

ABOUT ARBOUR COUNSELING SERVICES OF ALLSTON

ACS, Allston offers a full range of programs and clinical specialties, including the following:

- Psychiatric medication evaluation and treatment
- Emergency assessments and responsive assistance during times of crisis
- Individual treatment plans developed in close collaboration with patients', families', and referrers' goals and needs
- Primary therapists work to coordinate all treatment issues and to maintain communication with other involved professionals and community supports
- Evaluation and treatment of anxiety, depression, trauma and stress-related issues
- Assistance with making the transition from hospital to community.

Arbour Counseling Services, Allston also specializes in the following areas:

- Community-Based Services, including In-Home Therapy, Therapeutic Mentoring and Community Support Program
- Child and Adolescent Services
- Substance Use Disorders
- Suboxone Maintenance
- Multicultural Issues
- Women's Issues

Arbour Counseling Services is a division of Arbour Health System, the largest private behavioral health system in Massachusetts. Arbour Health System consists of Arbour Hospital, Boston; Arbour-Fuller Hospital, South Attleboro; Arbour-HRI Hospital, Brookline; Pembroke Hospital; Westwood Lodge; Lowell Treatment Center; The Boston Center; The Quincy Center; Arbour Counseling Services, with 13 locations throughout eastern Massachusetts; and Arbour SeniorCare.

ABOUT THE COVER

In all its beauty, the arbour is a symbol of comfort and hope, safety and shelter.



SCHOOL-BASED PROGRAM



**ARBOUR
COUNSELING SERVICES**

A Division Of Arbour Health System

14 Fordham Road • Allston, MA 02134

Phone: 617-782-6460

Easy Access to Quality Mental Health Services

www.arbourhealth.com

Arbour Counseling Services, Allston offers a clinical program designed to provide counseling services to students and their families. This program is administered within the school setting during school hours by ACS therapists working closely with designated school staff. The services are provided to students in elementary, middle and high schools throughout the Boston area.

Many of today's students have a variety of unmet emotional needs, which impede their abilities to excel academically and to have positive social relations. The School-Based Program provides services developed to meet these needs and promote health social/emotional and academic functioning.

Program staff work to create a safe environment for children and families to explore the difficulties they are experiencing and behaviors that bring success. By working closely with school personnel, clinicians are able to lessen the stress of daily life for the child, family and school.

PROGRAM PRINCIPLES

- Consider the child and his/her difficulties in the context of the family, school and community environment
- Attend to the particular needs of the schools and students they serve
- Use of a child-centered approach and clinical flexibility.



PROGRAM COMPONENTS

- Individual and family therapy
- Group therapy, including topics such as, Anger Management and Social Skills
- Consultation to school personnel

PAYMENT FOR SERVICE

Arbour Counseling Services accepts most insurance, including Blue Cross Blue Shield, BMC HealthNet, Cenpatco/CeltiCare, Fallon Health Plan, Harvard Pilgrim Health Care, MBHP, Network Health, Tufts Health Plan, United Health Care, Medicare, MassHealth and others. Self-pay arrangements are also available.

INFORMATION AND REFERRALS

ACS, Allston School-Based Program is customized to meet the needs and requests of the individual school system. For more information about how you can make use of our services, please contact the program director at 617-782-6460.