

McLean Ambulatory Treatment Center at Naukeag

*Residential and partial hospital care for adults with substance use disorders
Ashburnham, Mass.*

The McLean Ambulatory Treatment Center at Naukeag, a satellite site of McLean Hospital, provides residential and partial hospital care to post-detoxified, chemically dependent adults ages 18 and older. The program and its highly skilled staff offer added expertise in treating individuals whose substance abuse is complicated by psychiatric illness.

Residential Care

Residential treatment is for individuals who require the structure of a 24-hour setting, but not the intensity and security of medical, psychiatric and nursing services offered in an inpatient program. Residential patients may be admitted from the community or following a brief inpatient stay. Patients participate in a structured program of five groups daily and a self-help meeting, seven days per week. Group focus is on stabilization, affect regulation, psychoeducation and relapse prevention.

Partial Hospital Care

Patients within the partial hospital program attend structured group therapy, while spending their evenings at home practicing the skills they have learned during the day. The program operates from 8:30 am to 2 pm seven days a week.

Program Features

- Dual diagnosis
- In-depth individual assessment
- Group therapy
- Family dynamics
- Medication stabilization and education
- Psychopharmacology services
- Illness management
- Abstinence education
- Life skills education
- After-care assistance
- Relapse prevention
- Self-help meetings



*Andrew Gill, MD
Medical Director*



*William Krauss, LMHC
Program Director*

continued

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





Admission Criteria

The program accepts individuals who are:

- in need of an open-structured environment to manage ongoing issues of addiction or dual diagnosis;
- medically stable and cleared for ambulatory level of care;
- psychiatrically stable and able to remain safe in an open setting;
- able to hold and self-administer medication, handle self-care and function independently;
- cognitively able and willing to participate in groups seven days weekly (residential patients);
- cognitively able and willing to participate in group therapy at least four days weekly (partial hospital patients).

Insurance

McLean accepts Medicare, Massachusetts Medicaid and many private insurance and managed care plans. Insurance coverage may be limited for some services, especially for longer-term residential treatment.

Directions

McLean at Naukeag is located at 216 Lake Road, Ashburnham, MA 01430.

From East: (Boston): Route 128 to Route 2 West to Exit 24, Route 140 N/N. Winchendon exit. Proceed 2.8 miles, turn right onto Route 101 north to Ashburnham. Proceed approximately four miles to the end. Turn left onto Route 12 N/Main Street. From Ashburnham Center, proceed north on Route 12/Main Street (.4 miles) and take the fourth right onto High Street. Proceed two miles; High Street becomes Lake Road. McLean at Naukeag is the white building on the right, just after the water treatment plant.

From West: Route 2 East to Route 140 N/N. Winchendon exit. Proceed 2.8 miles, turn right onto Route 101 North to Ashburnham. Proceed 2.8 miles, turn right onto Route 101 North to Ashburnham. Proceed approximately four miles to the end. Turn left onto Route 12 N/Main Street. From Ashburnham Center, proceed north on Route 12/Main Street (.4 miles) and take the fourth right onto High Street. Proceed two miles; High Street becomes Lake Road. McLean at Naukeag is the white building on the right, just after the water treatment plant.

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McLean Hospital

From North: Route 119 to Route 101 South or Route 202 South, to Route 12/Main Street to Ashburnham Center, and follow directions above.

From South: Route 12 North through Fitchburg and Westminster into Ashburnham Center, and follow directions above.

Contact

To receive further information about the program, request a referral packet or arrange a visit, please call 1.800.230.8764, 8:30 am to 5 pm or visit the McLean Hospital website at www.mclean.harvard.edu and follow the links to the Alcohol and Drug Abuse Treatment Program. Additional substance abuse treatment services are available at McLean's main campus in Belmont, Mass., and at The McLean Center at Fernside in Princeton, Mass.

About McLean Hospital

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