

The Appleton Program

The Appleton Continuing Care Program provides private-pay residential services for individuals with bipolar and psychotic disorders as an adjunct to their ongoing active treatment and rehabilitation.

The program's mission is to provide unique, personalized and comprehensive psychiatric and rehabilitative care. The goal of treatment is for individuals to gain more independence by learning to understand, accept and manage their illnesses so they can return to the community and live as independently as their conditions allow.



McLean Hospital
A HARVARD MEDICAL SCHOOL AFFILIATE

115 Mill Street :: Belmont, MA 02478



Consistently ranked the nation's top psychiatric hospital by U.S. News & World Report.

McLean is the largest psychiatric facility of Harvard Medical School, an affiliate of Massachusetts General Hospital and a member of Partners HealthCare.

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Home-Like Environment

Appleton House provides residents with a home-like setting in a historic building. There are semi-private and private bedrooms, spacious common living areas and a kitchen and dining room where staff members prepare and share meals daily. Residents have access to an art room, solarium and wireless Internet.

Treatment

Residents undergo comprehensive psychiatric assessment upon admission to the program. Each resident has an individualized treatment team consisting of a psychiatrist, case manager and a primary counselor. With their case managers, residents plan individual and group treatment experiences utilizing the resources of McLean Hospital and the surrounding community. Daily group meetings address such topics as symptom management, medication, fitness and dual diagnosis. Additionally there are weekly goal setting and “contract” meetings. Opportunities for obtaining community volunteer experiences or enrolling in adult education or college classes are available. Residents are also referred for individual psychotherapy and/or cognitive behavioral therapy. Residential stays vary; most are from two to four months.

Treatment decisions are made by the resident and/or family, in consultation with the clinical team. Family meetings, treatment reviews and necessary consultations for psychiatric, medical and neurological concerns are arranged through the program. Once residents accomplish the goals of their treatment they may transition to community-based programs, to supported apartments or to independent living.



Robert Irvin, MD
Medical Director

Staff

The Appleton Continuing Care Program is part of McLean Hospital’s Psychotic Disorders Division. The Appleton treatment staff is a multidisciplinary team comprised of a psychiatrist, psychologist, licensed independent clinical social workers, nurses and community residence counselors.

Insurance

Insurance coverage, if available, is generally limited for residential and longer-term treatment.

Contact

For further information, please call 617.855.3500 or visit us at mclean.harvard.edu.

Personalized and comprehensive psychiatric treatment specializing in stabilization and improvement in functioning.



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