



BOURNEWOOD

HEALTH SYSTEMS

AMBULATORY SERVICES FOR ADULTS & ADOLESCENTS

Bournewood Hospital's ambulatory services include partial hospital, intensive outpatient and traditional outpatient programs for adults and adolescents with emotional, behavioral, psychiatric and addictions disorders. These programs can serve as a step-down from an inpatient stay or a stand-alone option. They provide structured settings in which participants can address their presenting issues while living in the community and continuing to meet their personal responsibilities. Patients generally attend programs three to five days per week for two to three weeks.

All of Bournewood's ambulatory programs focus on the individual needs of patients and emphasize stabilization of presenting problems and coordination of aftercare options. Its staff utilizes a strength-based model and provides treatment for a wide range of disorders and severities. Family members and loved ones are involved in treatment whenever possible and appropriate. Adult ambulatory services are available at both the main campus in Brookline, Massachusetts and at the Bournewood-Caulfield Center in Woburn, Massachusetts. Adolescent ambulatory services are offered at the Brookline campus. In addition, Bournewood provides outpatient services in Brighton and has affiliations with a number of outpatient practices and sober home programs throughout the Greater Boston area.

Bournewood's treatment teams include psychiatrists, psychiatric clinical nurse specialists, licensed social workers, certified addictions counselors and licensed mental health counselors. Medical and dietetic consultations are also available, as is a certified academic tutor for adolescents during the academic year.

Bournewood's ambulatory services, which are covered by most major insurers, include:

- Psychiatric evaluation
- Multidisciplinary approach
- Individual therapy, group and family therapy
- Psychiatric and addictions/dual diagnosis tracks
- Medication management
- Case management
- Mental health and addiction education and counseling
- Relapse prevention and recovery skills training
- Collaboration with primary care clinicians and other outpatient providers
- Aftercare planning and support in transition to the community

FOR REFERRALS
TO OUR
PROGRAM
24 HOURS A DAY,
365 DAYS A YEAR,
CALL
1-800-468-4358

For more information about Bournewood Hospital, please call 800-468-4358 or visit www.bournewood.com.