

A photograph of a classroom scene. A female teacher with dark curly hair, wearing a green cardigan, stands on the right, holding a rolled-up paper and looking down at it. Two female students are seated at a desk in the foreground. The student on the left has long dark hair and wears glasses and a plaid shirt, looking down at a book. The student on the right has dark hair in a ponytail and wears a red shirt, looking up at the teacher with a smile. In the background, another student with blonde hair and glasses is seated at a desk, writing. A globe is visible on a shelf in the background. The overall atmosphere is positive and educational.

3EAST



3EAST: DBT TREATMENT FOR ADOLESCENTS AND YOUNG ADULTS

McLean's adolescent dialectical behavior therapy programs, collectively known as 3East, provide specialized care for teens and young adults. Our programs focus on treatment for depression, anxiety, post-traumatic stress disorder, and emerging borderline personality disorder.

mclean.org/3East



INTENSIVE DBT CARE FOR ADOLESCENTS AND YOUNG ADULTS

To help patients build the skills and strategies they need to work toward recovery, the 3East programs utilize intensive dialectical behavior therapy, known as DBT, to teach individuals how to regulate emotions, tolerate stress, build interpersonal skills, manage attention, and develop self-awareness. DBT has been clinically tested and proven to be effective in borderline personality disorder and depression treatment in adolescents and adults.

The programs in the 3East continuum are specifically designed to accommodate patients in different phases of the treatment and recovery process, from highly focused residential treatment to outpatient care. We have intensive treatment tracks for both boys and girls, and our day program (partial hospital) and outpatient program are coed. Family services are included in all programs. Length of stay, ages accepted, and location vary with each program. All of the programs offer a comfortable environment conducive to helping patients focus on their treatment.

Our compassionate, multidisciplinary clinicians have chosen to specialize in working with 3East's patient

3EAST IS IDEAL FOR ADOLESCENTS AND YOUNG ADULTS SEEKING:

- Borderline personality disorder treatment
- Depression treatment
- Anxiety treatment
- Post-traumatic stress disorder treatment
- Outpatient care
- Partial hospital care
- Residential treatment

population. These specialists are dedicated to treating young people to address their individual challenges to help them make positive changes in their lives.

Most of the programs within 3East are self-pay. However, some fees may be recoverable through your insurance provider.

For more information or to make a referral, please call [877.739.9920](tel:877.739.9920) or visit mclean.org/3East.



McLean
HARVARD MEDICAL SCHOOL AFFILIATE