



THE McLEAN CENTER

AT FERNSIDE

*The premier treatment program for individuals with
substance use disorders. Offered by McLean Hospital,
the largest psychiatric affiliate of Harvard Medical School.*

The McLean Center at Fernside is a satellite program of McLean Hospital's
Alcohol and Drug Abuse Treatment Program.

Information: 800.906.9531 or 978.464.2141

Fax: 978.464.2142

www.mcleanfernside.org



McLean Hospital: Since 1811 ~ A legacy of psychiatric care and innovation.



OUR MISSION

Guided by the exceptional clinical care and innovative research at McLean Hospital, The McLean Center at Fernside helps individuals achieve and maintain abstinence, reclaim a sense of self-worth and manage the stresses of active living without returning to substance dependence.

OVERVIEW

Located in a private and discrete setting, The McLean Center can accommodate 10 residents. As a satellite of McLean Hospital, the program offers evaluation and stabilization services for residents whose substance use disorders may be complicated by co-occurring psychiatric conditions.

The treatment methods and strategies developed by renowned McLean Hospital and Harvard Medical School faculty are based on empirically tested and evidence-based treatments proven to have positive recovery outcomes. The staff combine competence with compassion to create the framework for successful recovery.

The McLean Center offers unsurpassed individualized treatment, including a comprehensive group program. The program is designed specifically to meet the needs of individuals who may:

- Seek longer-term individualized care in a distinct and serene setting.
- Need lifestyle changes to maintain sustained recovery.
- Require further treatment following the completion of detoxification.
- Require medication evaluation for their disorders.
- Experience persistent relapses and require further psychiatric or psychosocial assessment and treatment planning.

A UNIQUE TREATMENT PROGRAM

The McLean Center at Fernside is a highly specialized and individualized treatment program for discerning individuals. This program offers many unique features:

- State-of-the-art behavioral approaches and medications.
- 24-hour onsite staff comprised of experienced addiction and mental health treatment specialists.
- Comprehensive psychoeducational program.
- Individualized discharge and after-care plans initiated during the admission process.
- Crucial recovery support and education provided to family members and significant others.
- Gender-specific treatment developed by Harvard Medical School faculty.
- Utilization and integration of lifestyle relaxation response techniques.
- Consultations, when indicated, with Harvard Medical School specialists (e.g., neurology, brain imaging and neuropsychology) can be provided for an additional cost.





- *A tranquil setting with spectacular views of the valley throughout the house.*



OUR GOAL

To help individuals achieve realistic lifestyle changes for sustained recovery, providing hope for a fulfilling future.

TREATMENT COMPONENTS

The staff at The McLean Center conducts an in-depth assessment of each individual's unique situation to develop a personalized, comprehensive treatment plan.

The program combines the use of medications, if required, and psychosocial treatment modalities proven to be effective in research studies of individuals with substance use disorders, including those with co-occurring psychiatric illnesses.

This seven day-a-week psychoeducational curriculum combines individual therapy, class settings and small groups. Individuals learn skills to pursue constructive and meaningful substance-free and psychologically stable lives. The program components include:

- Comprehensive, diagnostic evaluations.
- Individual and group therapy.
- Collaboration with referring clinicians.
- Rehabilitative, therapeutic support services and activities, including stress reduction techniques, such as yoga and meditation; health education, coping skills, lifestyle management, fitness and exercise.
- Family education and counseling aimed at developing effective intervention strategies.
- Discharge planning, relapse prevention and self-help programs.

PROGRAM FEATURES

A typical day at The McLean Center would include participating in the following groups:

RELAPSE PREVENTION ~ Individuals identify the potential triggers that lead to possible relapse through small group discussions and develop prevention techniques and strategies that foster sustained recovery.

DUAL-DIAGNOSIS TREATMENT ~ These groups address recovery issues for individuals experiencing substance use disorders and existing psychiatric illness.

RELAXATION RESPONSE ~ This technique, developed by the Mind/Body Medical Institute of Chestnut Hill, Mass., teaches individuals to successfully cope with urges and cravings.

COGNITIVE RESTRUCTURING ~ Individuals learn to identify and change behaviors that play a role in the repetition of continued substance misuse.

TOBACCO CESSATION ~ Individuals, through the use of education and the option of medication, work toward a tobacco-free lifestyle.





■ *The McLean Center at Fernside offers unsurpassed individualized treatment provided by highly skilled addiction specialists.*



PERSONAL ATTENTION: THE McLEAN CENTER APPROACH

Recognizing that individuals vary widely in terms of motivation for treatment and life circumstances, the staff at The McLean Center develops flexible strategies to achieve treatment goals.

Upon admission, each individual receives a thorough assessment by a multidisciplinary team of psychiatrists, psychologists, social workers, nurses and counselors with substance use treatment expertise.

Program staff is highly trained to evaluate and treat the full range of mood disorders, including depression, bipolar disorder, anxiety disorders, cognitive changes and other psychiatric conditions that commonly co-occur with substance misuse.



DISTINGUISHED ACCOMMODATIONS

On a mountain ridge with a breathtaking view of the valley below and of the city of Boston on the horizon, The McLean Center is an elegant Federal mansion located in the charming New England town of Princeton, Mass., 50 miles west of Boston.

Previously a bed and breakfast built in 1835, the home was listed on the *Select Registry* as a Distinguished Inn of North America and is nestled among 15 acres of beautiful countryside.

Handicap accessible, The McLean Center has been carefully restored to its original grandeur and exquisitely furnished with antiques, period reproductions and oriental rugs. Gourmet meals are prepared daily by an award-winning chef.


- Large, private rooms with queen- and king-sized beds, full bath and quality linens.
- A suite that can accommodate a couple or two individuals who qualify for the program simultaneously.
- Beautiful grounds and hiking trails throughout the private property.
- Access to a modern fitness center and pool.
- Wireless internet access.
- Airport limousine transportation.
- Assistance with accommodations for visitors.



- *A place where one can feel comfortable upon arrival and expect an exceptional level of care and support by compassionate staff.*





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- *Providing the best possible care in a safe, nurturing environment.*




THE McLEAN CENTER
A T F E R N S I D E

Dedicated to helping individuals achieve and maintain abstinence, reclaim a sense of self-worth and manage the stresses of active living without returning to substance dependence.

PO Box 1070, Princeton, MA 01541

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ACCREDITATION AND LICENSURE

McLean Hospital is accredited by the Joint Commission on Accreditation of Healthcare Organizations and licensed by the Massachusetts Department of Public Health and the Massachusetts Department of Mental Health.



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

