



# 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