

The Appleton Residence at McLean

Frequently Asked Questions

What is the admission process and how do I decide if the program is for me?

After reading through the information on the McLean website, call or e-mail Program Director Sharon Berman, LICSW, at 617-855-3756 or sberman2@partners.org. If unavailable, she will get back to you within 24 hours. Ms. Berman will walk you through the process and be your contact person throughout.

First, she will discuss the program with you, conduct a preliminary intake interview, and determine if the program meets your needs. If the program seems suitable and you want to pursue treatment, we will request your medical records from your most recent clinicians, i.e., outpatient psychopharmacologist and therapist or, if you have recently received inpatient care, the admission note. We will also request a list of your current medications. Information can be faxed to us at 617-855-3878. All information will then be reviewed and an in-person interview and tour set up.

If we think you will benefit from the program and you are interested in attending, a start date is scheduled. If the program is not a good fit, we will do our best to make recommendations for other treatment options.

Do I have to be referred by a clinician?

No, you do not have to be referred by a clinician. Many of our clients find out about the program on their own, and they or their family members contact us.

How long do people stay in the program?

Average length of stay is two to four months. Some people, however, stay longer.

What is included in the cost and when am I expected to make payment?

Covered in the cost are your room, meals and snacks, and many group treatment services. Most of our rooms accommodate two people, though we occasionally have a few single rooms available.

A continental style breakfast, including fruit, cereal, bagels, bread, yogurt, juice, and coffee, is available each morning in our open kitchen and dining room. Lunch and dinner are planned by a nutritionist and prepared by our counselors. Accommodations are made for people with

vegetarian diets or other diets for medical or religious reasons. Lunch is served at noon and dinner is served at 5:30 p.m. A light snack is provided at 8 p.m.

We request payment for one month prior to admission. Psychopharmacology, individual psychotherapy, and prescription medications are billed to your health insurance or paid by you privately. You should budget a small amount of money each week or month to cover personal items you may want to purchase during trips to off-campus stores and other places.

Prior to admission, you must call Debbie Flynn, our financial officer, at 617.855.3286 to make a deposit and to discuss signature of financial documents.

What treatment services are offered?

- **Case management services** - You will be assigned a case manager who is a highly trained licensed social worker (LCSW). Your case manager will meet with you, gather your history, and, if permitted by you, contact and talk with your family,
- **Psychoeducation groups** – The program offers 25 to 30 psychoeducational groups each week. Your case manager will help you determine which groups you should attend and set up a schedule. (A group schedule is available on our website.)
- **Individual psychotherapy** – We request that you meet with an individual psychotherapist once or twice each week. We will help you identify a therapist either at McLean or in the greater Boston community. The program fee does not cover this service. Psychotherapy may be covered in full or part by health insurance.
- **Psychopharmacology and medication management** – The program psychiatrist, Robert Irvin, MD, facilitates a medication group once each week. He will also meet with you individually for medication assessment and management, if needed. The program fee does not cover these services. Psychopharmacology is often covered in full or part by health insurance.
- **Fitness groups** – McLean has a fitness center with state-of-the-art equipment. We offer fitness training supervised by a registered nurse and the fitness center director three times each week. We also offer in-house strength training directed by our occupational therapist twice weekly.
- **Community outings** – Group trips to bookstores, cafes, bowling alleys, malls, museums, as well as to places for walks in nice weather, are held Monday's and Thursday's and on weekends. We also take longer seasonal trips to places such as Martha's Vineyard, Newport, and Rockport. The program fee covers transportation and sometimes a portion of the admission costs required for an outing. The cost for additional items you may want (e.g., a book, a CD) are not covered.

How will I get my medications while in the program?

You will need to set up an account at the local OSCO Pharmacy. Medications are delivered to the residence. The program fee does not cover prescription medications. They are normally covered in full or part by health insurance.

What should I bring to the program?

Please bring your current medications. You should also bring weather-appropriate indoor and outdoor clothing. Sleepwear is reserved for bedtime. You should also take along toiletries. You may bring other personal items as well, such as comforters, pillows, a bedside rug, books, a musical instrument (non-amplified), etc. We also allow cell phones and laptops. Cars may be permitted if the treatment team and client agree it is necessary to meet treatment goals.

Cameras are not allowed to ensure people's privacy. It is better to leave valuables at home; safes are not provided at the residence.

Who is responsible for cleaning?

The common areas are cleaned daily by our housekeeping services. Clients are responsible for keeping their own rooms tidy. Light housekeeping will be provided for individual rooms on an every week basis. A washer and drier is located on the first floor and both are located in a laundry room in our basement.

May I smoke?

The Appleton Residence is a non-smoking facility. Smoking is only permitted outside in the gazebo located on the lawn in back of the residence.

May people visit me while I am in the program?

You may receive visitors after daily groups have finished, beginning at 4:15 p.m. Visiting hours end at 9 p.m. We ask that visitors stay no more than two hours.

We have comfortable, nicely furnished common rooms for visits. Only residents and their roommates are permitted in their bedrooms. Families are permitted in bedrooms during moves in and out of the residence.

Are there computers onsite for residents to use?

Appleton has three Mac computers with two printers for use by resident. Two computers are located in our solarium, and a third is in a staff room for private use with a staff member.