

## About Cape Ann Adult Behavioral Learning Center

Cape Ann Adult Behavioral Learning Center is a five-day-per-week trauma-informed, recovery and rehabilitation-oriented program. We assist adults who experience life-altering consequences of mental illnesses and co-occurring disorders.

At Cape Ann, participants enroll in classes and activities that specifically address three aspects of recovery:

1. Managing unwanted symptoms and behaviors
2. Reconnecting with or discovering the things that add pleasure, meaning and value to life
3. Developing the connections, supports and skills to establish meaningful roles in society

### The communities we serve

Greater Boston, the North Shore and the Merrimack Valley.

#### Contact information

35 Congress Street  
Building 2, Rear, Suite 351A  
Salem, MA 01970

Phone: 978.524.7133

Fax: 978.524.7137



Lahey Health  
Behavioral Services

## Cape Ann Adult Behavioral Learning Center



Lahey Health  
Behavioral Services



# Cape Ann Adult Behavioral Learning Center



Offering curriculum-specific treatment programs for adults with significant mental illness and co-occurring substance use disorders who have experienced serious life disruption.

## Who We Serve

- Must be over 18 years of age and capable of participating in a respectful adult-oriented community
- Must have a primary psychiatric (mental health) diagnosis
- Must have primary insurance coverage from MassHealth (Medicaid)
- Symptoms must be managed well enough to allow for participation in a busy, highly interactive community for six hours per day, five days per week

- Must be cognitively capable of participating in group exercises that sometimes include reading and writing
- Must be committed and focused to participate in a goal-oriented program concentrating on change of existing behaviors and the development of more effective symptom management skills.

## Our Services

We incorporate the following psychosocial rehabilitative services into an individualized schedule for each person:

- Motivational enhancement therapy
- Dialectical behavior therapy
- Mindfulness-based cognitive therapy
- Substance use and addictive disorder education and treatment
- Expressive arts therapies
- Recreational therapy
- Family and support system meetings

- Vocational and volunteer support
- Peer leadership training

## How to refer to our program

1. Review admission requirements ("Who We Serve")
2. Complete referral form
3. Fax completed referral form to 978.524.7137

As soon as we receive the completed form, we check insurance eligibility and process the PT-1 transportation request if needed. As soon as we receive confirmation of insurance coverage and PT-1 authorization, we will contact you to schedule an intake.

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