

## DIRECTIONS

### By Car

- Follow the Jamaica way to the set of lights at Pond Street; the Jamaica Pond Boathouse will be on the left
- Turn right onto Pond Street and go to the end
- Turn right onto Centre Street
- Turn left onto Seaverns Street
- Follow that until you cross over the Green Street T Station (Seaverns will turn into Gordon Street)
- Turn left on Amory Street
- Turn right on Green Street
- Arbour Counseling Services is located on the right
- Free parking is available on site

### Public Transportation

- Take MBTA Orange Line Outbound toward Forest Hills
- Get off at the Green Street Station
- Arbour Counseling is across the street
- You can also take the MBTA #48 bus and get off at Green Street

## ABOUT THE COVER

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

Arbour Hospital is licensed by the Department of Mental Health (DMH), Department of Public Health (DPH), Bureau of Substance Abuse Services (BSAS), accredited by The Joint Commission (TJC) and certified by the Centers for Medicare and Medicaid Services (CMS).



**ARBOUR  
HOSPITAL**

*A Division Of Arbour Health System*

*Easy Access to Quality Mental Health Services*

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

157 GREEN STREET, JAMAICA PLAIN, MA 02130  
PHONE: 617-524-1120 FAX: 617-524-5523

## OVERVIEW

With many locations throughout Eastern Massachusetts, Arbour Counseling Services (ACS) offers a full range of programs and clinical specialties. Arbour Counseling Services, Jamaica Plain, provides comprehensive outpatient counseling services to all ages.

### Services offered include:

- Individual, couple, family and group counseling for all ages including children and adolescents
- Evaluation and treatment of anxiety, depression, trauma and stress-related issues, and major mental illness
- Medication management
- English and Spanish-speaking counselors/ programs
- School-based services
- Adult Partial Hospitalization Programs (PHP) and Intensive Outpatient Programs (IOP), including Psychiatric and Dual Diagnosis
- Substance abuse services including:
  - Structured Outpatient Addiction Program (SOAP)
  - Suboxone Maintenance Program
  - Individual counseling and/or group programs
- Psychiatric and psychological consultations
- Trauma evaluations and treatment services for children, adolescents and adults

Psychotherapy groups are available on a variety of topics. For current programming, visit [www.arbourhealth.com/organizations/arbour-counseling-services/](http://www.arbourhealth.com/organizations/arbour-counseling-services/) or call 617-524-1120.



## HOURS OF OPERATION

Monday – Friday	8:00 a.m. – 8:00 p.m.
Saturday	8:00 a.m. – 4:00 p.m.
Sunday	closed

Arbour Counseling Services, Jamaica Plain, is accessible by public transportation and parking is available on-site. For more information, call 617-524-1120. All appointments are scheduled with the highest level of confidentiality.

## INSURANCE

Arbour Counseling Services accepts most forms of payment, including:

- Blue Cross Blue Shield
- BMC HealthNet
- Cenpatico
- Fallon Health Plan
- Harvard Pilgrim Health Care
- Massachusetts Behavioral Health Partnership
- MassHealth
- Medicare
- Neighborhood Health Plan
- Tufts Health Plan
- United Behavioral Health

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