

# THE LANDING

at McLEAN HOSPITAL



*A residential treatment program for adolescents up through age 19 with co-occurring substance use disorder and psychiatric illness.*

*The Landing at McLean Hospital is one of the premier adolescent-only dual-diagnosis programs in the United States. We serve both males and females in our structured 24-hour treatment program.*

## **Encompassing both acute and transitional phases of care**

All adolescents complete an initial two-week phase of treatment that focuses on crisis stabilization and skills training. This phase is reimbursable by most insurance plans.

Adolescents ready and motivated to attain a more complete level of recovery may extend their treatment in our self pay 14-to-28-day Transitional Care Program. In this phase of treatment, adolescents consolidate acquired skills to prepare for life back in the community.

The Transitional Care phase is a self pay program that does not accept insurance or third party reimbursement.



**McLean Hospital**

A HARVARD MEDICAL SCHOOL AFFILIATE

[www.mcleanlanding.org](http://www.mcleanlanding.org)

## Dedicated leadership and experienced clinicians

Adolescents receive their care from a highly experienced clinical team with specialized expertise in treating adolescents. Our clinical staff is comprised of child psychiatrists, clinical psychologists, clinical social workers, nurses, expressive art and recreational therapists, clinical



educators and mental health specialists. All have experience with adolescents from diverse backgrounds.



## A proven path to recovery

- Comprehensive assessment and diagnostic evaluation. Specialty consultations are available in neurology, eating disorders, personality disorders, Asperger's disorder and trauma.
- Integrated multiple treatment approach: cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), motivational interviewing (MI), 12-step programs and contingency management.
- Psychopharmacology evaluation and management, including suboxone treatment, when indicated.
- Milieu therapy to build a sense of autonomy and membership in a community.
- Skills training and groups for managing anger, impulse control, trauma, relationships and related issues.
- Recreational and expressive therapy, including ropes course, sports activities, cooking, knitting and many other activities, to develop mastery and self-esteem.



- Use of newly developed skills outside the program, including exposure exercises, attendance at 12-step meetings and volunteering, for adolescents in the Transitional Care Program.
- Parental involvement—weekly parent support group, skills training and family meetings and visits.
- Regular contact with school and outpatient treatment team.



## Care in a peaceful, open setting

Located only minutes from Boston, McLean Hospital offers a peaceful environment that enables adolescents to focus on improving their mental health in an open, unlocked setting. We provide comfortable bedrooms, spacious common areas for groups and conversation, a fully equipped kitchen, a fitness facility and a basketball court.

## Contact

Our staff are available to answer your questions. For more information, call **617.855.2816** or toll free at **877.412.3445**, or e-mail us at [mcleanlanding@mclean.harvard.edu](mailto:mcleanlanding@mclean.harvard.edu). Additional details about the program can be found at [www.mcleanlanding.org](http://www.mcleanlanding.org).

*The Landing at McLean Hospital is licensed by the Massachusetts Department of Early Education and Care.  
McLean Hospital is licensed by the Massachusetts Departments of Mental Health and Public Health.  
The hospital is accredited by The Joint Commission.*

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