



A RESIDENTIAL PROGRAM FOR WOMEN WITH BORDERLINE PERSONALITY DISORDER

115 MILL STREET
BELMONT, MA 02478
PHONE: 888-657-5699, 617-855-4250 FAX: 617-855-4251
www.gundersonresidence.org

Frequently Asked Questions

1. How many days or weeks will I be in the program?

The length of stay will be determined your needs. Our program is based on a minimum 60-day course of treatment. The actual length of stay, however, will be determined by your treatment plan and your progress. Often, individuals choose to stay in the program beyond the 60-day minimum.

2. Are there costs not covered by the daily rate?

Yes, medications are paid for by you or your health insurance company and obtained through a local pharmacy. Additionally, payment for medical services not part of routine care at the Gunderson Residence will be your responsibility.

3. How is a typical day structured?

Groups begin at 9:00 am and continue into and throughout the afternoon. Individual appointments are held after lunch. Your schedule will vary from day to day. Dinner is typically at 6 pm, followed by a wrap up group at 6:30 pm. Each afternoon and evening you may participate in gym or self-help meetings at off-site locations. Family sessions are scheduled during the day and will be arranged you and your family therapist.

4. Are there visiting hours?

Yes, close friends and family may visit as long as there is advanced notice. Specific privileges for visitation will be determined by your clinical team.

5. Is smoking cigarettes permissible at the program?

For those who smoke, there are designated areas outside and in back of the residence.

6. Will I receive individual counseling at the program and help with aftercare placement?

You will be assigned an individual therapist and, occasionally, an adjunctive individual therapist or family therapist, depending on your treatment needs. The treatment team will work with you to develop a complete aftercare program for when you leave the Gunderson Residence.

7. Will I receive psychopharmacologic treatment?

The program psychiatrist will evaluate you and prescribe medication, as necessary. We have a system for enabling you to work towards administering your own medications. You will move through this system as you progress through treatment and prepare for discharge.

8. Are there any medications I cannot have at the program?

The Gunderson Residence will carefully determine which medications are effective for you. Therefore, all medications must be approved by the psychiatrist working with you. Any medications that have the potential to become addictive may be held by the program, especially if you have a history of substance use. We do not manage suboxone at this program, but if you have a prescription for suboxone from another physician, you can potentially continue on it. Medications are not included in the cost of treatment and are often covered by health insurance.

9. May I use alcohol on the premises?

For everyone's safety, the Gunderson Residence is an alcohol and substance free environment. We reserve the right to use random drug screening and breathalyzer tests to ensure the program environment is free of alcohol and substance use.

10. Does the program provide detoxification from substances?

The Gunderson Residence is not a medical facility and cannot carry out the detoxification process safely. For this reason, individuals must be medically cleared for a residential level of care prior to admission.

11. What should I bring to the program?

There may be limited drawer and closet space in your assigned room. You should bring several changes of comfortable clothing, including sweaters, pajamas, and winter weather outerwear, when appropriate (winter coat, gloves, hat). You should also bring toiletries (no alcohol based products), and a two-week supply of medication in the original pharmacy bottles. You may also bring personal items such as a CD or MP3 player, cell phone, laptop computer, and reading materials. Do not bring expensive items or weapons of any sort. Use of cell phones with camera functions and cameras are not allowed as a measure to protect patient confidentiality. You may bring a cell phone or computer with a camera function, but you will be asked to sign an agreement not to use the camera on these devices while on premises. Because of limited space, we do not allow residents to bring in their own linens or furniture unless these items are medically necessary. In addition, to protect furniture and linens, we do not allow nail polish or hair dye to be applied on premises. Individuals who use such items are responsible for the cost of replacing any damaged items. Finally, we recommend you bring \$50 to \$100 per week for buying personal items and food not provided by the program, as well as for paying for transportation and non-treatment related weekend or free time activities.

12. Will I have to buy or prepare my own meals?

The program provides three meals a day. Continental breakfast is available each morning. Catered lunch from a local restaurant is available seven days a week. You will be expected to prepare dinner twice a week on a rotating basis as part of your treatment. Accommodation for special diets, other than vegetarian or lactose-free diets, is limited. Residents requiring more specialized meal plans are responsible for providing their own food.

13. How will I do my laundry?

You may use the laundry facilities located here, when housekeeping is not using them.

14. Is housekeeping provided?

Housekeeping staff will clean your bathroom and will change bed linens once each week. However, you will be expected to keep your room in acceptable condition, to make your own bed each day, and to keep clutter in your room to a minimum. You will also be responsible for picking up after yourself in common areas, including the dining room. Weekly checks are performed by staff to ensure that rooms, bathrooms, and common areas meet these standards.