

INSURANCE

ACS, Norwell 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
- Medicare
- 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.

DIRECTIONS

Arbour Counseling Services, Norwell is accessible to the physically disabled.

From Boston

- Take Route 93 south to Route 3 south (follow sign to Cape Cod)
- Take Route 3 south to Exit 14, Rockland and Hingham, Route 228
- Turn left at the end of the ramp
- At intersection of Routes 228 and 53, turn right onto Route 53 south
- Travel 1.6 miles, 384 Washington Street will be on the right (down a side street extension of Washington Street in front of the KinderCare building)
- ACS, Norwell is located at the very end of the extension. (The Comcast Building is on the left when approaching the building)

From the West

- Take Route 128 south to Route 3 south (follow sign to Cape Cod)
- Take Route 3 south to Exit 14, Rockland and Hingham, Route 228
- Turn left at the end of the ramp
- At intersection of Routes 228 and 53, turn right onto Route 53 south
- Travel 1.6 miles, 384 Washington Street will be on the right (down a side street extension of Washington Street in front of the KinderCare building)
- ACS, Norwell is located at the very end of the extension. (The Comcast Building is on the left when approaching the building)

From the South

- Take Route 3 north to exit 13 (Route 53 north)
- Follow 53 north (Washington Street) for 1 mile. 384 Washington Street is on the left (down a side street extension of Washington Street in front of the KinderCare building)
- ACS, Norwell is located at the very end of the extension. (The Comcast Building is on the left when approaching the building)

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 and Bureau of Substance Abuse Services (BSAS).

384 WASHINGTON STREET, NORWELL, MA 02161
PHONE: 781-871-6550 FAX: 781-982-3464

ARBOUR COUNSELING SERVICES NORWELL



ARBOUR
COUNSELING SERVICES

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

www.arbourhealth.com

OVERVIEW

With locations throughout eastern Massachusetts, Arbour Counseling Services (ACS) offers a full range of programs and clinical specialties for mental and addiction disorders.

Arbour Counseling Services, Norwell provides comprehensive outpatient counseling services to children, adolescents and adults.

MENTAL HEALTH

Services offered include:

- Individual, couples, family and group counseling for all ages
- Responsive assistance during times of crisis
- Individual treatment plans developed in response to patient and referrer goals and needs. Primary therapists work to coordinate all treatment issues and to maintain communication with other involved professionals
- Evaluation and treatment of a wide range of counseling issues, including anxiety, depression and stress-related issues

ACS, Norwell also offers a mental health Partial Hospitalization Program (PHP) and an Intensive Outpatient Program (IOP).

Psychotherapy groups are available. For current programming, call 781-871-6550 or visit our website at www.arbourhealth.com/organizations/arbour-counseling-services/

Languages spoken: ASL, French, Spanish

ACS, Norwell has specialties in these areas:

- ADD/ADHD
- Child and family services

- Co-occurring disorders: psychological and addictions
- Disability determinations
- Domestic violence issues
- Eating disorders
- LGBTQ issues
- Marital issues
- Parent-child conflicts
- Psychopharmacology
- Relationship issues
- School-based services
- Special needs/developmental disabilities
- Trauma-related issues: sexual, physical, child abuse
- Women's issues

ADDICTION DISORDERS

Services offered include:

- Outpatient Counseling (individual and group).
- Structured Outpatient Addictions Program (SOAP) or Substance Abuse Intensive Outpatient Program (SA IOP) provides a safe, therapeutic environment conducive to positive growth and change. Counseling, case management and other support services are offered to our clients and designed to address issues and concerns relevant to recovery maintenance, positive reintegration into society, and the reduction of harm to physical and emotional health.
SA IOP or SOAP is offered three and one half hours per day, five days a week.
- Medication-assisted treatment (including Suboxone and Vivitrol).



- Massachusetts Driver Alcohol Education (DAE), a program for first offenders that meets for a total of 24 hours over 16 weeks. Each weekly session covers a different subject area. A few of the issues covered include, but are not limited to: legal aspects of alcohol and drug use, physiology of alcohol and drugs, how addiction works, self assessment, treatment options, and the influence of culture on use and seeking treatment. Payment is by cash or credit card only. Payment plans are available.

HOURS OF OPERATION

Monday – Thursday	8:30 a.m. – 9:00 p.m.
Friday	8:30 a.m. – 7:00 p.m.
Saturday	9:00 a.m. – 2:00 p.m.
Sunday	Closed

All appointments are scheduled with the highest level of confidentiality. Urgent appointments for outpatient therapy are offered within 48 hours of the request.