



ADDICTION TREATMENT AT McLEAN

Comprehensive Care to Help Individuals
Regain Control of Their Lives




GETTING STARTED ON THE ROAD TO RECOVERY

McLean Hospital knows that substance abuse can cause serious issues at home, at work, at school, and in relationships. We provide comprehensive care for individuals who want to break the addiction cycle and regain control of their lives. Addiction care is provided in a variety of environments, including inpatient detox, residential, and day programs (partial hospital). A specialized track for first responders is also available.

In-depth assessment, personalized treatment, case management, and ongoing support and education are hallmarks of these services. Individual and group therapy is offered, along with medication management and a daily educational curriculum to promote prolonged recovery.

Knowing that substance use is often seen alongside depression, anxiety, and PTSD, our programs leverage the expertise at the wide-ranging mental health services throughout McLean Hospital to find out what is really going on and get you back to living a successful, sober life.



"I am so grateful for all of the skills McLean provided me to live a happier and healthier life without alcohol."

– Former McLean patient



PUTTING PEOPLE FIRST THROUGH CUSTOMIZED TREATMENT

McLean offers multiple options for compassionate care through a range of treatment programs. Our Addiction Treatment Center at Naukeag, located in Central Massachusetts, offers insurance-based residential and partial hospital care to meet the precise needs of each and every patient. Inpatient detox and partial hospital care is also offered on McLean's Belmont campus.

Specialized substance use treatment services are available for first responders in our LEADER (Law Enforcement, Active Duty, Emergency Responder) program, which provides mental health and addiction services designed specifically for men and women in uniform. LEADER's experienced team of physicians, psychologists, social workers, nurses, and counselors has specialized expertise in working with police officers, military staff, and first responders.

To learn more, visit [**mcleans.org/addiction**](https://mcleans.org/addiction)

SIGNATURE RECOVERY: COMBINING WORLD-CLASS ADDICTION TREATMENT WITH COMFORT

McLean's Signature Recovery programs combine world-class treatment with luxury amenities. Fernside in Princeton, Massachusetts, and Borden Cottage in Camden, Maine are self-pay settings offering private accommodations in a serene location, allowing patients to focus on recovery. A month-long stay at either location allows individuals the opportunity to concentrate only on their treatment and is recommended to ensure success. These programs are ideal for adults entering treatment for the first time, those who have previously completed a treatment program but have relapsed or are at risk to relapse, or those who have tried other treatment programs but were not ready for or satisfied with the previous care.

To learn more, visit [**mcleans.org/signature**](https://mcleans.org/signature)



Growing up as a kid outside of Chicago, John describes a sadness he felt that he didn't notice in other kids. He discovered alcohol, which seemed like the only thing that could lift the sadness.

I had to convince people I had a problem. It seemed nobody even wanted me to quit drinking.

At 25, John was prescribed antidepressants for the first time. The medication allowed him to experience hope and see solutions instead of just doom and gloom. It took another 15 years to achieve sobriety with the help of AA. His message to young people: Don't wait. Don't be afraid to ask for help.

"Because of the stigma, no one wants to see mental illness."

John, who lives in Illinois, is a software engineer and participant in McLean Hospital's mental health awareness campaign, Deconstructing Stigma. Read more about his journey and share your own at deconstructingstigma.org.



94%

OF McLEAN PATIENTS WOULD
RECOMMEND OUR CARE TO
A FAMILY MEMBER OR FRIEND

mclean.org

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