

Program components include:

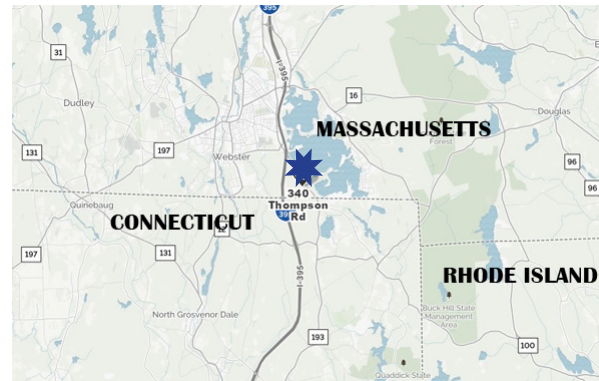
- Psychiatric assessments
- Medication management
- Psycho-educational groups
- Addiction educational groups
- Individual treatment by addiction counselors
- Family meetings
- Case management
- Aftercare planning

Examples of group topics:

- Introduction to the 12 Steps
- Relapse prevention strategies
- Pet therapy
- Spirituality
- AA /NA meetings
- Coping skills
- Occupational therapy
- Sensory therapy
- Exercise group

Harrington Recovery Services at Webster

340 Thompson Road
Webster, MA
Ph: 508-640-2986
Fax: 508-943-2605



Harrington
HEALTHCARE SYSTEM
Total Local Care

CO-OCCURRING DISORDERS INPATIENT UNIT



Harrington
HEALTHCARE SYSTEM

Total Local Care

**Combining psychiatric and
substance abuse treatment
to assist in recovery.**

Welcome! Bienvenido!

We look forward to working with our clients in their recovery. The Co-occurring Disorders Unit (CDU) at Harrington is dedicated to the treatment of each individual's needs in a proactive, supportive and therapeutic environment.

The goal of our program is improve our clients' emotional, behavioral, social and physical well-being.

What Does "Co-occurring Disorder" Mean?

Co-occurring is the term used when an individual has both a mental illness and a substance use disorder. Co-occurring disorders may range from a mild depression due to binge drinking, to a worsening of bipolar symptoms as a result of opioid use (nami.org).

About a third of all people experiencing mental illnesses & about half of people living with severe mental illnesses also experience substance abuse.

Source: www.nami.org

About Our Program

The inpatient Harrington CDU provides treatment for those individuals with mental health issues that are compounded by substance use. Psychiatric and substance use disorders will be treated by a combination of both medication and therapy.

Substance abuse treatment includes both detoxification services and medication assisted management of opioid addictions. Recovery services will be provided in a safe structured environment.

In order to help prevent relapse after discharge and maintain recovery, clients—in consultation with the prescriber—may decide to start on Suboxone (buprenorphine) or Vivitrol (naloxone) during their inpatient stay

The average stay for our clients is seven to ten days. After discharge, Harrington outpatient services—including a new Co-Occurring Disorders Partial Hospital Program—can provide various levels of treatment for continuation of care.



Why Our Program is Different

Too often, those with mental health problems turn to self-medication to alleviate their symptoms. Although this may provide temporary relief for some, it usually makes mental health problems more severe and difficult to treat. In addition, those individuals with untreated mental illnesses are more likely to relapse into substance abuse.

The aim of our program is to treat substance use disorders and mental health disorders simultaneously in an integrated fashion. This will provide our clients with the best chance of overcoming their addictions and preventing relapse.