

Contact Us

About Us

*They get better!*

TO GET BETTER — TRULY BETTER — IT IS NOT  
ENOUGH TO TREAT A PATIENT'S SYMPTOMS.  
AT WALDEN BEHAVIORAL CARE, WE TREAT  
THE WHOLE PERSON WITH THE GOAL OF  
ACHIEVING LASTING RECOVERY.

## WE'RE HERE TO HELP

Walden Behavioral Care, Inc. specializes in treating patients with eating disorders, psychiatric disorders, addictions and co-occurring disorders. Because we are focused on these areas, we have a thorough understanding of them and an in-depth experience treating them.

If you believe that you or someone you know can benefit from our services, contact us today at

781-647-6700

or [info@waldenbehavioralcare.com](mailto:info@waldenbehavioralcare.com).

## WALDEN BEHAVIORAL CARE, INC.

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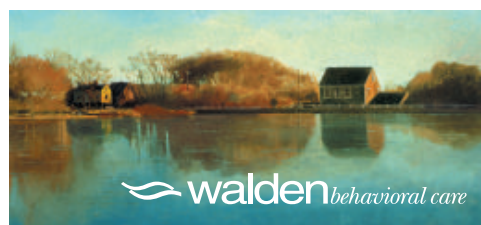
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*Lasting recovery for  
body and mind*

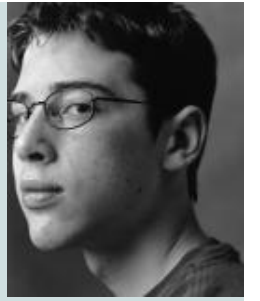


*Something  
remarkable  
happens to people.  
who come here.*

# SO HOW DO WE ACHIEVE LASTING RECOVERY?

## BY TREATING THE WHOLE PERSON

EATING DISORDERS AND PSYCHIATRIC DISORDERS ARE COMPLEX. TREATING A SINGLE SYMPTOM IS NOT ENOUGH. SUCCESSFUL TREATMENT REQUIRES A “WHOLE HEALTH” APPROACH COMBINING MEDICAL, NUTRITIONAL, BEHAVIORAL AND PSYCHIATRIC CARE. WALDEN TREATS THE WHOLE PERSON, BODY AND MIND, IN A CONTINUUM OF CARE.



## BY RECOGNIZING THAT “WHAT’S WRONG?” OFTEN HAS MORE THAN ONE ANSWER

Patients who come to Walden with one disorder often have other symptoms and problems that require medical and psychiatric care. In fact, research has shown that, in some instances, unless co-occurring disorders are treated simultaneously, one disorder may worsen as the other improves. It takes an integrated model of care to treat co-occurring disorders successfully.

## BY WORKING AS A TEAM

Our teams include psychiatrists, family physicians, nurse practitioners, clinical nurse specialists, psychologists, registered dietitians, social workers, occupational therapists, expressive-arts therapists, educators, mental-health workers and mind-body practitioners. Patients and their families are also an integral part of the treatment team.

Because we believe working as a team improves the patient’s treatment and prospects for recovery, we also respect and appreciate the input of other professionals who currently work with the patient or have in the past.



## BY CHANGING TREATMENT AS THE PATIENT CHANGES

Walden is one of the first hospitals in the country to provide a full continuum of care for eating disorder patients, including inpatient, residential, partial hospitalization and intensive outpatient care. We also offer both inpatient and partial hospitalization programs for our psychiatric patients.



Offering this range of treatment creates an opportunity to provide the treatment option that is best for the patient at any given time, whether the patient is just entering Walden or advancing toward recovery.

This approach also creates an opportunity for continuity. The better we get to know our patients, and the better they get to know us, the more effectively we can treat them.

## BY PROVIDING A WELCOMING ENVIRONMENT

A bright, welcoming environment helps give our patients a positive outlook, which contributes to their recovery. With an abundance of natural light and lots of quiet spaces, we offer a setting designed to give patients plenty of privacy and help them feel comfortable and safe.

## BY ENCOURAGING FAMILY INVOLVEMENT

Family involvement can play a key role in the recovery of a patient with an eating disorder or psychiatric disorder. We not only encourage family involvement, we offer special support groups and counseling sessions to help families deal with the issues facing them as their loved one is in treatment and as they prepare for discharge.



## BY RESTORING HOPE

By providing a welcoming environment, encouraging family involvement and adjusting treatment as the patient changes, we help our patients restore hope and achieve lasting recovery. Hope also comes when patients see that those who are treating them have compassion and empathy for them. We not only care for our patients, we also care about them.

## HELPING PATIENTS RECLAIM THEIR LIVES

WE DEVELOPED THE “WHOLE HEALTH” APPROACH BASED ON OUR MANY YEARS OF EXPERIENCE WORKING WITH OUR PATIENTS.