

A GUIDE TO McLEAN HOSPITAL

Putting people first in mental health care,
research, and education.



McLean
HARVARD MEDICAL SCHOOL AFFILIATE



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

— Former McLean patient

Addiction

McLean Hospital provides comprehensive support for individuals who want to reduce chemical dependency and regain control of their lives. Knowing that substance use is often seen alongside other psychiatric disorders, such as depression, anxiety, and trauma, our programs leverage the expertise and wide-ranging mental health and evaluative services throughout McLean Hospital.

Addiction care is provided in a variety of environments—including inpatient, residential, and day programs (partial hospital)—in order to meet the needs of all McLean patients. In-depth assessment, personalized treatment, case management, and ongoing support and education are hallmarks of these services.

Based on the proven success of a residential model to treat addiction, McLean offers both insurance-based and self-pay treatment options. Each of our programs combines evidence-based psychosocial treatment provided by Harvard Medical School-affiliated clinicians. Individual and group therapy is offered, along with medication

management, if required, and a daily educational curriculum to promote prolonged recovery.

Our Signature Addiction Recovery Programs combine world-class treatment with luxury amenities. Each self-pay setting—Fernside, located in scenic Princeton, Massachusetts, and Borden Cottage, located in Camden, Maine—offers private accommodations in a serene location, which allows 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 ages 18 and older 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.

Bipolar Disorder and Schizophrenia

For patients who live with schizophrenia, bipolar disorder, or other severe forms of mental illness, McLean Hospital offers an array of mental health services. Successful treatment of these disorders involves a combination of elements, including medications, talk therapy, symptom education, and rehabilitation and social supports.

Staff in our inpatient, residential, outpatient, and community-based programs have specialized expertise in treating this patient population and in providing individualized support and education to family members. McLean is dedicated to continuity of services during transitions and helps to coordinate care with community clinicians, social service agencies, families, and other support systems.


Our inpatient programs provide care for individuals in acute crisis or with severe exacerbation of illness where safety or self-care are seriously compromised. McLean also

has two community programs that assist with in-home treatment and daily living support.

Appleton is a self-pay, residential treatment program for adults with persistent psychotic disorders. Program staff provide the kind of personalized care that enables people to understand, accept, and manage their illnesses so they can return to their communities and live as independently as possible.

McLean OnTrack™ is an outpatient program for adults ages 18-30 specializing in the early recognition and treatment of psychotic disorders, especially first-episode psychosis. The program works with each patient to prevent further psychotic episodes, restore a person's functioning, and help individuals and families regain their sense of control.

mclean.org/bipolar



"Just having someone who understood made a world of difference."

– Parent of a patient treated at McLean



"I can't say enough about the people at McLean and how supportive they have been."

— Former McLean patient

Borderline Personality Disorder

We know what it means to have borderline personality disorder (BPD), and we are here to help. At McLean Hospital, we combine the highest quality care, research, and clinical training to provide unparalleled specialty services for adolescents and adults living with BPD. Offering individual and family services that have proven results, McLean has specialized residential, partial hospital (day) programs, and outpatient care—as well as an array of treatments for coexisting diagnoses and symptoms such as depression, anxiety, addiction, and trauma.

Our specialized therapeutic approaches, including dialectical behavior therapy (DBT), general psychiatric management (GPM), and mentalization-based treatment (MBT), help patients with the goal of improving interpersonal and relationships skills and reducing self-destructive behaviors.

Services include individual and group therapy, family therapy, comprehensive psychiatric and

medical assessments, customized treatment plans and aftercare planning, medication evaluation and management, and patient education and support.

Our most popular adult programs, named after McLean's famed BPD pioneer John Gunderson, offer intensive treatment and skills training for men and women. Residential through outpatient care is available in these comprehensive, self-pay programs.

Our adolescent DBT programs known as 3East offers a full continuum of self-pay treatment services for adolescents ages 13-21 with BPD and related diagnoses and symptoms. With care settings ranging from residential to outpatient, treatment at 3East places heavy emphasis on patient education, including learning DBT and other coping skills.

Depression and Anxiety Disorders

At McLean Hospital, we are dedicated to providing comprehensive mental health services to help individuals living with mood disorders such as depression and anxiety. We utilize evidence-based treatment and therapy models informed by cutting-edge research conducted at McLean and around the world. By incorporating various approaches, treatment can be customized for each individual to help ensure recovery.

Depression and anxiety care incorporates individual, group, and family therapy, behavioral therapies, diagnostic assessment, consultation services, tailored treatment plans, and medication evaluation and management. McLean is committed to providing robust patient and family education and support, including educational materials, support groups, and assistance with community resources.

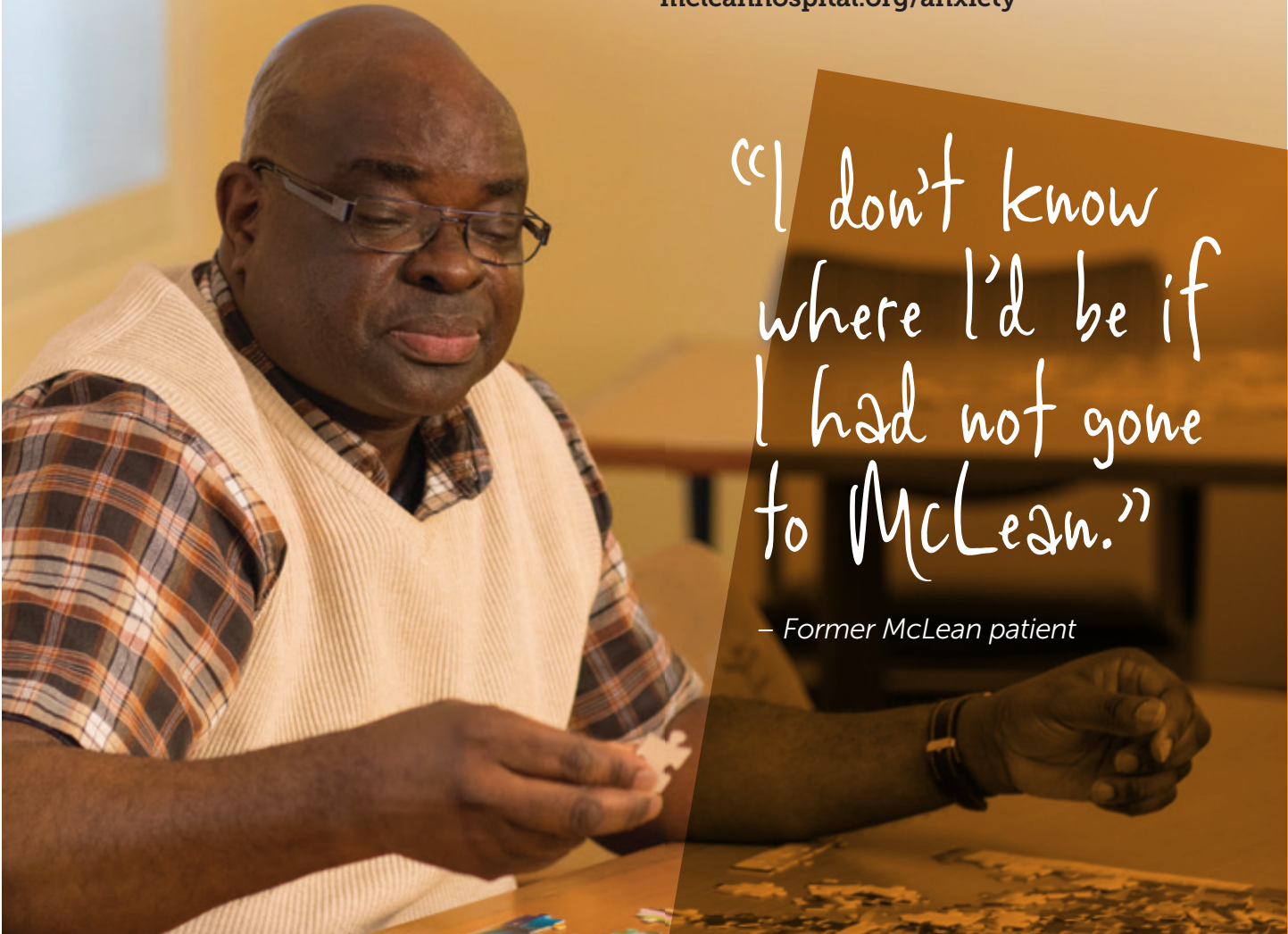
Our inpatient programs offer a safe and secure environment for patients in need of immediate acute care, while our residential, day, and outpatient programs focus on providing skills for

patients to manage their illnesses on their own.

The OCD Institute provides insurance-based residential and day program care for adults with severe OCD and co-occurring psychiatric diagnoses. Exposure and response prevention therapy and other cognitive behavioral therapies help patients work toward objective measures of improvement. Group therapy targets symptom management, goal setting, motivation, mindfulness, and normalization in daily functioning.

The Pavilion is the premier destination for adults requiring comprehensive psychiatric assessment. With the goal of clarifying diagnosis and offering effective treatment recommendations, this self-pay program provides unparalleled diagnostic evaluation with an emphasis on flexibility and confidentiality.

mcleanhospital.org/anxiety



"I don't know where I'd be if I had not gone to McLean."

– Former McLean patient

Child and Adolescent Mental Health


McLean treats children ages 3-19 for an array of diagnoses, including depression, anxiety, ADD/ADHD, and bipolar disorder, and we also provide specialty treatment programs focusing on OCD and personality disorders and their accompanying symptoms. Our full complement of inpatient, outpatient, residential, and partial hospital services helps young people and their families cope with psychiatric illness and the challenges it often brings.

State-of-the-art diagnosis and treatment is tailored to each child's needs and focuses on symptom reduction and skills development. Patients and their families benefit from our range of treatment programs as well as access to consultation services from specialties throughout the hospital.

Our expert clinicians and support staff have dedicated their careers to working with young people and so are able to provide compassionate, focused care to this patient population. This multidisciplinary staff works collaboratively with family, community-based clinicians, schools, and social service agencies to establish realistic treatment goals for each child.

McLean is also home to two academic programs—Arlington School, a fully accredited high school for students who are challenged by psychiatric disorders, and Pathways Academy, which serves elementary through high school students who have autism spectrum and related disorders.





Our adolescent programs known as 3East offers a full continuum of self-pay dialectical behavior therapy (DBT) treatment services for teens ages 13-21 with borderline personality disorder, mood disorders, post-traumatic stress disorder, or those struggling with self-injurious or suicidal thoughts or behaviors. With care settings ranging from residential to outpatient, treatment at 3East places heavy emphasis on patient education, including learning DBT and other coping skills.

The McLean Anxiety Mastery Program works closely with children and adolescents ages 7-19 who present with social anxiety,

phobias, panic attacks, separation anxiety, and obsessions and compulsions. This self-pay outpatient clinic offers group therapy with an emphasis on exposure and response prevention therapy.

OCDI Jr., a component of McLean's OCD Institute, is an insurance-based residential program for children and adolescents ages 10-18 with obsessive compulsive disorder and/or severe forms of anxiety. The program uses evidence-based behavioral treatment approaches, including exposure and response prevention therapy and acceptance and commitment therapy.

mclean.org/child

"I can't put into words what McLean has done for her and for us—I see McLean as clearly saving her life."

— Parent of a teen treated at McLean

Eating Disorders

Founded with the generous support of the Klarman Family Foundation, the Klarman Eating Disorder Center provides state-of-the-art treatment for young women ages 16 to 26. Our residential and partial hospital program specializes in the treatment of anorexia, bulimia, and binge eating disorder. Recognizing that each young woman has a distinct set of issues that contribute to her eating disorder, we also understand that many

also struggle with co-occurring mental health conditions such as substance use, depression, mood and anxiety disorders, and post-traumatic stress disorder.

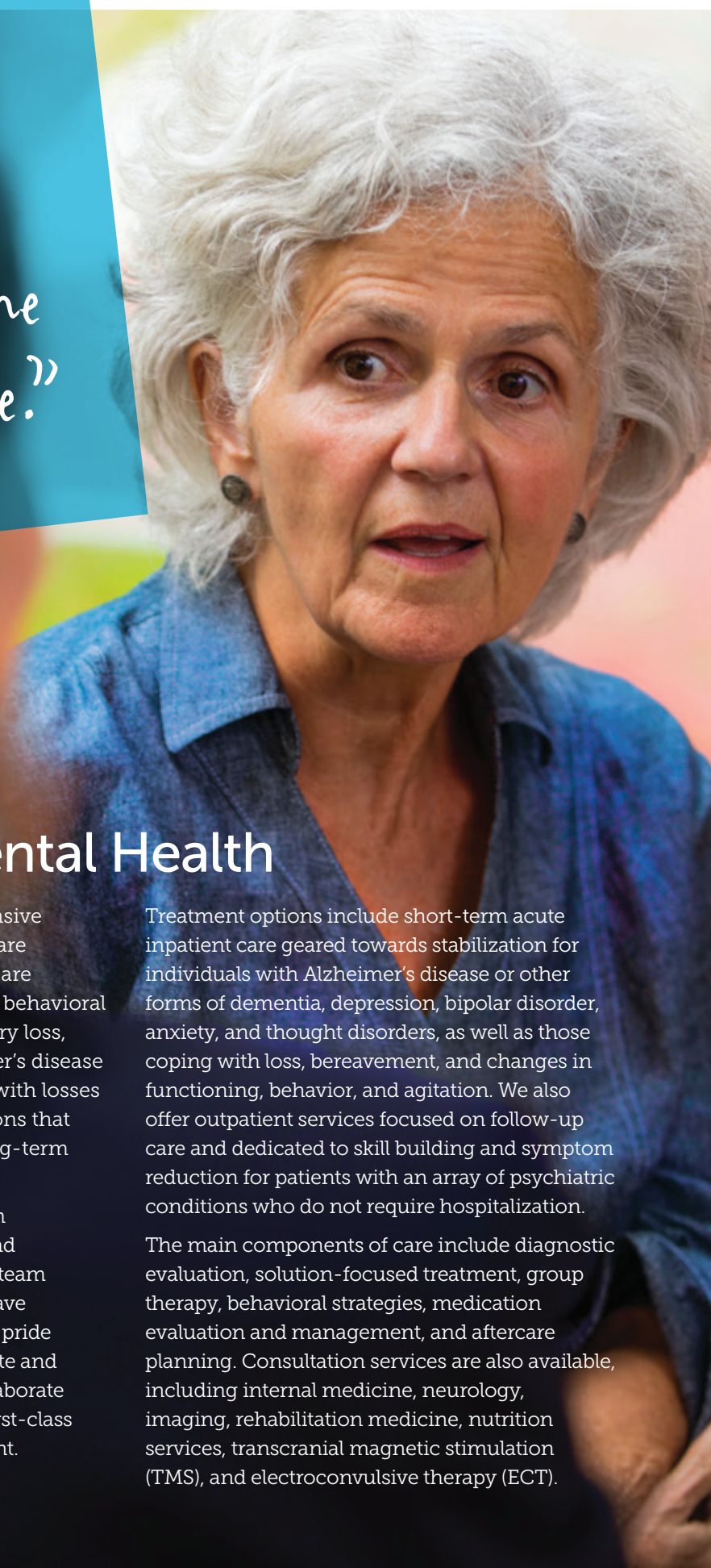
Patients are taught skills to manage their physical and mental health and to change problematic behaviors by increasing their self-awareness. Care also includes monitoring of labs, vital signs, bathroom use, weight, and physical health.

mcleans.org/klarman



"By the time I had left I felt I had regained my life."

— Former McLean patient



"I am forever grateful for the support the staff gave me."

– Former McLean patient

Older Adult Mental Health

McLean Hospital provides comprehensive diagnosis, treatment, and follow-up care for individuals ages 50 and older who are experiencing emotional, cognitive, or behavioral symptoms. These may include memory loss, mood disturbances, anxiety, Alzheimer's disease or other dementias, difficulty coping with losses and transitions, or behavioral conditions that interfere with care at home or in a long-term care setting.

Our older adult programs utilize proven treatment models informed by basic and clinical research. Our interdisciplinary team of expert clinicians and support staff have chosen geriatrics as their specialty and pride themselves on providing compassionate and efficient care. We work together to collaborate with patients and families to provide first-class treatment in a comfortable environment.

Treatment options include short-term acute inpatient care geared towards stabilization for individuals with Alzheimer's disease or other forms of dementia, depression, bipolar disorder, anxiety, and thought disorders, as well as those coping with loss, bereavement, and changes in functioning, behavior, and agitation. We also offer outpatient services focused on follow-up care and dedicated to skill building and symptom reduction for patients with an array of psychiatric conditions who do not require hospitalization.

The main components of care include diagnostic evaluation, solution-focused treatment, group therapy, behavioral strategies, medication evaluation and management, and aftercare planning. Consultation services are also available, including internal medicine, neurology, imaging, rehabilitation medicine, nutrition services, transcranial magnetic stimulation (TMS), and electroconvulsive therapy (ECT).

mclean.org/older-adult



"The treatment was comprehensive and well rounded, and the staff were well trained and clearly cared about their patients."

– Former McLean patient

Trauma

McLean provides exceptional care for those living with trauma symptoms and disorders such as PTSD and dissociative identity disorder. Alongside comprehensive diagnostic assessments and specialty consultations, our services offer personalized treatment using evidence-based behavioral therapies.

Our trauma programs are ideal for those living with the effects of childhood abuse or other traumatic events, all of which proudly maintain a strong reputation for their balanced emphasis on stabilization and healing. We offer residential, inpatient, partial (day program), and outpatient

care focusing on group and individual therapy alongside medication consultation as needed.

The Hill Center for Women offers residential and day program treatment for women with histories of trauma and related disorders such as post-traumatic stress disorder, dissociative disorders, and borderline personality disorder. Empathy, compassion, collaboration, and empowerment are emphasized in order to help women build strength and regain control of their lives.

A woman with long, wavy, light brown hair is sitting on a thick wooden bench. She is wearing a black turtleneck sweater and black pants. She is smiling at the camera. In the background, there are colorful, abstract sculptures in red, yellow, and blue. The setting appears to be an indoor space with wooden floors and walls.

"Mental illness is nothing to be ashamed of."

Before marrying artist Dale Chihuly, who was diagnosed with bipolar disorder a couple of years before they met, Leslie was familiar with the deep depressions and extreme highs associated with bipolar.

Growing up, she witnessed her mother cycle through depression and mania and as an adult, was left grief-stricken when her mom died by suicide at age 76.

I think my experience with my family prepared me to be a good caregiver and partner to Dale. The story of Dale and me is a story of overcoming and doing things to make the world a beautiful place in spite of the personal losses we've experienced.

Leslie has made a commitment to raise awareness about mental illness and its stigma by sharing her story and by choosing not to hide from the ups and downs life has brought her.

Talking about mental illness is a huge step forward, and I hope as a society we get to a point where we can all speak openly about these disorders without fear of judgment. Mental illness is like any other chronic disease like heart disease or diabetes. It's not something that will go away, but it is something that we can work with and manage.

Leslie

Washington | CEO

Deconstructing Stigma

Deconstructing Stigma: Changing Attitudes About Mental Health is a multimedia international mental health awareness campaign that leverages first-person experiences, along with larger-than-life photographs, to educate and reinforce that mental health affects us all.

With more than 200 volunteers from across the United States and beyond, through frank and poignant story-telling, this campaign challenges individuals to reflect on their own mental health, as well as that of their loved ones and friends.

deconstructingstigma.org



Education

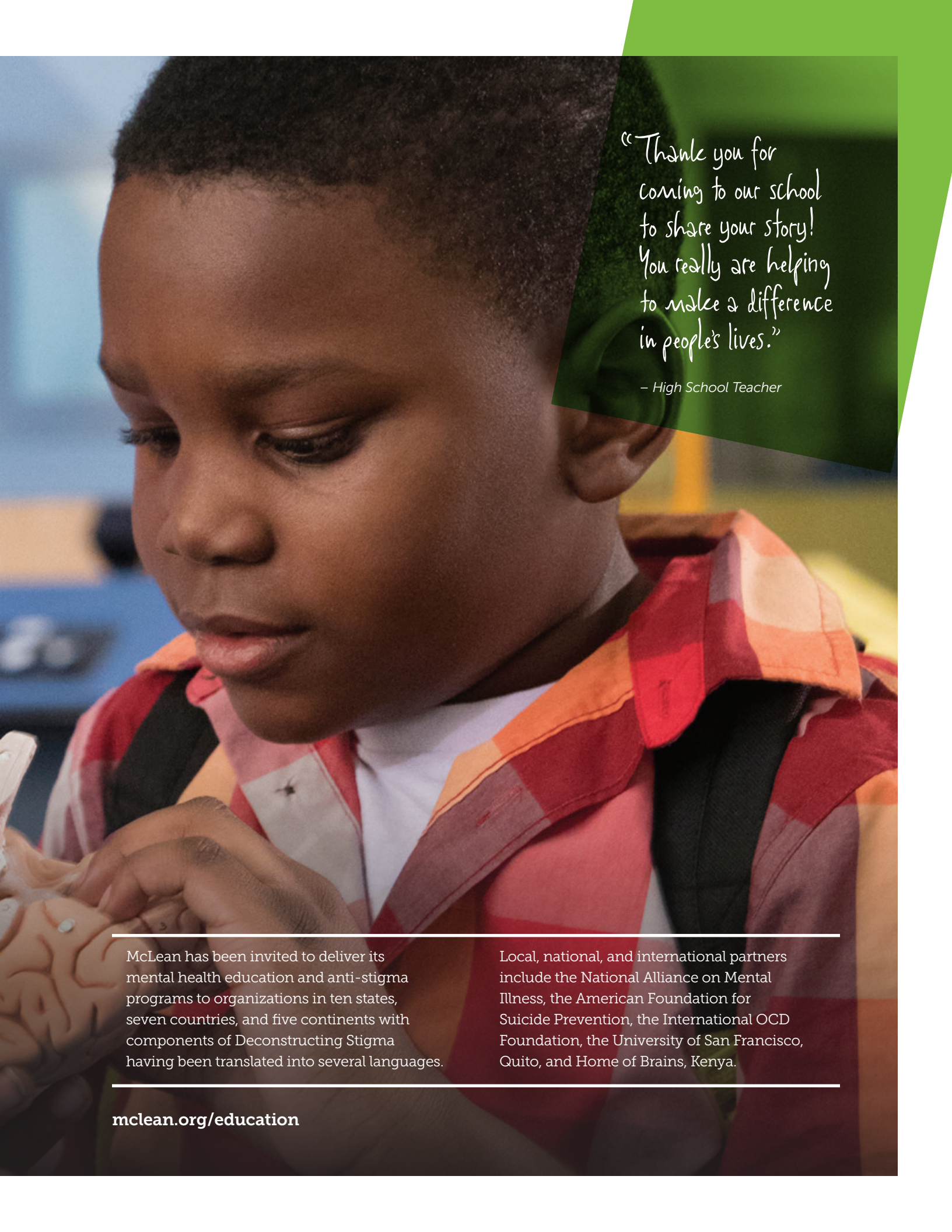
One in five Americans will experience a mental health issue in their lifetime and more than 450 million people worldwide currently live with a psychiatric disorder. Despite these numbers, misinformation and stigma continue to persist when it comes to mental health. In an effort to address the need for high-quality mental health information, McLean has launched a public education initiative unlike any other. McLean's education team employs a multi-pronged approach to introduce complex themes and discussion points around mental health and mental health stigma to lay audiences in an easily accessible and culturally sensitive manner.

This includes:

- Lived-experience storytelling by volunteers

from the Deconstructing Stigma campaign, with each presentation customized to ensure optimal audience engagement based on demographics such as age and cultural background.

- Expert coping skills training conducted by McLean Hospital and Harvard Medical School clinicians.
- Delivery of print and web-based education material for children, adolescents, and adults.
- A customized Deconstructing Stigma display that can be installed temporarily at each site.
- Hands-on demonstrations using a real human brain leading to engaged and interested audiences.



*"Thank you for
coming to our school
to share your story!
You really are helping
to make a difference
in people's lives."*

– High School Teacher

McLean has been invited to deliver its mental health education and anti-stigma programs to organizations in ten states, seven countries, and five continents with components of Deconstructing Stigma having been translated into several languages.

Local, national, and international partners include the National Alliance on Mental Illness, the American Foundation for Suicide Prevention, the International OCD Foundation, the University of San Francisco, Quito, and Home of Brains, Kenya.

mclean.org/education



"The experience I had at McLean was by far the best I've ever had."

– Former McLean patient

Centers of Excellence

McLean Hospital is proud to be the home of seven Centers of Excellence, where our expert teams of psychiatrists, psychologists, nurses, social workers, and other clinical support staff provide highly specialized care that is consistently cited as the gold standard in psychiatry. With our unique ability to bring together McLean's missions elements of clinical care, research, professional training, and advocacy, the Centers of Excellence offer psychiatric and scientific expertise whose collaborative efforts are improving the lives of our patients and their families.

mclean.org

[Center of Excellence in Psychotic Disorders](#)

[Center of Excellence in Depression and Anxiety Disorders](#)

[Center of Excellence in Substance Use Disorders](#)

[Center of Excellence in Child and Adolescent Psychiatry](#)

[Center of Excellence in Geriatric Psychiatry](#)

[Center of Excellence in Basic Neuroscience](#)

[Center of Excellence in Women's Mental Health](#)

Training

For nearly 200 years, McLean Hospital—a Harvard Medical School teaching hospital—has been providing the finest professional education for a wide range of mental health care professionals, including psychiatrists, psychologists, nurses, and social workers, who seek training in a variety of specialties.

Our fully accredited programming supports professional development with a focus on improving patient care.

McLean is also committed to the education of patients and families and to public awareness and outreach. By way of these interactions, the hospital enhances the understanding of psychiatric illness and helps to reduce its stigma, while at the same time shaping mental health care practice.

mclean.org/training


Research

McLean Hospital is home to the nation's oldest and foremost research program in a psychiatric hospital setting, and since 1888, it has been dedicated to studying the role of biological factors in mental illness.

Investigators at McLean gain insight into the causes of mental illness and neuropsychiatric and neurodevelopmental disorders by using cutting-edge approaches and technology to maximize discovery and accelerate translation of findings. Clinician-researchers study volunteer patients and research subjects to improve treatment outcomes and develop new and better therapy models.

With numerous laboratories and more than 400 research scientists and staff, McLean's robust research program is backed by more than \$40 million in funding from a variety of sources.

mclean.org/research

A photograph of a man with short grey hair and glasses, wearing a dark suit jacket over a light blue shirt, speaking at a wooden podium. He is facing right, and his mouth is open as if in the middle of a speech. In the background, an audience of people is seated in a room with large arched windows and classical architectural details. A purple semi-transparent box is overlaid on the right side of the image, containing white text.

“Research and clinical treatment take place side by side at McLean, enabling cross-collaboration and facilitation of scientific discoveries that have true meaning for the conditions we treat.”

– Bill Carlezon, PhD, chief of the Division of Basic Neuroscience



McLean

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