



3East

AT MCLEAN HOSPITAL
acceptance • balance • change

*A treatment program
for individuals ages
13 to 20 with impulsive
and self-destructive behaviors.*

3East at McLean Hospital is a highly specialized, self-pay treatment program for individuals exhibiting self-endangering behaviors and emerging borderline personality traits. Individuals may present with symptoms of depression, anxiety, disordered eating, substance use, self-injury and post-traumatic stress disorder.



Evidence-Based Treatment

The clinical care provided at 3East is guided by the latest research in the treatment of emerging borderline personality disorders and related psychiatric conditions. Dialectical behavior therapy (DBT) and other treatment techniques are used specifically to produce adaptive and effective behaviors in adolescents.

Motivating Patients

Recognizing that individuals vary widely in their motivation for treatment and capacity to tolerate change, 3East staff members are specifically trained and experienced in helping patients strengthen their commitment to constructively engage in the rehabilitation process.



McLean Hospital
A HARVARD MEDICAL SCHOOL AFFILIATE

Patient Profile

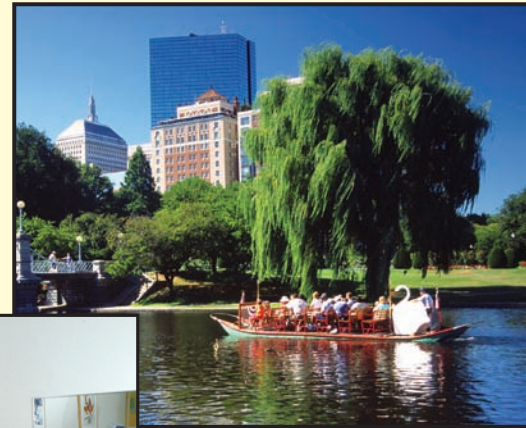
Those who would benefit from the program may:

- Suffer from emerging personality disorder that can co-exist with other psychiatric conditions, such as depression and anxiety.
- Demonstrate self-harm or substance abuse behaviors rendering outpatient treatment unsafe and inadequate.
- Need a full psychiatric evaluation or precise diagnosis.
- Require an intensive, individually crafted rehabilitation plan.
- Benefit from long-term DBT skills development geared toward self-regulation.



Treatment Components

- Individual and group DBT therapy.
- Around-the-clock skills coaching for patient and family.
- Family therapy.
- Cognitive therapy.
- Milieu therapy.



Levels of Care



- Residential intensive: for girls and young women ages 13 through 20 with a minimum 28-day length of stay.
- Residential step-down: for "graduates" of residential intensive treatment.

- Day program: for young men and women ages 13 through 20.

Research-based Treatment Strategies

- Highly skilled DBT treatment team consists of world-renowned child and adolescent psychiatric experts.
- On-site psychiatric services provided by Harvard Medical School faculty on a one-to-one basis.
- Comprehensive programming enabled by cognitive/behavioral skill development, rigorous group therapy, enhanced family involvement and transitional care planning.



- Case management.
- Recreational therapy.
- Psychopharmacology evaluation and treatment (short- and long-term planning).
- After-care planning, recommendations and referrals.

Treatment Completion

Upon discharge from the program, patients are aptly prepared to return to their homes or progress toward the next appropriate level of care equipped with the skills and strategies they have learned during treatment.

Insurance Information

As a self-pay program, 3East does not accept insurance or directly assist with insurance reimbursement efforts. However, some treatment expenses may be recovered through insurance. Documentation for clinical care will be provided routinely to the party responsible for payment.



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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.

