



CHILD AND ADOLESCENT TREATMENT AT McLEAN

Teaching Young People Skills
to Manage Their Mental Health



McLean



HARVARD MEDICAL SCHOOL
AFFILIATE

Her mom held Mary's phone, horrified by photos of Mary and some other girls cutting.

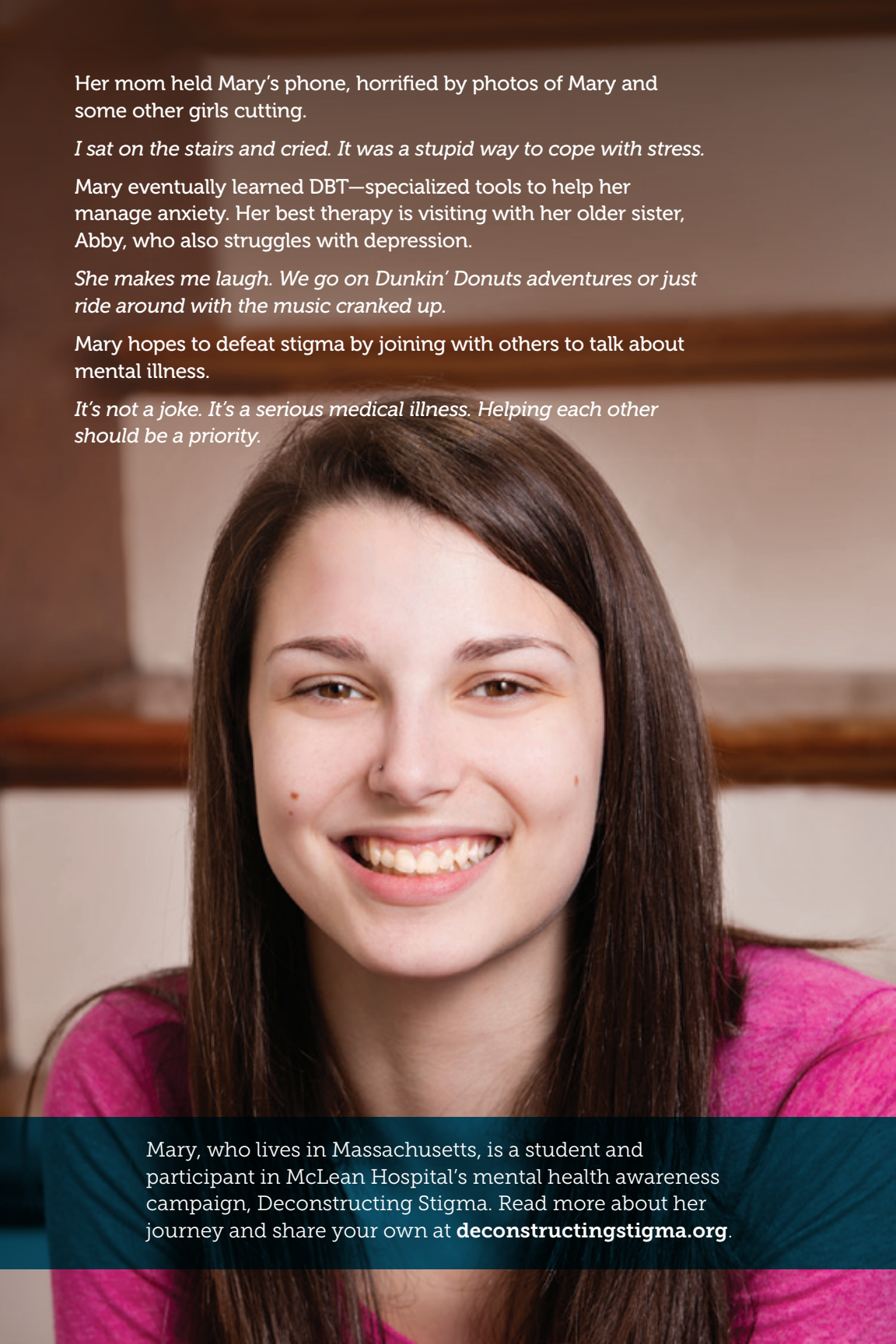
I sat on the stairs and cried. It was a stupid way to cope with stress.

Mary eventually learned DBT—specialized tools to help her manage anxiety. Her best therapy is visiting with her older sister, Abby, who also struggles with depression.

She makes me laugh. We go on Dunkin' Donuts adventures or just ride around with the music cranked up.

Mary hopes to defeat stigma by joining with others to talk about mental illness.

It's not a joke. It's a serious medical illness. Helping each other should be a priority.




Mary, who lives in Massachusetts, is a student and participant in McLean Hospital's mental health awareness campaign, Deconstructing Stigma. Read more about her journey and share your own at **deconstructingstigma.org**.

MAKING POSITIVE CHANGES IN YOUNG LIVES

McLean Hospital treats children and adolescents living with an array of mental health diagnoses and symptoms, including depression, anxiety disorders, eating disorders, self-harm (cutting), and impulsive behaviors. Our specialty treatment programs focus on reducing symptoms while also teaching young people the skills they need to successfully manage their mental health.

Our full complement of inpatient, outpatient, residential, and partial hospital (day program) services are designed to provide state-of-the-art diagnosis and treatment, with programming tailored to meet each patient's needs. They also have access to many specialty diagnostic and evaluation services available only at McLean.

McLean's Harvard Medical School-affiliated clinicians have dedicated their careers to working with young people and their families. Our multidisciplinary staff works collaboratively with family, community-based clinicians, schools, and social service agencies to establish realistic treatment goals for each patient.



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

— Parent of a teen treated at McLean



3EAST: DBT PROGRAMS FOR TEENS AND YOUNG ADULTS

McLean's adolescent dialectical behavior therapy (DBT) programs, collectively known as **3East**, provide specialized care for teens and young adults ages 13 to 21 who require treatment for depression, anxiety, post-traumatic stress disorder, and emerging borderline personality disorder. Symptoms treated at 3East include suicidal thoughts and behaviors, self-injury, disordered eating, drug and alcohol abuse, impulsivity, and significant interpersonal difficulties.

To help patients build the skills and strategies they need to work toward recovery and effectively manage their conditions, these self-pay programs utilize intensive DBT to teach individuals how to regulate emotions, tolerate stress, build interpersonal skills, and develop self-awareness.

To learn more, visit mclean.org/3East.

SPECIALTY TREATMENT AND ACADEMIC PROGRAMS

The **McLean Anxiety Mastery Program** works closely with children and adolescents who live 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. is an insurance-based residential program for children and adolescents with obsessive compulsive disorder and/or severe forms of anxiety.

The **Adolescent Acute Residential Treatment (ART) Program** provides intensive, short-term, and highly focused care for teens and young adults with emotional and behavioral difficulties.

McLean is also home to two academic programs—**Arlington School**, a fully accredited high school for students with mental health challenges, and **Pathways Academy**, which serves elementary through high school students who live with autism spectrum and related disorders.

Learn how McLean teaches young people to successfully manage their mental health by visiting mclean.org/child.



— 94% —

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



mclean.org

☎ 617.539.2140

115 Mill Street
Belmont, MA 02478



McLean
HARVARD MEDICAL SCHOOL AFFILIATE