

AREAS OF SERVICE

The Arbour Counseling Services has five sites providing Home-based Outpatient Therapy for the neighboring cities and towns.

Arbour Counseling Services, Allston

14 Fordham Road, Allston, MA 02134

Servicing: Greater and Metro Boston

Arbour Counseling Services, Fall River

1082 Davol Street, Fall River, MA 02720

Servicing: Southeastern Massachusetts

Arbour Counseling Services, Lawrence

599 Canal Street, 3rd floor, Lawrence, MA 01840

Servicing: Northeast Region of Massachusetts

Arbour Counseling Services, Worcester

411 Chandler Street, Worcester, MA 01609

Servicing: All of Central Massachusetts

Arbour Counseling Services, West Yarmouth

134 Ansel Hallet Road, West Yarmouth, MA 02673

Servicing: All of Cape Cod and the islands of Martha's Vineyard and Nantucket

ABOUT THE COVER

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

Arbour Counseling Services is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), and is licensed by the Massachusetts Department of Public Health.



**ARBOUR
COUNSELING SERVICES**

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

www.arbourhealth.com



PROGRAM DESCRIPTION

Arbour Counseling Services' Community Services Department offers Home-based Outpatient Therapy services to individuals, couples and families who are unable to get to an outpatient clinic for treatment. Our clinicians meet clients in their home or a confidential, convenient community setting. We also offer flexible schedules including evenings and weekends with the goal of eliminating barriers to treatment whenever possible.

Our highly trained clinicians offer a full range of clinical specialties including, but not limited to, urgent assessments and responsive assistance during times of crisis. Individual treatment plans are developed in close collaboration with patient and referrer goals and needs. Primary therapists work to coordinate all treatment issues and to maintain communication with other involved professionals.

Arbour Counseling Services community-based clinicians specialize in the following areas:

- Depression/Anxiety
- ADD/ADHD
- Anger Management
- Couples/Family Therapy
- Dual Diagnosis (co-occurring mental health and addictions)
- Substance Use Disorders
- Multicultural Issues
- Trauma/Post Traumatic Stress Disorder



All appointments are scheduled with the highest level of confidentiality. Urgent appointments are usually available on the same day of contact.

INFORMATION AND REFERRALS

For program information, languages spoken and referrals, please call 617-782-0505.

INSURANCE

Arbour Counseling Services accepts most insurance plans including, but not limited to:

- Blue Cross Blue Shield
- BMC HealthNet
- Cenpatico
- Fallon Health Plan
- Harvard Pilgrim Health Care
- Massachusetts Behavioral Health Partnership
- MassHealth
- Neighborhood Health Plan
- Tufts Health Plan (Commercial and MassHealth plans)
- United Behavioral Health

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