

# ABOUT ARBOUR COUNSELING SERVICES OF NORWELL

With eleven locations throughout eastern Massachusetts, Arbour Counseling Services offers a full range of programs and clinical specialties. Arbour Counseling Services in Norwell offers the following:

- Individual, couple, family, and group counseling for all ages
- 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
- Substance use disorders
- Assistance with making the transition from hospital to community

Arbour Counseling of Norwell also specializes in the following areas:

- Community-Based Services
- Child and Adolescent Services
- ADD/ADHD
- Substance Use Disorders
- Multicultural Issues
- Women's Issues
- Co-occurring Disorders
- Psychopharmacology

*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; Arbour Counseling Services, with eleven 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*

384 Washington Street • Norwell, MA 02061  
(781) 871-6550

**Easy Access to Quality Mental Health Services**

[www.arbourhealth.com](http://www.arbourhealth.com)





Arbour Counseling Services of Norwell 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 therapists working closely with designated school staff. The services are provided to pre-school through 12th grade students in public schools throughout the South Shore area.

## PROGRAM COMPONENTS

### EVALUATIONS

Students may be referred for evaluation by their parents, teachers, school personnel or the Department of Children and Families. Special evaluation features include:

- A systemic approach that includes family, school and community partnering
- Access to a psychopharmacological evaluation, if needed, at Arbour Counseling Services
- Identification of special needs, including learning disabilities

### DIRECT SERVICES TO CHILDREN AND THEIR FAMILIES

The following direct services are available to students referred by the schools for treatment following an initial evaluation:

- Individual, group and family therapy
- Specialized groups, including:
  - Substance use and abuse
  - Anger management
  - Social skills groups for students with Autism Spectrum Disorders
- Ongoing consultations with parents and school personnel to adjust treatment plans and goals

### PROGRAM DEVELOPMENT

Consultation to teachers and staff is provided by the clinician delivering therapy at the schools. Additional consultation is available for school administrators, school psychologists, and student support coordinators through a clinical consultant provided by Arbour Counseling Services. Areas of consultation include, but are not limited to, the following:

- Integrating special needs children into the mainstream classroom
- Classroom management
- Creative assessment tools
- Staff training on clinical issues

### IN-SERVICE TRAINING

Arbour Counseling Services offers in-service training to administrators, teachers, special needs staff and support personnel on topics requested by school staff. Topics presented in the past have included:

- Signs and symptoms of trauma
- Multicultural awareness
- Age-appropriate behavior interventions
- Crisis intervention
- Interface between mental health, education and the community
- Helping children and parents negotiate transitions
- Behavior Management and Functional Assessment

### PAYMENT OF SERVICE

Arbour Counseling Services accepts a variety of forms of payment, including private insurance, Medicaid, and self-pay.

### INFORMATION AND REFERRALS

Arbour Counseling Services' 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 coordinator at (781) 871-6550.

