



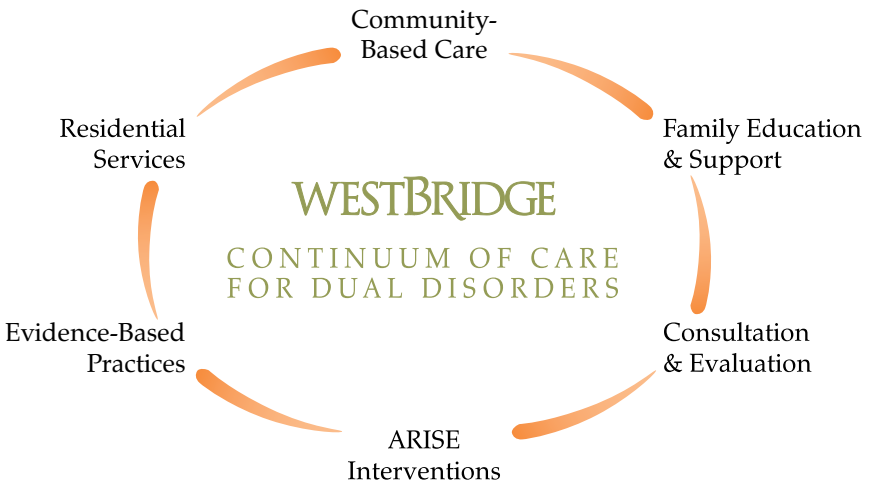
Family-centered recovery
for co-occurring mental illness & substance use disorders


WESTBRIDGE
COMMUNITY SERVICES

WestBridge is a private non-profit organization dedicated to supporting the recovery of individuals and families that experience co-occurring mental illness and substance use disorders.

Our services are designed according to evidence-based practices that were developed through research on co-occurring disorders, and all interventions are tailored to meet the unique needs and strengths of individuals and their families.

At WestBridge, we provide a fully integrated continuum of community-based services, including Consultation, Care Management and Family Education & Support, to help individuals and their families achieve a healthy life of recovery.



All WestBridge services are private pay and strictly confidential.

The Commons at WestBridge

The Commons is a safe, homelike environment that provides support and evaluation for men who are experiencing increased stress or whose lives have become chaotic as a result of their mental illness and substance use. The Commons is available for individual lengths of stay for stabilization, and to begin or reestablish the healing process.

Our caring professionals are on-site 24-hours a day to provide support, treatment intervention, encouragement and monitoring. Each resident participates in individual, family and group counseling, wellness activities, medication services, psychiatric evaluation and self-help. The Commons also employs a full-time chef who prepares healthy and delicious meals.

Enjoying a well-balanced diet, establishing a healthy sleep cycle, exercising, and living in a supportive environment enables residents to reassess their current lifestyle and make decisions that will promote recovery. As residents make progress, we support them in becoming increasingly involved in community activities, including work and school. We also design an individualized transition plan with each resident that includes on-going support from our Care Management team and gradual movement toward an independent residence.



Community-Based Care Management

Care Management is a treatment service designed to assist individuals, with severe and persistent mental illness and co-occurring substance use disorders, to thrive in their community. Our multi-disciplinary team approach provides flexible, ongoing, and comprehensive support to the individual and their families. The team is available 24 hours a day, 7 days a week to ensure the maximum responsiveness.

Often times, family members carry the burden of providing crisis intervention, support with daily activities, transportation and communication with treatment providers, and other tasks. Care Management Services can relieve families of these duties, helping restore their natural relationships.

Areas in which Care Management provides assistance:

- Daily Living Activities
- Physical Health
- Medication Support
- Career Development
- Housing Stability



- Substance Abuse and Mental Health Counseling
- Family Support and Education
- Recreation and Leisure Activities
- Coordination of Services with other Providers

Our Care Management Services are based on the extensively researched Assertive Community Treatment (ACT) model. Studies have shown that ACT services are very effective for individuals who have frequent episodes of severe symptoms that are difficult to manage or symptoms that never go away. ACT teams help reduce the number of hospital stays and increase an individual's ability to remain active in their community.

Family Education & Support

WestBridge is strongly committed to the integration of family in treatment. To that end, WestBridge has developed the Family Education & Support (FES) program. The FES program is ongoing throughout an individual's stay with WestBridge. Our goal is to support the family through education, skill building and problem solving. This empowers the entire family on their journey to wellness and recovery.



Evidence-Based Practices

Doing what works in helping individuals and families gain recovery from dual disorders is important to the staff at WestBridge Community Services. We strive to use treatment approaches that have been researched and proven such as:

- Motivational Interviewing
- Contingency Management
- Cognitive Behavior Therapy
- Integrated Dual Disorders
- Assertive Community Treatment
- Illness Management and Recovery
- Self Help
- Stages of Change
- Supported Employment
- Behavioral Family Therapy
- Medication Management

Consultation

WestBridge also offers Consultation Services anywhere in the country and at all WestBridge locations. Our personalized evaluation begins with the initial phone call and is followed by a visit to the individual's home. A more in-depth and comprehensive working session is then conducted in our office to complete the evaluation. Upon completion, we meet with the individual and family to provide suggestions for developing a recovery plan.



ARISE Interventions

ARISE stands for A Relational Intervention Sequence of Engagement and is a process rather than an event. Intervention meetings are designed with the extended family and support system and the individual. The process is transparent with no surprises. Our goal at WestBridge is to find a respectful, empowering strategy to develop consensus, and have families and individuals engage in treatment.

WestBridge Locations

WestBridge Community Services
90 Sherman Street
Cambridge, MA 02140
617.576.2046

WestBridge Community Services
1361 Elm Street, Suite 207
Manchester, NH 03101
603.634.4446

Realization that a healthy life of recovery is within reach is the first step to living a life of recovery. Call us today at 800.889.7871 for more information, or visit westbridge.org.





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