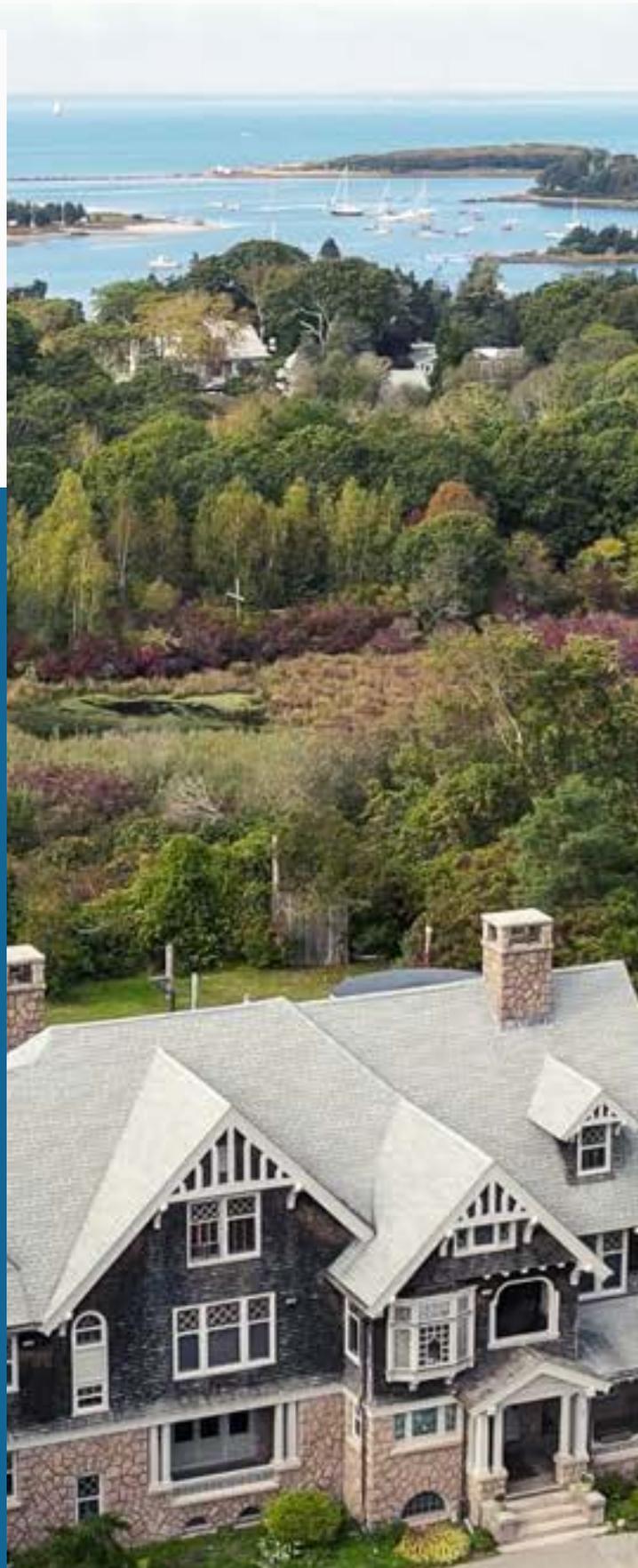




# BH-JI Referral Guide

Gosnold's mission is to excel in addiction and mental health treatment, to serve individuals and families affected by these illnesses, and to promote lasting recovery.



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The Gosnold BH-JI Program serves the following towns of residence:

Barnstable County: Bourne, Sandwich, Falmouth, Mashpee, Barnstable, Yarmouth, Harwich, Dennis, Brewster, Chatham, Orleans, Eastham, Wellfleet, Truro and Provincetown

Dukes County: Aquinnah, Chilmar, Edgartown, Gosnold, Oaks Bluff, Tisbury (Vineyard Haven), West Tisbury and Wampanoag Tribe of Gayhead

Nantucket County

For any referral or program-related questions, Contact Suzanne McCormack, Director of BH-JI and CP, at [smccormack@gosnold.org](mailto:smccormack@gosnold.org) or 508.540.6550 ext 5023

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# ABOUT GOSNOLD

Gosnold, Inc. is an award-winning, nationally recognized non-profit leader in the treatment of mental health and substance use disorders.

Operating since 1972, Gosnold treats individuals and families, educates communities, and leads the way in innovative programs and treatment approaches.

Our mission defines our purpose - to excel, to serve, and to promote recovery. We treat addiction as a chronic disease and provide a full continuum of services to enable life-long management. Our dedicated and caring staff uses evidence-based practices individually tailored to help patients and family members sustain long term recovery.

Because each person has unique needs, Gosnold provides services that are individually tailored to address physical and psychological needs. Individualized treatment, combined with twelve step principles, group therapy, family involvement and continuing care are the cornerstones of the Gosnold programs, where men and women discover the management tools necessary to support recovery.

## SERVICE CONTINUUM

Gosnold Treatment Center - Medical Detoxification

Gosnold Behavioral Health Center (2022)

Gosnold Clinical Stabilization Services at Miller and Emerson House

Gosnold's Sober Living

Partial Hospitalization Program (PHP)

Intensive Outpatient Program (IOP)

Structured Outpatient Addiction Program (SOAP)

Medication Assisted Treatment (MAT)

Individual, Couples & Family Counseling

Psychiatric Services/Telepsychiatry

Anger Management

Massachusetts Impaired Driving (MID)

Second Offender Aftercare (SOA)

Outpatient Groups

Southeast CP



## GOSNOLD LOCATIONS

### CORPORATE OFFICES

GOSNOLD, INC.

200 Ter Heun Drive · Falmouth, MA

### INPATIENT AND RESIDENTIAL PROGRAMS

GOSNOLD TREATMENT CENTER

200 Ter Heun Drive · Falmouth, MA

GOSNOLD CSS AT EMERSON HOUSE

410 West Falmouth Hwy P.O. 839 · West Falmouth, MA

GOSNOLD CSS AT MILLER HOUSE

165 Woods Hole Road · Falmouth, MA

### OUTPATIENT SITES

909 Sumner St. · Stoughton, MA

196 Ter Heun Drive · Falmouth, MA

1185 Falmouth Road · Centerville, MA

74 Faunce Corner Mall Road · North Dartmouth, MA

35 Old South Rd # 2 · Nantucket, MA 02554

# Gosnold Inpatient Services



Gosnold Treatment Center, located in Falmouth, MA, is a 50-bed medical stabilization and detoxification unit where patients receive medically monitored withdrawal treatment. Gosnold uses a variety of medications to treat withdrawal to minimize discomfort and avert complications. Care is managed by our clinical team of physicians, nurses, counselors, case managers and recovery aides—all trained and practiced in addiction treatment.

During detoxification, patients undergo a psychosocial assessment to identify treatment needs. Individual and group counseling, addiction education, and an introduction to twelve-step programs help patients better understand the nature and severity of their addiction.



Gosnold's Clinical Stabilization Services (CSS) programs at Emerson House and Miller House provide acute rehabilitation services to those suffering from substance use disorders. Our program takes a personalized approach to meet each patient's needs and our multi-disciplinary teams develop customized treatment plans and clinical support throughout the course of the patients' stay. The programs utilize a variety of different treatment modalities designed to make the treatment experience enriching and educational such as individual and group counseling, health education, evidence-based therapies including cognitive behavioral therapy, meditation and mindfulness, introduction to 12 step and other self-help programs, and planning for longer-term support services. Gosnold understands every case is different and treatment should be tailored to meet the individual where they are in their recovery process.

Gosnold at Miller House is a 21 bed inpatient residential facility located in beautiful Woods Hole. Gosnold at Emerson House is a 37 bed inpatient residential facility located in West Falmouth.

# Gosnold Outpatient Services

## PARTIAL HOSPITALIZATION PROGRAM (PHP)

The PHP program for adult day treatment service specializes in mental health and dual-diagnosis (mental health and substance use disorder). The program runs 5 days a week, Monday- Friday from 9:00 AM-2:30 PM. Patients receive individualized, focused and goal-oriented treatment.

## INTENSIVE OUTPATIENT PROGRAM (IOP)

This intensive outpatient program is best suited for patients whose primary diagnosis is mental health. IOP sessions are held 3-5 days a week for 3 hours per day, 9:00 AM-12:00 PM. IOP allows patients to return to work, school or daily activities; and can range from 1-3 weeks depending on the treatment goals of each individual.

## 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.

## PSYCHIATRIC SERVICES & TELEPSYCHIATRY

Each patient is part of a treatment team with ongoing communication between the patient's therapist and medication provider. Through careful monitoring and therapy, we find the right medication and treatment plan to improve each patient's mental health. Our telepsychiatry program delivers psychiatric services through the tele-medicine units including medication management/monitoring, diagnostic evaluations, adolescent and adult psychiatry, and individual consultations.

## MEDICATION ASSISTED TREATMENT (MAT)

MAT combined with counseling and behavioral therapies can dramatically decrease the likelihood of relapse, allowing people to continue school or work while receiving treatment. MAT treatment options like Suboxone and Vivitrol help patients maintain a normal life while reducing side effects of withdrawal and curbing cravings that can lead to relapse.

## STRUCTURED OUTPATIENT ADDICTION PROGRAM (SOAP)

SOAP sessions are held 3-5 days a week for 3.5 hours a day at various Gosnold locations, providing both day and evening groups. SOAP is best suited for patients whose primary diagnosis is substance-use disorder. SOAP aims to give patients a heightened level of self-awareness about their substance use disorder, solid relapse prevention skills and a variety of coping skills to help them become independent adults in recovery.

# Gosnold Outpatient Groups

Gosnold offers a variety of Outpatient Services and Groups for our patients, including:

- Anger Management
- Massachusetts Impaired Driving (MID) & Second Offender Aftercare (SOA)
- Early Recovery Group
- Women's Recovery Group
- Mindfulness Meditation Group

## RECOVERY SUPPORT NAVIGATOR & COMMUNITY SUPPORT PROGRAM

Recovery Support Navigator (RSN) services provide care management and system navigation supports to members with a diagnosis of substance use disorder and/or co-occurring mental health disorders. Staffed by paraprofessionals, RSN services engage Members as they present in the treatment system and support them in accessing treatment services and community resources.

The Community Support Program (CSP) is a short-term program offered by certain Medicaid providers to provide intensive case management services to clients who are considered to be "at risk" within the community. This program offers a single point of contact for coordination and follow-up on a client's individual care. The Community Support Providers (CSPs) are mobile, flexible, and support clients in their community. Staff work side by side with clients to help them develop the necessary resources they need to live successfully in the community. This may include a housing search, connection to clinical services, application to social security, or transportation to medical appointments.

## RECOVERY MANAGEMENT

Gosnold Recovery Managers provide patients and families with a certified professional to help navigate the transition period following inpatient rehabilitation. Gosnold Recovery Managers work collaboratively to identify, implement, and monitor short and long term goals while helping patients sustain recovery. Treatment includes traditional recovery and community based care elements and incorporates a dynamic hands-on approach.

## RECOVERY MANAGEMENT INCLUDES:

- 24-Hour Emergency Phone Access to a Certified Recovery Manager
- Recovery Support Meeting introduction & integration.
- Recovery Service Plan development & accountability.
- Progress & Interdisciplinary meetings.
- Care-coordination between psychiatry, counseling, other outpatient services.
- Monthly family/patient meetings.

## Southeast Community Partnership

The Southeast Community Partnership serves certain adults covered by MassHealth who are enrolled in an Accountable Care Organization or Managed Care Organization. Our purpose is to assist people with complex medical, mental health, addiction and social needs in finding and obtaining services they need to live healthier lives.



# Gosnold

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## FAMILY SUPPORT GROUPS

Gosnold's Family Services Program provides support to families through counseling, intervention, addiction education and community outreach. Untreated chronic addiction causes severe stress within the family unit that can lead to significant health problems, such as high blood pressure, guilt, shame and fear are all facets of addiction that impact the family unit. Families need to heal along with the patient. Information and education forums help family members to gain a basic understanding of the signs and symptoms of addiction, treatment options, and stages of recovery. Gosnold provides free weekly family education support groups for families seeking answers and resources. The family education sessions and support groups are facilitated by Gosnold's licensed and certified staff.

### Monday:

Harwich Police Department  
83 Sisson Rd., Harwich, MA  
6:00PM – 7:30PM - IN-PERSON

Gosnold Nantucket  
5:30PM – 7:00PM - ZOOM ONLY  
ZOOM ID: 7353627198 – PW: GOSNOLDACK

### Tuesday:

Gosnold Counseling Center  
1185 Falmouth Rd., Centerville, MA - 6:00PM – 7:30  
ZOOM ID: 99894668216 - PW: 909909  
THIS MEETING IS IN-PERSON AND ON ZOOM

### Sunday:

South Shore Peer Recovery  
51 Cole Pkwy Scituate, MA - 11:00AM – 12:30PM  
ZOOM ID: 499635631 – PW: sspr  
THIS MEETING IS IN-PERSON AND ON ZOOM

Please contact Michael Dias at [mdias@gosnold.org](mailto:mdias@gosnold.org) or 774-392-3721.

## Gosnold Sober Living

The transition from residential substance use disorder treatment to independent living is a critical part of Gosnold's continuum of care. The Gosnold Sober Living facilities provide a supportive environment for patients who require a structured transition from residential rehabilitation care to independent living. Located within comfortable settings on Cape Cod, these Sober Homes are staffed by experienced managers who help residents develop recovery skills in a safe and positive environment. Integration with 12-step programs and participation in recovery socialization activities combine with the healing atmosphere of Cape Cod to create a solid foundation for lasting recovery.

For additional information regarding Gosnold's Sober Living, contact:

MICHAEL MCGONIGLE

Director of Sober Residences

e: [mmcgonigle@gosnold.org](mailto:mmcgonigle@gosnold.org)

p: 508-274-4377

## Emergency Rooms/Hospitals

### Falmouth Hospital

Address: 100 Ter Heun Dr, Falmouth, MA 02540

Phone: (508) 548-5300

### Cape Cod Hospital

Address: 27 Park St, Hyannis, MA 02601

Phone: (508) 771-1800



**BH-JI Referral Form**

Date of referral: \_\_\_\_\_

Client's Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Female  Male  Transgender F to M  Transgender M to F  Other \_\_\_\_\_

Address: \_\_\_\_\_

City, Town, Zip code: \_\_\_\_\_

Phone/Cell #: \_\_\_\_\_ Secondary Contact #: \_\_\_\_\_

Social Security #: \_\_\_\_\_

MassHealth Insurance ID #: \_\_\_\_\_

Anticipated Date of Release \_\_\_\_\_ Parole or Probation Supervision  Yes  No

Referring Justice Entity: \_\_\_\_\_

Referring Person: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Referring Person's Concern:

Mental Health  Substance Use  Co-Occurring Disorder

Criminogenic Risk Score (if available): \_\_\_\_\_

Completed Eligibility Form, attached  Yes  No

Day of Release Plan, attached  Yes  No

Signed Release of Information, attached  Yes  No

PsychSocial Assessment, attached  Yes  No

Medication List attached  Yes  No

Notes:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**Dukes County:** Aquinnah, Chilmar, Edgartown, Gosnold, Oaks Bluff, Tisbury (Vineyard Haven), West Tisbury and Wampanoag Tribe of Gayhead

**Nantucket County**

Please fax completed referral to 508.540.2143 or  
if emailing a referral, please send via secured email to: [BHJI@gosnold.org](mailto:BHJI@gosnold.org)

For any referral or program-related questions, Contact Suzanne McCormack, Director of BH-JI and CP,  
at [smccormack@gosnold.org](mailto:smccormack@gosnold.org) or 508.540.6550 ext 5023



# Gosnold

BEHAVIORAL HEALTH

For any referral or program-related questions, Contact  
Suzanne McCormack, Director of BH-JI and CP, at  
[smccormack@gosnold.org](mailto:smccormack@gosnold.org) or 508.540.6550 ext 5023



800-444-1554  
[www.gosnold.org](http://www.gosnold.org)