



Behavioral Health Services

Specialized therapeutic care for individuals with a wide range of mental health diagnoses

MayInstitute
Shaping Futures. Changing Lives.

May Institute provides effective, state-of-the-art behavioral health services to children, adolescents, and adults. We offer specialty services at four locations in Walpole, West Roxbury, Fall River, and Randolph, Mass.

Mental health issues can impact a person's ability to function or cope. They can affect your mood, thinking, and behavior. They range from mild to severe disorders, and can affect individuals of all ages, races, and genders.

May Institute clinicians have expertise in evidence-based treatment in a number of areas including cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT). These have proven beneficial for many clients.

OUTPATIENT SERVICES

Our outpatient mental health centers—**May Counseling Center in Walpole, and May Behavioral Health Clinic in West Roxbury**—serve children, adolescents, and adults.

Specialty services include evaluation and treatment of many disorders:

- Anxiety
- Autism spectrum disorder (ASD)
- Bipolar disorder
- Borderline personality disorder
- Depression
- Grief and loss
- Obsessive-compulsive disorder
- Phobias and panic
- Post-traumatic stress disorder (PTSD) and trauma
- Medication management
- Psychopharmacology evaluations
- Schizophrenia
- Sexual identity; LGBTQ issues

For children and adolescents:

- Coping with family issues; separation and divorce
- School avoidance/phobia
- Separation anxiety
- Behavior problems and conduct disorders
- Body image/eating disorders
- Death, grief, and loss
- Abuse and neglect
- School consultation

- Attention deficit hyperactivity disorder
- Learning disability support
- PTSD and trauma

For parents:

- Parenting techniques
- Relationship/couples issues
- Stress management
- Communication skills
- Geriatric support
- Parenting in foster care

May Center for Evaluation and Treatment in Randolph

offers specialty services for ASD in addition to assessments and evidence-based treatments for behavioral health conditions:

- Anxiety
- Attention deficit hyperactivity disorder
- Bipolar disorder
- Behavior and mood disorders
- Obsessive-compulsive disorder
- Phobias and panic
- Challenges with communication skills

We also offer intensive behavioral services for specific conditions including feeding and rumination disorders, elimination disorders, sleep disorders, and school avoidance and adjustment.

May Institute Behavioral Health Services

Specialized therapeutic care

Parent services include stress management, marital adjustment issues, communication skills, and parent and family education, training, and support.

May Counseling @ Hyland Clinic in Fall River provides a wide variety of services to children, adolescents, and adults with mental health concerns. These services may be provided on an outpatient basis, in the home, or at school.

- Individual, family, and couples counseling
- Consultation to schools and agencies
- Anger management training
- Social skills training
- Coping skills training
- Medication management
- Psychopharmacology evaluations

DAY TREATMENT PROGRAMS

For young adults:

Our **Transitions day treatment program in Walpole** offers young adults, ages 18 to 28, a supportive, structured, and diverse environment that focuses on skill building, peer support, and educational and vocational experiences. Specialty services address:

- Anxiety disorders
- Mood disorders
- Personality disorders

- Major mental illness
- Learning disabilities
- Cognitive impairments
- Medication management
- Psychopharmacology evaluations

For adults:

Our **New Beginnings day treatment program in Walpole** is a specialized, comprehensive program for adults, ages 28 and over, with chronic and persistent mental health issues. We focus on helping people build new skills to manage the symptoms of their illness, and to be more independent and involved in their community.

Our **Crossroads day treatment program in West Roxbury** offers specialized therapeutic and rehabilitative services for adults with psychiatric and developmental disabilities. We provide services for clients with:

- Dual diagnosis (mental health/developmental disabilities and mental health/substance abuse)
- Psychiatric disorders
- Personality disorders
- Developmental disabilities

Specialties include:

- General rehabilitation
- Substance abuse
- Dialectical behavior therapy (DBT)
- Medication management
- Psychopharmacology evaluations

OUTPATIENT SERVICES

- **May Counseling Center**
95 West Street
Walpole, MA 02081
Tel: 508.660.1510, ext. 239
- **May Behavioral Health Clinic**
2020R Center Street
West Roxbury, MA 02032
Tel: 508.660.1510, ext. 239
- **May Center for Evaluation and Treatment**
41 Pacella Park Drive, Door 2
Randolph, MA 02368
Tel: 781.437.1375
- **May Counseling @ Hyland Clinic**
126 Cove Street
Fall River, MA 02720
Tel: 508.678.0041, ext. 103

DAY TREATMENT PROGRAMS

- **Transitions Program**
- **New Beginnings Program**
95 West Street
Walpole, MA 02081
Tel: 508.660.1510, ext. 239
- **Crossroads Program**
2020R Center Street
West Roxbury, MA 02032
Tel: 508.660.1510, ext. 239

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