

DEDICATED TO EXCELLENCE

May Counseling Center is an expanding network of nonprofit behavioral healthcare programs. It is part of May Institute, a private, nonprofit organization that has been committed to providing the highest standard of behavioral healthcare, education, and rehabilitative services for more than five decades.

Based in Randolph, Mass., May Institute offers a broad range of clinical services at more than 200 locations to more than 25,000 individuals and families annually. Our services include: home-based early intervention for infants and toddlers; programs for children and adolescents with autism spectrum disorders (ASD) and brain injury; consultation in school settings; day services for adults with mental illness; and behavioral counseling for individuals of all ages. May Institute has one of the country's largest concentrations of clinical expertise in the areas of autism, applied behavior analysis (ABA), and related fields. An active center of research and training, we maintain affiliations with more than 55 universities, hospitals, and agencies worldwide.

MCC staff share the Institute's dedication to excellence, with a focus on clinically proven methods that make a measurable and meaningful difference in people's lives.

HOURS

The Center is open Monday through Friday from 8 a.m. to 7 p.m.

INSURANCE

We accept most insurances—commercial, private, Medicare, Medicaid, and MBHP.

REFERRALS AND INFORMATION

To make a referral or an initial appointment, please contact:

Lisa Cook, Intake Coordinator
508-660-1510 ext. 239; Fax: 508-660-3122
lcook@mayinstitute.org

For more information, please contact:

Shawn Healy, Ph.D., Clinical Director
508-660-1510, ext. 246

www.mayinstitute.org

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Shaping Futures. Changing Lives.



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May Counseling Center
95 West Street, Walpole, MA 02081

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MAY COUNSELING CENTER

Therapeutic Services for Children,
Adolescents, Adults, and Families

WALPOLE, MASSACHUSETTS

MAY COUNSELING CENTER

WE CAN HELP

If you need help with an emotional or psychological problem, you are not alone. It is estimated that nearly half of the population will experience a mental health concern at some point in their lives. Similarly, if you have a family member with autism or another developmental disability who is in need of services, you are part of a rapidly growing segment of the population. We can help. Research shows that with the appropriate treatment, individuals and families can effectively address these challenges and lead satisfying and productive lives.

For nearly 50 years, May Counseling Center/Walpole (MCC) has offered caring, effective, state-of-the-art emotional and psychological services to children, adolescents, and adults. Our highly trained, multidisciplinary team consists of psychologists, clinical social workers, nurses, interns, and a psychiatrist. These professionals provide specialized clinical care for key emotional and behavioral concerns, including anxiety disorders, depression, eating disorders, and women's issues. Our experienced clinicians can also provide treatment and therapy that address the needs of individuals with autism spectrum disorders (ASD) and their families including behavior modification, social skills development, and parent support.

SERVICES OFFERED AT MCC INCLUDE:

- Comprehensive diagnostic evaluations
- Specialized groups
- 24-hour crisis services
- Medication evaluation and management
- Psychological and neuropsychological testing
- Child and adolescent services
- Dialectical behavior therapy
- Specialized services for:
 - Anxiety and depressive disorders
 - Autism spectrum disorders (ASD)
 - Eating disorders
 - Women's issues



Specialty services are provided by clinicians with extensive training and experience in the evaluation and treatment of the specific disorder or service. All clients receive a comprehensive evaluation followed by a collaborative meeting to present diagnostic findings and treatment recommendations. Interventions may consist of therapy alone or therapy in conjunction with a trial of medication. Treatment plans are reviewed by the clinical team on a quarterly basis to ensure quality and effectiveness.

CHILD AND FAMILY SUPPORT

Ongoing support is vital for children, parents, and families coping with the emotional, medical, or relationship issues of everyday life. MCC offers many forms of support and therapy for people of all ages.

For children and adolescents:

- Family issues; separation and divorce
- School avoidance/phobia
- Separation anxiety
- Behavior problems and conduct disorders
- Body image
- Death, grief, and loss
- Sexual identity; gay and lesbian issues
- Sexual abuse
- School consultation
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Learning disability support
- Alcohol and drugs
- Post-Traumatic Stress Disorder (PTSD)

For parents:

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

Our programs emphasize community collaboration. Staff members routinely consult with schools to develop classroom behavior plans, attend IEP and special education evaluation meetings, and conduct classroom observations.

AUTISM SPECTRUM DISORDERS

As more children are diagnosed with autism, Asperger's syndrome, and other autism spectrum disorders (ASD), families are in need of services for their loved ones who have problem behaviors, communication issues, and challenges with social skills.

MCC's staff are trained in behavior modification and applied behavior analysis (ABA), a methodology that applies scientific interventions to address behavior needs. Using positive reinforcement, teaching in small steps, prompting, and repeated practice, our therapists help children and adolescents with ASD reduce social problems and serious behavior disorders.

We work closely with parents, providing vital support and training that will help them reinforce at home what their children learn at MCC, thereby ensuring their continued progress and growth.

THERAPEUTIC GYM PROGRAM

Our unique therapeutic gym program brings children, their parents, and peers together to interact in games and play activities. This multi-family group combines parent training, cognitive behavioral coping skills instruction, family communication training, and social skills training in the context of organized games and physical activity in a local gym.



PROVIDING EFFECTIVE TREATMENT

Anxiety, depression, eating disorders, and other behavioral and physical issues can seriously disrupt a person's personal and professional life. At MCC, our goal is to provide the most effective treatment utilizing clinically proven, goal-oriented interventions and ongoing support services. Dialectical behavior therapy (DBT), which combines theories of behavioral science, systematic reasoning, and mindfulness practice, has proven beneficial for many clients.

If you or someone you love is experiencing any of the symptoms or conditions described below, please contact MCC. We can help.

ANXIETY DISORDERS

Anxiety disorders can take the form of phobias, panic disorder, generalized anxiety disorder, obsessive compulsive disorder, or Post-Traumatic Stress Disorder. Symptoms of anxiety can include: racing heart, sweating, or insomnia; muscle tension; concentration problems; brief periods of intense fear; compulsive/repetitive behavior; extreme anxiety in social situations; or fear about being unable to leave a place or situation.



DEPRESSION

There are many different types of depressive disorders such as major depression and bipolar disorder. Major depression affects thoughts, feelings, behavior, and physical health, and can be the result of a chemical imbalance or stress. Bipolar disorder is manifested by severe changes in mood ranging from depression to mania. Symptoms of depression can include: feeling sad, hopeless, or worthless; loss of pleasure; changes in sleep and appetite; irritability or restlessness; change in energy level or inability to concentrate; or suicidal thoughts, gestures, or attempts.

EATING DISORDERS

Eating disorders include bulimia, anorexia nervosa, binge eating, and obesity. All of these conditions can cause severe medical complications. Signs that someone may be experiencing an eating disorder include: intense fear of gaining weight; guilt or shame about eating; secret eating; laxative abuse and purging; binge eating; excessive exercise; dramatic change in weight; and amenorrhea (absence of menstruation.)

WOMEN'S ISSUES

MCC provides integrated women's services that address both the mental health needs and physical well-being of women. We provide therapy for specific issues including: Cardiovascular disease; cancer; HIV, AIDS, and sexually transmitted diseases; pregnancy (including teen pregnancy), infertility, and postpartum depression; premenstrual issues and menopause; sexual identity; adolescence and development; relationship development; and domestic violence.