

ABOUT ACS, JAMAICA PLAIN

Arbour Counseling Services, Jamaica Plain 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 the goals and needs of patients, families and referrers
- Primary therapists work to coordinate treatment and maintain communication with other involved professionals and community supports
- Substance abuse counseling, including Structured Outpatient Addictions Program (SOAP)
- Assistance with making the transition from hospital to community.

ACS, Jamaica Plain also specializes in the following:

- Evaluation and treatment of anxiety, depression, trauma, and stress-related issues
- Medication evaluation and treatment
- Psychotherapy
- Community-based services
- Child and adolescent services
- Substance use disorders
- Suboxone maintenance
- Multicultural issues
- Women's issues

ABOUT THE COVER

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

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

Arbour Counseling Services, Jamaica Plain is accredited by The Joint Commission, and licensed by the Massachusetts Department of Public Health and Bureau of Substance Abuse Services (BSAS).

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SCHOOL-BASED PROGRAM

Jamaica Plain, Massachusetts



**ARBOUR
COUNSELING SERVICES**

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

www.arbourhealth.com



OVERVIEW

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

PROGRAM COMPONENTS

Students may be referred for school-based therapy by their parents, teachers, school personnel or other providers. Services offered include:

- Individual, group and family therapy
- Access to a psychopharmacological evaluation, if needed
- A systemic strength-based approach to a student's therapeutic needs, including family, school and community partnering
- Identification of special needs, including learning disabilities
- Ongoing consultations with parents and school personnel to adjust treatment plans and goals

Program Development

Consultation to teachers is provided by the clinician delivering therapy at the schools. Additional consultation is available for school administrators, school psychologists, and student support coordinators. Areas of consultation include, but are not limited to:

- Integrating special needs children into the mainstream classroom
- Classroom management
- Participation in team meetings



INSURANCE

Arbour Counseling Services, Jamaica Plain accepts insurance plans including:

- Blue Cross Blue Shield
- BMC HealthNet Plan
- Cenpatico/CeltiCare
- Fallon Health Plan
- Harvard Pilgrim Health Care
- Massachusetts Behavioral Health Partnership
- Medicare and Medicaid
- Neighborhood Health Plan
- Tufts Health Plan
- Tufts Health Public Plan (formerly known as Network Health)
- United Health Care

Call for additional insurance plans accepted. Self-pay arrangements are also available.

INFORMATION AND REFERRALS

The School-Based Program at ACS, Jamaica Plain 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 coordinator at 617-390-1452.