



**To the Brighter Path!**

## Who We Are

**For 40 years,** Sameem has treated adolescents and adults in our Newton offices. Our groups with long-term clients form the basis of a thriving recovery community.

Our services span Intensive Outpatient Programs (IOPs), group therapy, individual therapy, family therapy, Medication Assisted Treatment (MAT), and alcohol and drug testing. We treat patients across a broad age range, including adolescents and adults, and we provide a variety of services from crisis and intervention through maintenance of long-term thriving lives. In all cases, the goal is long-term joyful living.

Our adolescent and adult programs are known throughout our community for high quality and success rates, and the flexible scheduling allows continued participation in school or work if the patient is able to do so.

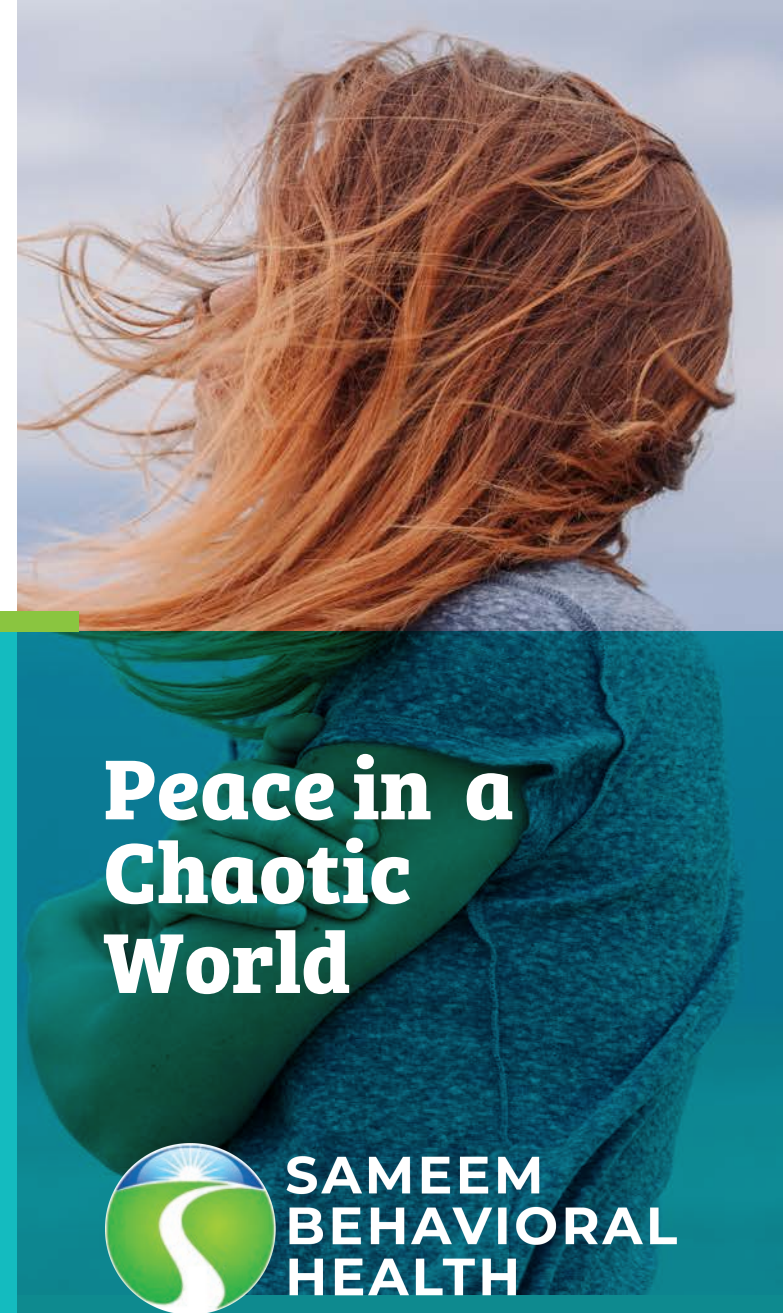


**617-964-1060**



**SAMEEM  
BEHAVIORAL  
HEALTH**

34 Lincoln St, Newton, MA 02461

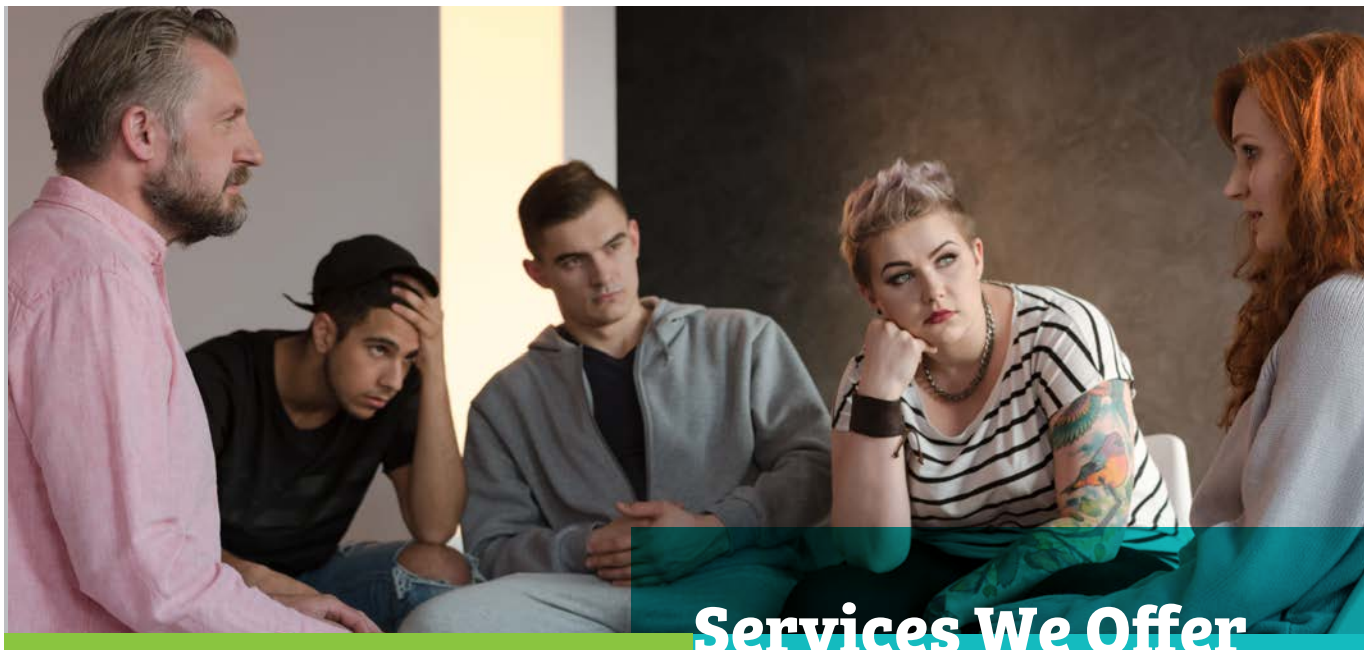


**Peace in a  
Chaotic  
World**



**SAMEEM  
BEHAVIORAL  
HEALTH**

[www.SameemBH.com](http://www.SameemBH.com)



## Services We Offer

### SUBSTANCE USE DISORDER

Alcohol, Caffeine, Cannabis, Hallucinogens, Hypnotics, Sedatives, Anxiolytics, Benzodiazepines, Barbiturates, Inhalants, Opioids, Stimulants, Tobacco/Vaping

### BEHAVIORAL DISORDERS

Gambling, Eating, Exercising, Dieting, Shopping, Shoplifting, Self-Harm, Adrenaline, Sex, Pornography, Technology, Spiritual, Destruction

### CO-OCCURRING DISORDERS

ADHD, Bipolar disorder, Borderline Personality Disorder, Depression, Anxiety Disorder, PTSD

### TRIGGER CIRCUMSTANCES

Trauma, Loss, Abuse, Environmental, Self-Medication

No two care plans are identical. Among services we offer are the following:

- **Individual Therapy.** Typically weekly. All symptoms.
- **Group Therapy.** One or more weekly sessions with a small consistent group for shared insight & support.
- **Family Therapy.** Couples or any family units for improved communication and understanding.
- **Testing.** Drug & alcohol testing ordered by courts, schools, or employers.
- **Individual Outpatient Therapy (IOP).** Daily treatment in blocks composed of these services and others.

## THE SAMEEM PATH: Our Groups

Most (not all) patients participate in at least 1 group. We have found that support and inspiration from people traveling similar paths nurtures recovery and thriving. All groups are led by a licensed therapist.

A partial listing of our groups includes:

- ✔ **Trauma Survivors Group.** Members learning to accept a painful past & build a joyful future.
- ✔ **Adolescent Early Recovery Group.** Members 13-20 interested in recovery .
- ✔ **Family Intervention Group.** For families trying to understand struggling loved ones.
- ✔ **Women's Recovery Group.** Women 30-70 committed to recovery

