



## ALCOHOL AND DRUG ABUSE TREATMENT PROGRAMS AT MCLEAN HOSPITAL

**ALL PROGRAMS SERVE INDIVIDUALS WITH SUBSTANCE USE DISORDERS AND MAY ACCOMMODATE THOSE WITH CO-OCCURRING PSYCHIATRIC DISORDERS**

Patients in McLean Hospital Residential Treatment programs must be completely free from any withdrawal symptoms and cleared for residential level of care prior to admission. All McLean Hospital MDs and PhDs are Harvard Medical School faculty members. Our Social Workers are credentialed through Harvard Medical School, and our substance abuse programs are licensed by the Commonwealth of Massachusetts Department of Mental Health and Department of Public Health. All programs listed here are handicapped accessible. Buprenorphine treatment is available throughout adult substance abuse programs.

	<b>OUTPATIENT CLINIC</b>	<b>AMBULATORY TREATMENT PROGRAM PARTIAL HOSPITAL</b>	<b>MCLEAN RESIDENCE AT THE BROOK</b>	<b>MCLEAN ALCOHOL AND DRUG ABUSE TREATMENT PROGRAM (ADATP) ACUTE RESIDENTIAL TREATMENT</b>	<b>MCLEAN AT NAUKEAG</b>	<b>MCLEAN CENTER AT FERNSIDE</b>	<b>PROCTOR HOUSE I</b>	<b>EAST HOUSE SUBSTANCE ABUSE TRACK</b>
<b>LEVEL(S) OF CARE</b>	Outpatient clinic	Partial hospitalization program (PHP) (alternative to or step-down from inpatient hospitalization)	Transitional living program for substance use disorders	Acute residential program. Step-down from McLean Hospital inpatient care only	Acute residential and partial hospitalization programs	Residential (alternative to or step-down from inpatient hospitalization)	Inpatient detoxification and general psychiatric treatment	Community based acute treatment (CBAT) residential and PHP (alternative to or step-down from inpatient hospitalization)
<b>AGES</b>	18+	18+	18+	18+	18+	18+	18+	13-19
<b>GENDER</b>	Co-educational	Co-ed	Co-ed	Co-ed	Co-ed	Co-ed	Co-ed	Co-ed
<b>AVERAGE LENGTH OF STAY (ALOS)</b>	Variable	Short-term ALOS based on medical necessity and insurer parameters (7-10 days average)	90 day minimum LOS	5-10 day ALOS	Variable depending on medical necessity and insurance parameters. 10 - 12 day ALOS	Minimum of 30 days (30-45 day ALOS)	Variable, depending on medical necessity and insurance parameters. 3-5 day ALOS	Variable, depending on medical necessity and insurance parameters. 2 week ALOS
<b>PROGRAM HOURS</b>	8:30 am to 5 pm Monday to Friday; evening follow up appointments are occasionally available by clinician arrangement; evening groups may be available	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.	24/7/365 days	24/7	<u>Partial Hospital Program:</u> 8:30 am to 2:00 pm seven days per week; Closed holidays <u>Residential Program:</u> 24/7 Patients may participate in PHP as a stand alone, or PHP and residential program.	24/7/365 days	24/7/365 days	24/7/365 days
<b>PROGRAM LOCATION</b>	McLean Hospital Main campus Belmont, MA Suburban setting	McLean Hospital Main campus Belmont, MA Suburban setting	Waltham, MA (Walking distance to main campus) Suburban setting	McLean Hospital Main campus Belmont, MA Suburban setting	Ashburnham, MA (Satellite location) Rural setting	Princeton, MA (Satellite location) Rural setting	McLean Hospital Main campus Belmont, MA Suburban setting	McLean Hospital Main campus Belmont, MA Suburban setting

DISTINCT FEATURES	Outpatient Clinic	Ambulatory Treatment Program PHP	McLean Residence	McLean ADATP Acute Residential Treatment	McLean at Naukeag	McLean Center at Fernside	Proctor House I	East House Substance Abuse Track
	<p>Consultation, short-term individual, group and family therapy, pharmacotherapy; groups address issues such as readiness for recovery, early recovery, relapse prevention and dual diagnosis; some groups are gender specific. Self-help groups that meet regularly at McLean include Alcoholics Anonymous (AA), Nar-Anon (NA), and Self Management and Recovery Training (SMART).</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>Medically supervised detoxification from alcohol, benzodiazepines, opiates and other substances. Comprehensive individualized evaluation, group and individual psychotherapy, pharmacotherapy, and family therapy. Program can accept individuals who are utilizing methadone maintenance services, yet does not initiate methadone maintenance.</p>	<p>Assessment, consultation, family therapy, educational services and recommendations. Groups are both psycho educational and process-oriented with emphasis on refusal skill building and relapse prevention planning. Cognitive behavioral, 12-step and psycho educational techniques used, along with random toxic screens. All patients receive diagnostic evaluation by child psychiatrist. Treatment plans may include medication. Residential component has 12 beds and emphasizes team building, daily living skills and recreation.</p>
<b>PAYMENT STRUCTURE</b> (ALL RATES SUBJECT TO CHANGE)	Insurance may cover individual and/or group treatment; self-pay is also an option.	Insurance or self-pay	Self-pay only; rate is \$545/day	Insurance or self-pay	Insurance or self-pay	Self-pay only; rate is \$1,700/day	Insurance or self-pay. Many major insurances are accepted including Mass Health (no MBHP contract).	Insurance or self pay (MBHP Contracted)
<b>INTAKE CONTACT</b>	617-855-2368	617-855-3505 Linda Marucci, Intake Coordinator	781-647-0155 Sue Rees Program Director	617-855-3505 Linda Marucci, Intake Coordinator	1-800-230-8764 Jackie Fletcher, Intake Coordinator	800-906-9531 978-464-2141 Thomas Irwin, PhD Sarah E. Murphy	800-333-0338 Intake staff available 24/7	617-855-2800 M-F 9 am to 5 pm Gale Norway Colleen Zagwyn For after hours coverage: 800-333-0338 - intake
<b>E-MAIL</b>			<a href="mailto:srees@partners.org">srees@partners.org</a>		<a href="mailto:jafletcher@partners.org">jafletcher@partners.org</a>	<a href="mailto:mcleanfernside@mclean.harvard.edu">mcleanfernside@mclean.harvard.edu</a>		
<b>URL</b>	<a href="http://mclean.harvard.edu/patient/adult/adatp.php">mclean.harvard.edu/patient/adult/adatp.php</a>	<a href="http://mclean.harvard.edu/patient/adult/adatc.php">mclean.harvard.edu/patient/adult/adatc.php</a>		<a href="http://mclean.harvard.edu/patient/adult/adatc.php">mclean.harvard.edu/patient/adult/adatc.php</a>	<a href="http://mclean.harvard.edu/patient/adult/nauk.php">mclean.harvard.edu/patient/adult/nauk.php</a>	<a href="http://mcleanfernside.org">mcleanfernside.org</a>	<a href="http://mclean.harvard.edu/patient/adult/adatp.php">mclean.harvard.edu/patient/adult/adatp.php</a>	<a href="http://mclean.harvard.edu/patient/child/addp.php">mclean.harvard.edu/patient/child/addp.php</a>