

# HOME-BASED THERAPY SERVICES

## Arbour Counseling Services, Brookline

Outpatient psychiatric home-based therapy (HBT) services are offered to clients who need counseling in their homes or other community-based settings. HBT seeks to overcome obstacles to accessing services by providing outreach from our site.

This service is offered based upon a client's inability to attend sessions at the outpatient center. Home-based services may be needed due to issues including mental health or medical/physical limitations that make the client homebound or prevent them from leaving their community location.

HBT allows clients to safely remain in their home or community when they experience behavioral health issues that are not be emergent but without timely intervention could result in the need for a more intensive treatment. Place of service could include home, shelter, or group home. Typical counseling concerns include, but not limited to:

- Depression
- Anxiety
- Grief-reaction
- Social skills development
- Relationship formation

Arbour Counseling Services, Brookline staff provide home-based services in a confidential and respectful manner.

HBT services are available Monday through Friday from 9:00 a.m. to 5:00 p.m., and after 5:00 p.m. by appointment. Service areas covered include Allston, Arlington, Auburndale, Belmont, Bedford, Boston, Brookline, Burlington, Cambridge, Dorchester, Hyde Park, Lexington, Newton, Roxbury, Waltham and Watertown. Other locations within a reasonable distance of Arbour Counseling Services, Brookline may be arranged on a case-by-case basis.

**For more information, please call 617-232-0353.**