

## Residential Treatment Services

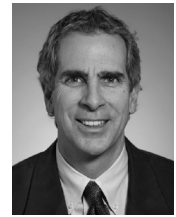
**M**cLean Hospital offers comprehensive evaluation and treatment in a variety of residential settings for individuals who do not require the intensity of medical, psychiatric and nursing services offered in inpatient care. McLean's residential programs include:

### Private-Pay Residences

**The Pavilion at McLean** is a premier service for persons requiring comprehensive psychiatric, behavioral and substance abuse evaluation and treatment. It is geared to the needs of the private-pay patient and family, offering the kind of choice, flexibility, confidentiality and service not found in today's behavioral health-care world. All of the expert diagnostic and treatment resources of McLean and its Partners HealthCare affiliates are available. The Pavilion provides a home-like residence, comfortably appointed single bedrooms with private baths, specially prepared meals and other amenities. Residents benefit from 24-hour staff support, easy access to hospital services and availability of a state-of-the-art health club. Most evaluations are completed within two weeks. Extended stays are possible if clinically indicated. Contact: Cathy McCool, LICSW, director of Admissions, at 617. 855.2874 or [pavilion@mclean.org](mailto:pavilion@mclean.org).

**The Gunderson Residence** is an exclusive treatment program for women age 21 and older, with borderline personality disorder or other complex personality disorders. The self-funded program offers highly structured, individualized treatment in a comfortable, supportive setting designed to foster self-reliance, independence and optimal functioning. Referrals to the program may be made by individuals or professional referrers. Contact: 888.657.5699 or [gundersonres@mclean.harvard.edu](mailto:gundersonres@mclean.harvard.edu).

**The McLean Center at Fernside** is a world-class residential treatment program for adults with substance use disorders. As a satellite of McLean Hospital, this 10-bed, private-pay program, offers evaluation and individualized services for residents whose substance use disorders may be complicated by co-occurring psychiatric conditions. The program, located in Princeton, Mass., about 55 miles outside of Boston, combines the use of medications, if required, and psychosocial treatment modalities with a daily psycho-educational curriculum for proven positive outcomes. The center is beautifully furnished throughout. All rooms are private and have full baths. The length of stay is 30 days. Contact: 800.906.9531 or [mcleancenter@mclean.harvard.edu](mailto:mcleancenter@mclean.harvard.edu).



*Mark Robart, LICSW  
Program Director*

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

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**The McLean Residence at the Brook** is a longer-term, residential treatment program for adults with a wide range of substance use problems, particularly those who have had persistent relapses, require further psychiatric or psychosocial assessment or whose substance use disorder is complicated by psychiatric illness. This eight-bed, private-pay program, located in Waltham, Mass., offers case management support, group therapy, counseling and psychosocial support, and medication management. For further information, please call 888.515.9699 or 781.647.0155.

**3East** is a private-pay, residential treatment program for adolescent girls, ages 13 to 19, who have emerging borderline personality disorder, mood disorders, post-traumatic stress disorders or self-injurious behavior. The residence places heavy emphasis on dialectical behavior therapy and other related coping skills. Patients typically remain in the program for four to six weeks or longer, if needed. Please call 877.967.7233 or 617.855.2804. A step-down unit of 3East offers longer-term residential care to patients who have completed or are “stepping down” from the intensive program. Additionally, a co-educational day program operates daily from 9 am to 3 pm in four-week cycles. Call 877.967.7233 or e-mail [3East@mclean.harvard.edu](mailto:3East@mclean.harvard.edu).

### Private-Pay and Insurance-Based Residences

**The Landing at McLean Hospital** is a structured, 24-hour residence for adolescents through age 19, who have co-occurring substance use disorders and psychiatric illness. During the initial two weeks of the program, patients focus on crisis stabilization and skills training—a phase of treatment reimbursable by most insurance plans. Adolescents prepared and motivated to attain a more complete level of recovery may extend their treatment by 14 to 28 days. During this transitional level of care, patients consolidate skills they have acquired to prepare for re-entry into the community. This phase of the program is not reimbursable by insurance or third-parties. Please call 877.412.3445, 617.855.2800 or e-mail [mcleanlanding@mclean.harvard.edu](mailto:mcleanlanding@mclean.harvard.edu).

**The Appleton Continuing Care Program** provides private-pay residential services for individuals with bipolar and psychotic disorders as an adjunct to their ongoing active treatment and rehabilitation. The program’s mission is to provide unique, personalized, and comprehensive psychiatric and rehabilitative care. The goal of treatment is for individuals to gain more independence by learning to understand, accept and manage their illnesses so they can return to the community and live as independently as their conditions allow. Residents meet regularly with a psychiatrist, a case manager and a primary counselor. They participate in daily groups and receive assistance with medication management and organizing a daily schedule. Family involvement is

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an essential part of the treatment at Appleton. Residential stays vary; most are from two to four months. Contact: Sharon Berman, LICSW, program director, at 617.855.3756 or [sberman2@partners.org](mailto:sberman2@partners.org).

**The Obsessive Compulsive Disorder (OCD) Institute**, a clinical collaboration between McLean Hospital and Massachusetts General Hospital, is dedicated to the clinical care of people with obsessive compulsive disorder. The program, located at McLean, provides partial hospital and intensive residential levels of care for persons age 16 and older who suffer from severe or treatment-resistant OCD and co-occurring conditions. The OCD Institute provides a comprehensive program that integrates somatic, behavioral and milieu treatments. Length of stay is usually two to eight weeks but may be longer. Contact: Diane Davey, RN, MBA, program director, at 617.855.3279 or [davey@ocd.mclean.org](mailto:davey@ocd.mclean.org).

**The Hill Center for Women at McLean** offers psychiatric and psychological services for women with borderline personality disorder, histories of trauma and related disorders, mood disorders and anxiety disorders. The program, with 13 residential beds and a partial hospital component, provides intensive dialectical behavior therapy 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. Typical length of stay is two to three weeks. Contact 617.855.2595, Monday through Friday, to speak to the intake coordinator. Prospective patients may also contact the program via e-mail at [women@mclean.harvard.edu](mailto:women@mclean.harvard.edu).

**The Klarman Eating Disorders Center at McLean** offers residential and partial hospital care to adolescents and young women ages 13 to 23. Treatment is based on individual contracts made with the patient, her family and the center staff. These contracts are continually reviewed and re-negotiated. Treatment includes psychiatric and medical evaluation; nutritional counseling; cognitive and dialectical behavior therapies; symptom management skills; family therapy; and psychopharmacology. Please call 617.855.3410.

**The Adolescent Acute Residential Treatment (ART) Program** provides structured, 24-hour care for adolescents ages 12 to 19. This short-term program, offered at both the Belmont and Brockton campuses, serves as an alternative to, and step-down from, inpatient care. It features dialectical behavior therapy, tracks for substance abuse and anger management, family therapy and psychopharmacology. Please call 617.855.2800 for information on the ART program located at McLean's main campus in Belmont and 508.894.8420 for the Brockton ART.

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**The Alcohol and Drug Abuse Treatment Program** offers acute residential care for individuals with substance use disorders is available at McLean's Belmont campus. The program is suited for individuals who can benefit from the additional support of a structured, alcohol- and drug-free, tobacco-free setting. The program offers an in-depth assessment of each individual's unique situation allows for a treatment approach that is personalized and comprehensive. Recognizing that individuals vary widely in terms of motivation for treatment and life circumstances, the staff is committed to developing flexible strategies for achieving treatment goals. Both professional care and self-help approaches are integrated into the model. Contact: Linda Marucci, Intake coordinator, 617.855.3505 or [lcmarucci@partners.org](mailto:lcmarucci@partners.org).

**The McLean Ambulatory Treatment Center at Naukeag** in Ashburnham, Mass., provides adult partial hospital and residential services for chemically dependent individuals. The facility is located in a lovely lakeside location 40 miles from Boston. The highly trained and experienced professionals offer a unique blend of clinical competence and empathy that helps create the framework for successful recovery. Program staff members treat individuals with the most challenging problems, including those whose substance abuse is complicated by psychiatric illnesses. Contact: 800.230.8764 or [wkrauss2@partners.org](mailto:wkrauss2@partners.org).

### About McLean Hospital

*U.S. News & World Report* consistently ranks McLean Hospital 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.