

OUTPATIENT SERVICES



PARTIAL HOSPITALIZATION PROGRAM (PHP)

PHP specializes in mental health and dual-diagnosis (mental health and substance use disorder). Patients see a medication provider and receive individualized, focused and goal-oriented treatment to help facilitate the stabilization of symptoms in a less restrictive, non-inpatient environment.

5 days a week, Monday-Friday from 9:00 AM - 2:30 PM

INTENSIVE OUTPATIENT PROGRAM (IOP)

IOP provides short-term treatment and medication management to patients with co-occurring mental health and substance use disorders. This program offers structured treatment for patients with dual-diagnosis, or primary mental health disorders.

3-5 days a week, Monday - Friday from 9:00 AM-12:00 PM OR 11:00 AM - 2:30 PM



STRUCTURED OUTPATIENT ADDICTION PROGRAM (SOAP)

SOAP aims to give patients whose primary diagnosis is substance-use disorder a heightened level of self-awareness, solid relapse prevention skills and a variety of other coping skills to help them become independent adults in recovery. Evening groups allow them to return to work, school or daily activities.

Day or evening groups. 3-5 days a week for 3.5 hours a day

MEDICATION ASSISTED TREATMENT (MAT)

MAT combined with counseling and behavioral therapies decreases the likelihood of relapse, allowing people to continue going to school or work while receiving treatment. MAT helps reduce withdrawal side effects and curbs cravings that can lead to relapse.

5 days a week, Monday - Friday, 9:00 AM - 5:00 PM



MEDICATION MANAGEMENT & PSYCHIATRIC SERVICES

Our treatment team discusses the benefits of medication as well as the possible risks and side effects so that the patient makes informed decisions. Through careful monitoring and therapy, we find the right medication and treatment plan to improve each health and well-being.

Using our Telepsychiatry program, patients receive psychiatric services delivered through the tele-medicine units including medication management/monitoring, diagnostic evaluations, adolescent and adult psychiatry, and individual consultations.

OUTPATIENT SERVICES

INDIVIDUAL, COUPLES & FAMILY COUNSELING

Gosnold is pleased to offer a wide range of counseling options to our patients. Both patients, couples and families will benefit from counseling sessions with our licensed staff, to develop and enhance these positive relationships and build effective communication skills.



OUTPATIENT GROUPS

Dual Diagnosis Recovery
Women's Recovery
Early Recovery
Mindfulness Recovery
Seeking Safety (Women's Only)

ANGER MANAGEMENT

Anger Management is 12 session group focused on gaining an understanding of our anger and how to appropriately express it. Topics include Cognitive Behavioral Therapy, communication styles, gaining awareness of physiological warning signs and building coping skills. Counselors encourage patients to share challenging experiences with their anger and the group works out ways to learn from them as well as respond differently in the future.

DRIVER ALCOHOL EDUCATION (DAE) & SECOND OFFENDER AFTERCARE (SOA)

These programs provide 40 hours of services conducted over 16 weeks and includes an assessment, participation in self-help and victim-impact community meetings for individuals convicted of drunk driving for a second time. Gosnold also offers group therapy for those convicted of a second offense, which lasts for one year.



LOCATIONS

STOUGHTON

909 Sumner Street
Stoughton, MA 02072

CENTERVILLE

1185 Falmouth Road
Centerville, MA 02601

WELLFLEET*

715 Old Kings Highway
Wellfleet, MA 02667

NORTH DARTMOUTH

74 Faunce Corner Mall Rd
North Dartmouth, MA 02747

ORLEANS

179 Route 6A
Orleans, MA 02643

TRURO*

7 Standish Way
North Truro, MA 02652

FALMOUTH

196 Ter Heun Drive
Falmouth, MA 02540

NANTUCKET

35 Old South Rd # 2,
Nantucket, MA 02554

PROVINCETOWN*

2 Mayflower Street
Provincetown, MA 02657

*Located in the Council on Aging



FOR MORE INFORMATION PLEASE CALL:

1-800-444-1554

OR VISIT OUR WEBSITE:

www.gosnold.org