



# THE MCLEAN RESIDENCE

## AT THE BROOK

*A transitional living program with an expert approach to substance use disorder treatment.*



The McLean Residence at the Brook provides assistance to people suffering from a wide range of substance use problems, particularly those who have had persistent relapses, who require further psychiatric or psychosocial assessment or whose substance use problems are complicated by mental health difficulties.

### Recovery in a home-like residence

A caring staff and close attention to privacy and discretion helps individuals overcome addiction in a safe environment. The newly renovated residence with eight single rooms offers a relaxing, home-like atmosphere where individuals can focus on recovery in comfort. The accommodations include catered meals, wireless Internet access and complimentary private health club membership.

### Convenient access to many resources

Located in a brick colonial home in a thriving community setting close to opportunities for rehabilitation and personal growth, "The Brook" is less than a mile from the McLean campus and all of its psychiatric resources. The residence is conveniently located close to public transportation, with easy access to the cultural and educational attractions in nearby Cambridge and Boston.



*The McLean Residence at the Brook, Waltham, MA*



**McLean Hospital**

A HARVARD MEDICAL SCHOOL AFFILIATE

[mcleanbrook.org](http://mcleanbrook.org)

## The McLean path to recovery

The treatment program at “The Brook” supports individuals as they fully reclaim their independence from addictive substances, learn to manage the stress of an active life without returning to substance dependence, and attain personal, career and recovery goals. The program offers many benefits:

- Care and evidence-based treatment by highly skilled addiction specialists and mental health clinicians.
- Individualized treatment plans.
- Opportunity for discreet recovery in a stable community setting.
- Extended treatment (90 days minimum) for sustained recovery.
- Preparation for managing stress in a complex world.
- Skills training for a productive life outside of a treatment environment.



## Comprehensive assessment and care

Through treatment from expert clinicians, individuals learn to build substance-free and psychologically stable lives. Residents are provided with:

- Case management support (individual psychotherapy available).
- Group therapy, counseling and psychoeducational support.
- Psychiatric/psychopharmacological assessment and medication management.
- Support of activity-based rehabilitation through exercise, yoga, cooking and other activities.
- On-site 24-hour staff support.
- Assistance through various peer support groups, including 12-step groups.
- Support and education of family members and significant others.
- Ongoing consultation with a referring clinician and comprehensive after-care planning.
- Coordination of a full-range of ancillary treatments, tests and exams, as needed, such as neurological and psychological evaluation and specialty imaging.

## Teaching hospital expertise

- Harvard Medical School-affiliated medical director specializing in the treatment of addictive disorders.
- Effective recovery approach founded on evidence-based, empirically tested treatment modalities.
- Integrated treatment approach—developed by Roger Weiss, MD, Chief of the Division of Alcohol and Drug Abuse at McLean Hospital and Professor of Psychiatry, Harvard Medical School—for patients with both substance use disorders and psychiatric illness.

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*The McLean Residence at the Brook is licensed by the Massachusetts Department of Mental Health and the Massachusetts Department of Public Health. The hospital is accredited by The Joint Commission.*

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Ranked first among the nation's top freestanding psychiatric hospitals...*U.S. News & World Report*

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

