

Hill Center for Women

The Hill Center for Women at McLean Hospital offers psychiatric and psychological services for women with borderline personality disorder (BPD), histories of trauma and related disorders, mood disorders and anxiety disorders. The program provides intensive dialectical behavior therapy (DBT) with a specialized emphasis on the treatment of self-destructive, impulsive behavior and emotional dysregulation as they present in survivors of early, repeated traumatic experiences. The program draws its strength from several schools of investigation: DBT skills training developed by Marsha Linehan, PhD; clinical studies of trauma and recovery by James Chu, MD, and other McLean Hospital researchers; and extensive work on the psychology of women conducted at the Stone Center at Wellesley College. Empathy, compassion, collaboration and empowerment are emphasized to help women build new strength and find new resources to regain command of their lives and functioning.

Treatment

The Hill Center is for women who need more structure and intensive treatment than is possible on an outpatient basis. The program can function as an adjunct to individual therapy or as a support during transition from inpatient hospitalization. The program offers both short-term residential and partial hospital levels of care. Women who need additional structure and support while participating in treatment utilize our residence, which is staffed 24 hours a day, seven days a week and provides day, evening and weekend programming. Other women in the program attend groups during the day, Monday through Friday, and live at home or elsewhere within the community. Patients are expected to continue regular follow-up with their individual outpatient therapist. Each client has a case manager in the program who supports her in developing an individualized treatment plan and provides guidance in pursuing treatment goals. DBT coaching may be provided by case managers or by milieu staff. Psychopharmacology consultation is available as needed.

Treatment at the Hill Center occurs primarily in group therapies, which provide opportunities for skills acquisition, healing, reconnection and progress toward goals. Patients pursue symptom management, rehabilitative, educational and vocational goals in groups throughout the week and monitor their emotions and behaviors with diary cards. Group leaders teach and assist

continued



*Sherry Winternitz, MD
Clinical Director*

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





McLean Hospital

clients in practicing emotional regulation, distress tolerance, interpersonal effectiveness and mindfulness strategies as a means of targeting symptoms and behaviors that interfere with effective coping. Focus groups are prescribed for individuals in need of specialized learning to manage anger, impulsivity, family challenges, transitions, substance abuse, eating disorders and recovery from trauma. By changing behavioral, emotional and thinking patterns, clients are able to move toward a life beyond symptoms and treatment.

Staff

The Hill Center for Women is staffed by a multidisciplinary team of knowledgeable and experienced professionals that includes psychiatrists, psychologists, social workers, nurses, expressive therapists and community residence counselors. Numerous staff members have completed formal, intensive DBT training.

Insurance Information

McLean accepts Medicare, Massachusetts Medicaid and many private insurance and managed care plans.

Contact

For further information, please call 617.855.2595, Monday through Friday, to speak to the intake coordinator or visit McLean online at mclean.harvard.edu. Although phone contact is preferred, prospective patients may also contact the program via e-mail at women@mclean.harvard.edu. A referral form must be completed and submitted in order to be considered for admission. Referral forms from treating therapists or psychiatrists are strongly preferred and may facilitate admission process. Individuals with active substance abuse, severe eating disorders or those who are medically unstable may not be appropriate for this program. The referral form can be downloaded at mclean.harvard.edu/doc/patient/adult/wt-referralform.doc.

About McLean Hospital

U.S. News & World Report consistently ranks McLean the nation's top freestanding psychiatric hospital. McLean is the largest psychiatric facility of Harvard Medical School, an affiliate of Massachusetts General Hospital and a member of Partners HealthCare.