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# *The structure needed for change*



**McLean Hospital**  
A HARVARD MEDICAL SCHOOL AFFILIATE

# Borderline Personality Disorder Services



**McLean Hospital**  
A HARVARD MEDICAL SCHOOL AFFILIATE  
115 Mill Street :: Belmont MA 02478



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# Borderline Personality Disorder (BPD) Services

All programs listed are voluntary.



Acronym Legend: Borderline Personality Disorder (BPD), Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Length Of Stay (LOS), Mentalization Based Therapy (MBT)

Referrals from outside McLean Hospital can be considered by most programs.

	Level(s) of Care*	Primary and Secondary Diagnosis	Ages	Gender	Length of Stay (LOS)	Program Hours	Distinct Features	Program Locations	Payment Structure (All Rates Effective October 1, 2011)	Intake Contact	E-mail	URL
<b>Gunderson Residence</b>	Intensive residential treatment program	BPD	21+	Female	Longer-term LOS; minimum of 60 days required.	24/7	Multi-faceted, intensive, evidence-based treatment includes DBT, MBT and CBT - all staff trained in these areas; individual, group and family therapy; case management; psychopharmacology. Treatment geared toward eventual transition back to community.	Cambridge, MA	Self-pay \$1,050/day	888.657.5699	gundersonres@mclean.harvard.edu	gundersonresidence.org
<b>3East</b>	Intensive residential; step-down residential; transitional residential; partial hospitalization program	BPD and other related disorders	13 to 20	Female (residential) Male and female (partial)	Intermediate LOS; 28+ days	24/7 for intensive residential; 3 pm to 9 am for step-down program; 9 am to 3 pm for partial hospitalization program	Intensive DBT and other evidenced-based treatments such as MBT (all staff trained in DBT); DBT classroom; skills focused academics/vocational support; case management; psychopharmacology; individual, group and family therapy; multiple levels of care.	Belmont, MA East House, 3rd Floor  Partial behind Academic Center  Transitional Living: Mill St. Lodge	Self-pay \$1,600/day – intensive residential (four week minimum) \$1,150/day – step-down residential with partial hospitalization program \$700/day – step-down residential without partial hospitalization program  \$400/day – transitional living residential \$550/day – partial hospitalization (day) program (external referrals accepted)	877.967.7233	3east@mclean.harvard.edu	3east.org
<b>The Hill Center for Women</b>	Shorter-term residential treatment; partial hospitalization program	BPD, PTSD, dissociative disorders, mood and anxiety disorders	18+	Female	Short LOS; 14 to 21 days	Partial hospitalization program: 9 am to 2 pm Monday to Friday;  Residential services: 24/7 with evening and weekend groups included.	Comprehensive treatment includes intensive DBT, psychopharmacology, case management, vocational/educational rehabilitation, and expressive therapy. Staff trained in DBT, BPD and trauma related issues.	Belmont, MA Hill Center	Insurance; self-pay is an option if exceeding allowable insurance LOS \$500/day for partial program; \$700/day for residential	617.855.2595	women@mclean.harvard.edu	mcleanhillcenter.org
<b>Behavioral Health Partial (Borderline Track)</b>	Intensive partial hospitalization program	BPD, other personality disorders, mood disorders and anxiety disorders	18+	Co-ed	Short-term LOS based on medical necessity and insurer parameters	9 am to 3 pm Monday to Friday	Evidence-based treatment components of CBT and DBT; tracks in mood and anxiety, BPD; case management; psychopharmacology.	Belmont, MA Recreation Building	Coverage based on insurer parameters; self-pay at \$500/day is an option once insurance benefits are exhausted.	617.855.3286	dflynn1@partners.org	mclean.harvard.edu/patient/adult/bhphp.php
<b>Borderline Center Outpatient Program</b>	Intensive outpatient treatment	BPD	18+	Co-ed	Longer-term, variable LOS	8:30 am to 5 pm Monday to Friday	Case management, treatment reviews by the program medical director, full array of evidence-based therapeutic interventions including psychopharmacology.	Belmont, MA Service Building	\$4,625 administrative fee for initial six months includes consultation and treatment reviews with program medical director; three to five psycho-educational meetings for family; three months of case management services.  Group therapy, individual therapy and medication management may be partially covered by insurance but are otherwise self pay. Estimated cost is \$1,100 to \$2,600 weekly.	Intensive BPD outpatient: 617.855.3452	BPD intensive: claudate@partners.org	mclean.harvard.edu/patient/adult/os.php mclean.harvard.edu/patient/adult/bpd.php
<b>Outpatient Clinic</b>	Outpatient clinical services	Borderline personality disorder (BPD)	18+	Co-ed	Variable	8:30 am to 5 pm Monday to Friday	Group therapy and psychopharmacology are available for patients with existing McLean clinicians only. Individual psychotherapy, skills coaching and evidence-based practice interventions are available to McLean step-downs only.	Belmont, MA Service Building	Insurance may cover group treatment; self-pay is also an option	Group psychotherapy: 617.855.3358	Please call for information	mclean.harvard.edu/patient/adult/group.php mclean.harvard.edu/patient/adult/bpd.php

\*General psychiatry inpatient care is available 24/7 in Belmont and Brockton, MA. Inpatient admissions can be coordinated 24/7 by calling 800-333-0338. See [mclean.harvard.edu](http://mclean.harvard.edu) for additional information on this level of care.