Partial behind Academic Ctr	Belmont, MA Recreation Building	Belmont, MA Hill Cottage

*Self-pay program

**These services are appropriate for college students and young adults with college aspirations. The programs do not treat college students exclusively, but provide treatment components (including groups and/or case management) that address the specific concerns and challenges that college students face.



**CLINICAL SERVICES FOR COLLEGE STUDENTS AND YOUNG ADULTS AT MCLEAN HOSPITAL
A HARVARD MEDICAL SCHOOL AFFILIATE**

	INPATIENT UNITS	KLARMAN EATING DISORDER CENTER	OCD INSTITUTE	3EAST INTENSIVE DBT CENTER*	BEHAVIORAL HEALTH PARTIAL HOSPITAL PROGRAM	WOMEN'S TREATMENT PROGRAM
DISTINCT FEATURES	Highly specialized areas of expertise on each unit including: depression, bipolar, psychosis, trauma, alcohol and drug abuse.	Intensive psychosocial treatment which provides full assessment of primary eating disorder and all co-occurring diagnoses; Individual psychotherapy 3 times per week, family therapy 1-2 times per week, psychopharmacology assessment/management; Medical management of complications; nutritional counseling; clinical educator; expressive arts therapy; specialized trauma assessments; access to dual programming for substance abuse and anxiety disorders.	Intensive, specialized treatment for OCD, including 4 hours of Exposure/Response Prevention Therapy per day, medication assessment/management, family education and therapy, group therapy, individual behavioral coaching, discharge planning.	Intensive DBT (all staff trained in DBT); DBT classroom; skills focused academics/ vocational support; psychopharmacology; individual, group and family therapy. DBT skills coaching available 24/7.	Comprehensive clinical assessment with intensive CBT group and individual interventions. Introduction to DBT concepts. Treatment includes psychopharmacology, case management, family meetings, vocational and functional assessments as indicated and discharge planning.	Comprehensive short-term treatment includes intensive DBT, psychopharmacology, case management, vocational/educational rehabilitation, and expressive therapy. Staff trained in DBT, BPD and trauma related issues
PAYMENT STRUCTURE (ALL RATES SUBJECT TO CHANGE)	Insurance or self-pay. Many major insurances are accepted including Mass Health.	Most major insurance plans Single-case agreements for Out-of-Network plans Some Mass Health plans <u>Self-pay</u> \$700/day – residential \$500/day – partial hospitalization program	Most major insurance plans Medicare and Massachusetts Medicaid Single-case agreements as negotiated \$700/day self-pay	Self-pay only \$1600/day – intensive residential \$600/day – step-down residential \$500/day – partial hospitalization program (Step-down and day program combined: \$1,000/day Monday through Friday, \$600 on the weekends)	Most major insurance plans Self pay is \$500/day	Insurance; self-pay is an option if exceeding allowable insurance LOS \$450/day for partial program; \$650/day for residential
E-MAIL		Klarmancenter@mclean.harvard.edu	tjamiol@ocd.mclean.org	3East@mclean.harvard.edu	Dflynn1@partners.org	women@mclean.harvard.edu
URL	mclean.harvard.edu	mclean.harvard.edu/patient/adult/edc.php	mclean.harvard.edu/patient/adult/ocd.php	mclean.harvard.edu/patient/c/hild/atp.php	mclean.harvard.edu/patient/adult/bhphp.php	www.mclean.harvard.edu/

*Self-pay program



**CLINICAL SERVICES FOR COLLEGE STUDENTS AND YOUNG ADULTS AT MCLEAN HOSPITAL
A HARVARD MEDICAL SCHOOL AFFILIATE**

	AMBULATORY TREATMENT CENTER AT NAUKEAG (SUBSTANCE ABUSE)	FERNSIDE* (SUBSTANCE ABUSE)	AMBULATORY TREATMENT PROGRAM PARTIAL HOSPITAL (SUBSTANCE ABUSE)	MCLEAN ALCOHOL AND DRUG ABUSE TREATMENT PROGRAM (ADATP) ACUTE RESIDENTIAL TREATMENT	MCLEAN RESIDENCE AT THE BROOK* (SUBSTANCE ABUSE)	THE LANDING AT MCLEAN HOSPITAL
PRIMARY AND SECONDARY DIAGNOSIS	Alcohol & Drug	Alcohol & Drug	Alcohol & Drug	Alcohol & Drug	Alcohol & Drug	Alcohol & Drug
AGES	18+	18+	18+	18+	18+	13-19
GENDER	Co-ed	Co-ed	Co-ed	Co-ed	Co-ed	Co-ed
LEVEL(S) OF CARE	Acute residential and partial hospitalization programs	Residential (alternative to or step-down from inpatient hospitalization) in premier ambience	Partial hospitalization program (PHP) (alternative to or step-down from inpatient hospitalization)	Acute residential program. Step-down from McLean Hospital inpatient care only	Transitional living program for substance use disorders	Acute residential treatment; transitional residential program
LENGTH OF STAY (LOS)	Variable depending on medical necessity and insurance parameters. 10 - 12 day ALOS	Minimum of 30 days (30-45 day ALOS)	Short LOS; 7-10 days ALOS	5-10 day ALOS	Minimum of 90 days	Variable depending on medical necessity and insurance parameters. 10 - 14 day ALOS
PROGRAM HOURS	24/7 for residential program; Patients may participate in PHP as a stand alone, or PHP and residential program; 8:30 am to 2:00 pm seven days per week for partial hospitalization program.	24/7	8:30 am to 2:00 pm seven days per week; Closed holidays Patients are expected to attend 5 – 7 days per week; Patients may participate in PHP as a stand alone, or PHP and residential program.	24/7	24/7	24/7
INTAKE CONTACT	Jackie Fletcher Intake Coordinator 800.230.8764	800.906.9531 978.464.2141	Linda Marucci, Intake Coordinator 617.855.3505	Linda Marucci, Intake Coordinator 617.855.3505	Sue Rees, Program Director 781.647.0155	617.855.2816
PROGRAM LOCATIONS	Ashburnham, MA (Satellite location) Rural setting	Princeton, MA (Satellite location) Rural setting	Belmont, MA Proctor Building, 1 st Floor	Belmont, MA Proctor Building, 1 st Floor	Waltham, MA (Satellite location) Suburban setting	Belmont, MA East House

*Self-pay program

**These services are appropriate for college students and young adults with college aspirations. The programs do not treat college students exclusively, but provide treatment components (including groups and/or case management) that address the specific concerns and challenges that college students face.



**CLINICAL SERVICES FOR COLLEGE STUDENTS AND YOUNG ADULTS AT MCLEAN HOSPITAL
A HARVARD MEDICAL SCHOOL AFFILIATE**

	AMBULATORY TREATMENT CENTER AT NAUKEAG (SUBSTANCE ABUSE)	FERNSIDE* (SUBSTANCE ABUSE)	AMBULATORY TREATMENT PROGRAM PARTIAL HOSPITAL (SUBSTANCE ABUSE)	MCLEAN ALCOHOL AND DRUG ABUSE TREATMENT PROGRAM (ADATP) ACUTE RESIDENTIAL TREATMENT	MCLEAN RESIDENCE AT THE BROOK* (SUBSTANCE ABUSE)	THE LANDING AT MCLEAN HOSPITAL
DISTINCT FEATURES	In-depth assessment and case management, and 1-2 sessions individual therapy/week. Patients participate in a structured program of five therapeutic groups daily and a self-help meeting seven days per week. Group focus is on stabilization, affect regulation, psycho education, and relapse prevention. 2-3 psychiatry sessions per week/average. Patients may be admitted post-detox from the community or following a brief inpatient stay.	8 bed program, with enhanced amenities offering evaluation, individual therapy (3-4 sessions week) up to four psychiatric consultations/week with ongoing medication management, 25 group therapy sessions/week, intensive collaboration with families and outpatient treaters as indicated. Program utilizes evidence-based practices (Cognitive Behavioral Therapy and Motivational Interviewing Groups), relapse prevention, and lifestyle management techniques such as yoga. Five self-help meetings are required weekly.	Patients in the partial hospital program attend structured sessions of group and individual therapy for extended blocks of the day while spending their nights at home. Groups focus on early recovery issues, coping mechanisms, relapse prevention, and in-depth psychiatric needs. Case management and psychiatry are also included.	Residential patients participate in McLean Hospital PHP, and two additional groups per day from 4-6 pm Free transportation to Waverly Square, Belmont via hospital shuttle.	Depending on individual need, a range of 2-5 psychotherapeutic/psycho educational groups are provided in the initial phase of treatment, with an increasing emphasis on community reintegration as treatment progresses. Residents are required to design an appropriate daily schedule with staff input. 4 self help meetings are required weekly.	Assessment, consultation, family therapy, educational services and recommendations. Groups are both psychoeducational and process-oriented with emphasis on refusal skill building and relapse prevention planning. Program components include 12-step and psychoeducational techniques and elements of DBT, CBT and MI, along with random toxic screens. All patients receive diagnostic evaluation by a child psychiatrist. Treatment plans may include medication. Residential component has 12 beds and emphasizes team building, daily living skills and recreation.
PAYMENT STRUCTURE (ALL RATES SUBJECT TO CHANGE)	Most major insurance plans or self-pay	Self-pay only; rate is \$1,750/day	Insurance or self-pay	Insurance or self-pay	Self-pay only; rate is \$545/day	Insurance or self-pay (MBHP contract) Transitional Program is optional and self-pay only; rate is \$900/day.
E-MAIL	jaletcher@partners.org	mcleanfernside@mclean.harvard.edu			srees@partners.org	mcleanlanding@mclean.harvard.edu
URL	mclean.harvard.edu/patient/adult/nauk.php	mcleanfernside.org	mclean.harvard.edu/patient/adult/adatc.php	mclean.harvard.edu/patient/adult/adatc.php		www.mcleanlanding.org

*Self-pay program



**CLINICAL SERVICES FOR COLLEGE STUDENTS AND YOUNG ADULTS AT MCLEAN HOSPITAL
A HARVARD MEDICAL SCHOOL AFFILIATE**

	APPLETON CONTINUING CARE PROGRAM*	PAVILION*	GUNDERSON RESIDENCE*
PRIMARY AND SECONDARY DIAGNOSIS	Bipolar & Psychosis	Depression Anxiety Disorders Bipolar & Psychosis Personality Disorders Alcohol & Drug Eating Disorders OCD PTSD	BPD
AGES	19+	16+	21+
GENDER	Co-ed	Co-ed	Female
LEVEL(S) OF CARE	Residential program with integrated care coordination, group therapy, and wellness emphasis	Residential comprehensive evaluation service in premier ambience	Intensive residential treatment program
LENGTH OF STAY (LOS)	60-120 day ALOS	14 day ALOS	Longer-term LOS; minimum of 60 days required.
PROGRAM HOURS	24/7	24/7	24/7
INTAKE CONTACT	Sharon Berman, LICSW Program Director 617.855.3756	Catherine McCool, LICSW, Director of Admissions 617.855.2874	Corina Kopp Laudate 617.855.4250
PROGRAM LOCATIONS	Belmont, MA Appleton Building	Belmont, MA Wyman Building	Cambridge, MA (Satellite location)

*Self-pay program

**These services are appropriate for college students and young adults with college aspirations. The programs do not treat college students exclusively, but provide treatment components (including groups and/or case management) that address the specific concerns and challenges that college students face.



**CLINICAL SERVICES FOR COLLEGE STUDENTS AND YOUNG ADULTS AT MCLEAN HOSPITAL
A HARVARD MEDICAL SCHOOL AFFILIATE**

	APPLETON CONTINUING CARE PROGRAM*	PAVILION*	GUNDERSON RESIDENCE*
DISTINCT FEATURES	Individualized treatment team, consisting of psychiatrist, case manager and primary counselor; daily group meetings address such topics as symptom management, medication, fitness and dual diagnosis; weekly goal-setting meetings; opportunities for community volunteer experiences or adult education or college classes; residents referred for individual psychotherapy and/or cognitive behavioral therapy	Intensive diagnostic residential program. Clarifies complicated diagnoses, initiates treatment, makes treatment changes, coordinated aftercare recommendations with the patient at the end of their stay. Extensive neurologic testing, intensive individual psychotherapy and consulting specialists.	Treatment geared toward eventual transition back to community. Multi-faceted, intensive, evidence-based treatment includes DBT, mentalizing therapy (MBT) and CBT - all staff trained in these areas; individual, group and family therapy; case management; psychopharmacology.
PAYMENT STRUCTURE (ALL RATES SUBJECT TO CHANGE)	Self-pay only; Days 1-180: \$450 Days 181-750: \$350 Days 750+: \$250	Self pay only; all-inclusive cost \$46,200	Self-pay \$850/day
E-MAIL	sberman2@partners.org	cmccool@partners.org	claudate@partners.org
URL	mclean.harvard.edu/patient/adult/ccs.php	Mcleanpavilion.org	GundersonResidence.org

*Self-pay program