



Supporting Adolescents on Their Journey to Healing, Growth & Success

Evidence-based behavioral health services for adolescents ages **10–18**.

We provide compassionate, individualized care that helps teens build coping skills, improve emotional well-being, and successfully return to home, school, and their community.



PARTIAL HOSPITALIZATION PROGRAM (PHP)

Monday–Friday
8:00 a.m. – 3:30 p.m.

- Individual Therapy
- Group Therapy
- Family Support & Therapy
- Medication Management
- LearnWell Academics with Certified Teachers
- CBT & ACT Skill Development & DBT
- Mindfulness & Coping Skills
- Creative Arts Therapy
- Social Skills Development



WHO WE HELP

We serve adolescents ages 10–18 experiencing behavioral health challenges, including:

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|--------------------|-------------------------------------|
| ✓ Anxiety | ✓ Emotional & Behavioral Challenges |
| ✓ Depression | ✓ School Avoidance |
| ✓ ADHD | ✓ LGBTQ+ Related Concerns |
| ✓ OCD | ✓ Co-occurring Disorders |
| ✓ Bipolar Disorder | ✓ And more |
| ✓ Trauma & PTSD | |

Every adolescent receives an individualized treatment plan tailored to their unique strengths, goals, and needs.



INTENSIVE OUTPATIENT PROGRAM (IOP)

Monday–Friday
3:30 p.m. – 6:30 p.m.

Flexible treatment for adolescents who need continued support while maintaining daily routines.

- Group Therapy
- Individual Therapy
- Family Collaboration
- Skills Development
- Individualized Treatment Planning
- Evidence-Based Care



WHY FAMILIES & PROVIDERS CHOOSE US

- ✓ Multidisciplinary Treatment Team
- ✓ LearnWell Academics During Treatment
- ✓ Evidence-Based Therapies
- ✓ Medication Management
- ✓ Family-Centered Care
- ✓ Strong School Collaboration
- ✓ Individualized Treatment Plans
- ✓ Focus on Successful Reintegration into School & Community



Multidisciplinary care.
Academic support.
Stronger futures.



OUTPATIENT PSYCHOTHERAPY

Personalized therapy for a range of mental health challenges, including:

- | | |
|-----------------|------------------------|
| • Anxiety | • Mood Disorders |
| • Depression | • Emotional Regulation |
| • ADHD | • School Challenges |
| • Trauma & PTSD | • Life Transitions |
| • OCD | |

*In person and virtual
appointments available.*



INSURANCE ACCEPTED Access to Care Starts Here

We accept most major insurance plans, including commercial insurance, Medicare, and managed MassHealth plans.

FEATURED INSURANCE PLANS

MassHealth WellSense*

Mass General Brigham Health Plan*
Fallon Health*
Tufts*

*Includes eligible MassHealth-managed plans.

We also accept many additional plans, including:

- | | |
|--------------------------|-------------------------------|
| • Blue Cross Blue Shield | • UnitedHealthcare |
| • Harvard Pilgrim | • Optum |
| • Tufts Health Plan | • Evernorth Behavioral Health |
| • Aetna | • Wellpoint |
| • Cigna | • Medicare & more |



Not sure if your plan is covered?
Our intake team is happy to verify your benefits before your first appointment.
Call us: **(774) 519-6411**



MAKE A REFERRAL TODAY

We're here to support your adolescents and help them thrive.



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Scan to submit
a referral or
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our services.

