



Riverside Focused Treatment

SHORT-TERM CARE, LONG-TERM RESULTS!

Is There Something on Your Mind?

"My 13-year-old has been acting out a lot lately and won't talk to me about it. It's starting to affect school and our home life."

"Like a lot of people, my spouse and I had our ups and downs during pandemic lockdowns. Now it's more downs than ups, so we need a little help."

"I've been unemployed for a while, looking full-time for a job and getting nowhere. I'm losing confidence in myself and my future."

Sometimes You Need Just a Little Help

In Focused Treatment sessions, Riverside therapists support and guide clients, staying narrowly focused on constructing practical solutions for their current concerns. This therapy is not meant to be a long-term process, but offers concrete, short-term care, where goals are measurable and quickly achieved. You can meet with a therapist in-person, virtually, or a combination of the two.

Although there is no single timeframe for everyone, we can usually address and measurably improve specific issues in roughly 6-9 months – and sometimes in even less time! (But of course, we individualize care, and will continue to work with you or refer you to appropriate treatment if that is called for.)

Let's Get Started

Call the nearest Riverside Outpatient Center (listed at right) and our intake coordinator will answer any questions, confirm your coverage (we accept most insurance), and connect you with a Riverside clinician. Hope is just down the road!

A trusted and experienced community-based non-profit organization serving more than 40,000 people a year in Massachusetts, Riverside Community Care offers a wide range of mental healthcare, developmental and brain injury services, early childhood and youth programs, addiction treatment, trauma response, and more.

BENEFITS OF FOCUSED TREATMENT

- ✓ Provides a high level of clinical care
- ✓ Addresses distinct issues
- ✓ Reaches practical resolutions
- ✓ Concludes in a timely manner
- ✓ Empowers clients by working with their strengths

CALL THE NEAREST CENTER TO GET STARTED

Lynnfield 781-246-2010

Milford 508-529-7000

Newton 617-969-4925

Norwood 781-769-8670

Somerville 617-354-2275

We also speak Spanish, Portuguese, and Mandarin!

Riverside Community Care

Leading the Way in Behavioral Healthcare & Human Services