



# CENTERPOINT

---

LOCATED AT TEWKSBURY STATE HOSPITAL  
365 EAST STREET, SOUTHGATE BUILDING  
TEWKSBURY, MA 01876 978-858-3776





# CENTERPOINT WELCOMES YOU!

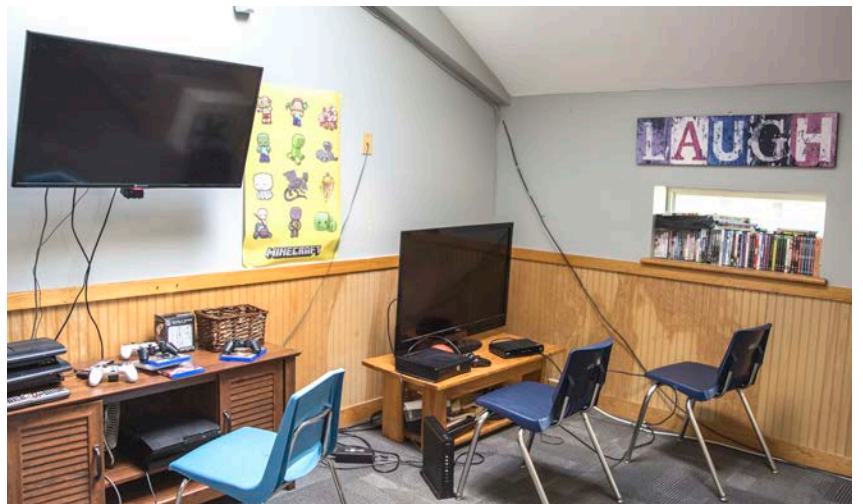
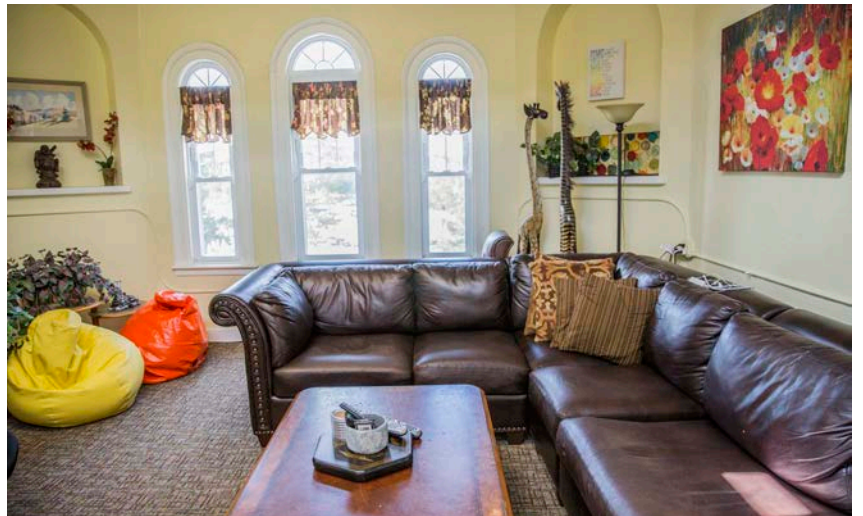
This introduction is intended to give you information about the program and to answer some common questions that many people have. Additional information can be found in the Youth and Family Handbook. We hope you enjoy this quick program tour and we look forward to working with you!





# LIVING ROOM

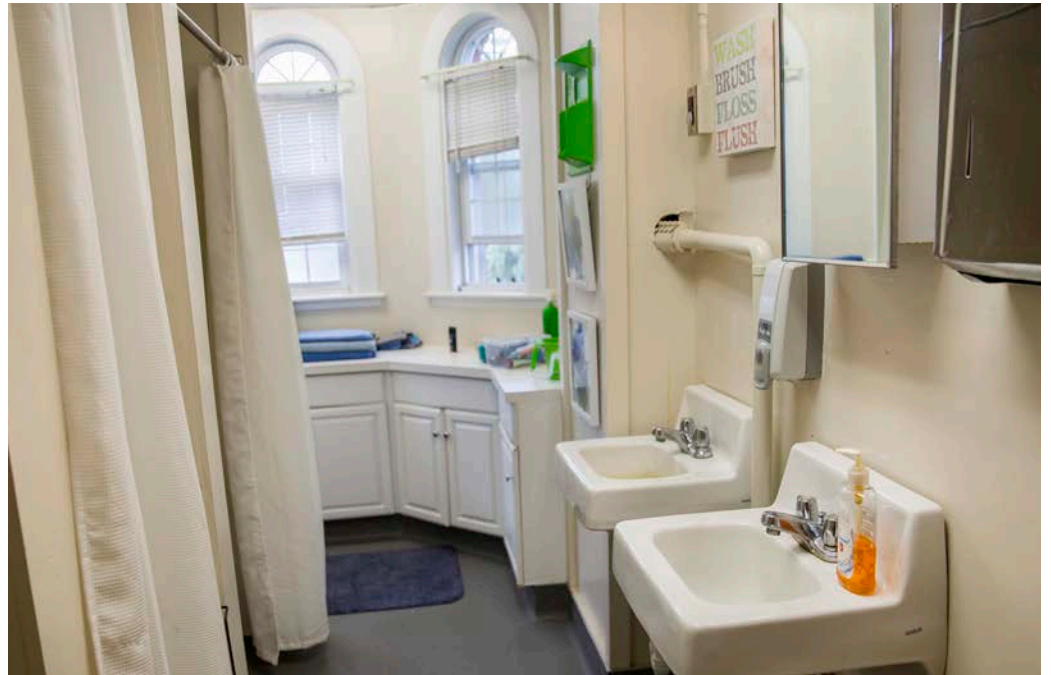
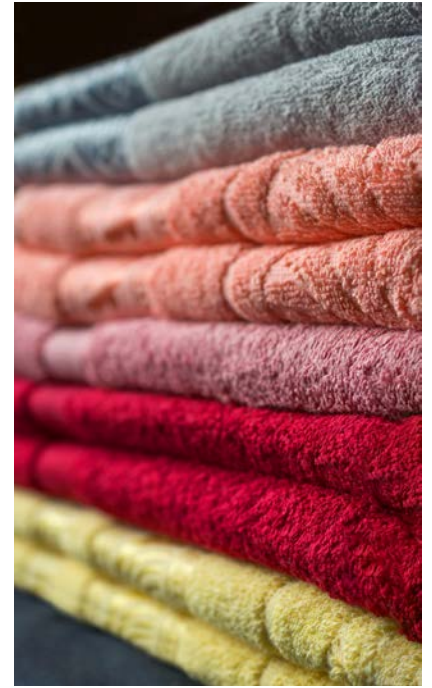
There are comfortable community rooms throughout the building where we spend time together for activities and recreational groups. These spaces can also be used for free time.





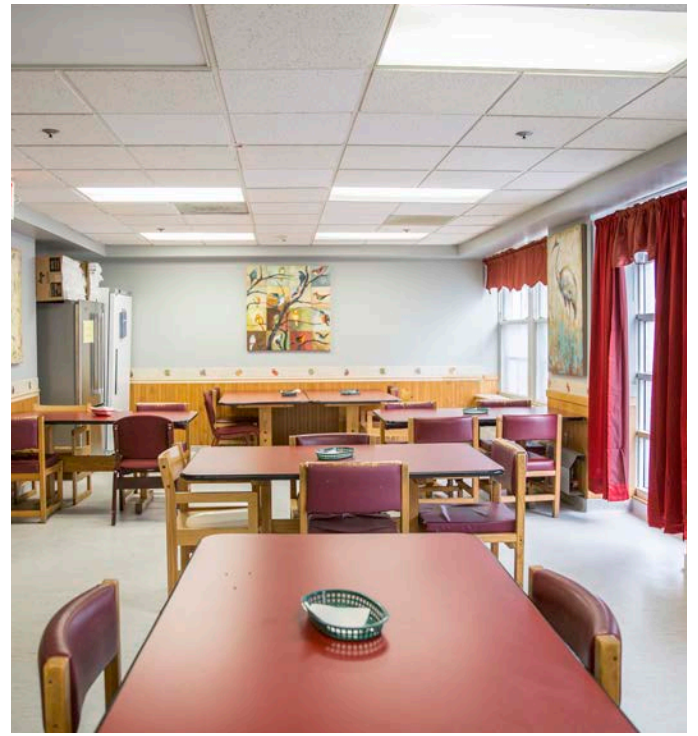
## BEDROOMS

The Centerpoint program has two different sides of the building as living spaces depending on your phase of treatment. Both components of the program have single bedrooms with beds, dressers, desks, and chairs in each one. You may decorate your room with personal items and pictures. When you come to Centerpoint, we will give you a new comforter, sheets, towels, flip flops, a bathrobe, and bathroom supplies. You may have a television and video game system in your room once you have settled in.



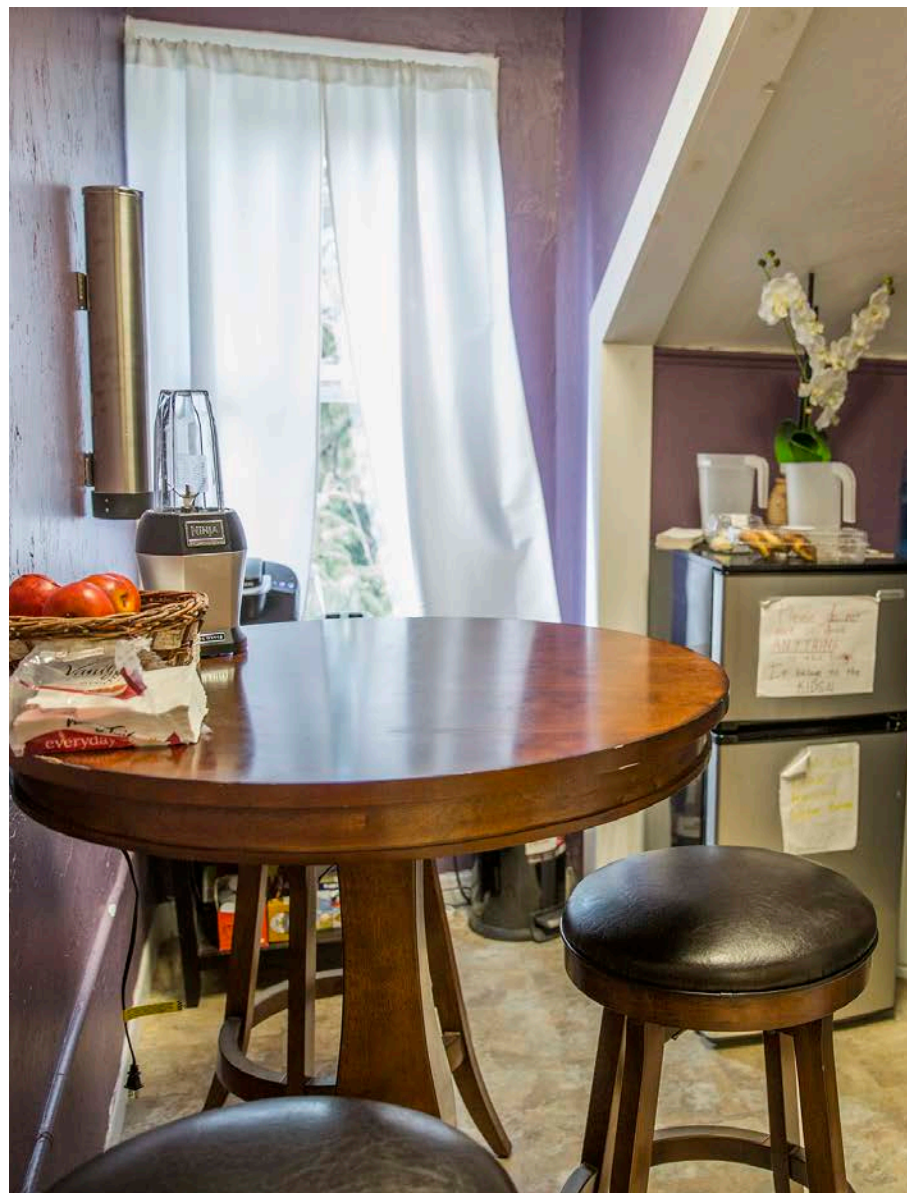
# BATHROOMS

This is what our bathrooms and laundry room look like.  
Our bathrooms allow for privacy.

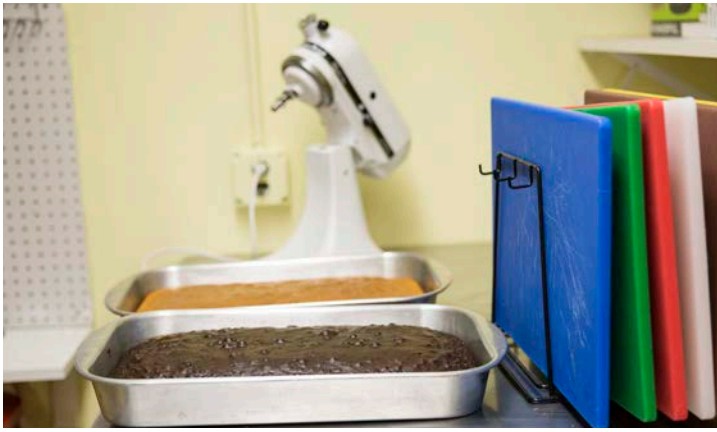


# THE DINING ROOM

We eat meals in the dining areas and we have a full time cook who prepares them. You can help plan and cook your own meals. Families are always welcome to join us for a meal.







# ACTIVITY SPACES

There are numerous spaces throughout the building where you can participate in activities. We have a weight room, a bakery, an exercise room, a state-of-the-art music studio, an art room, and outdoor spaces for visiting, relaxing, and reflecting.

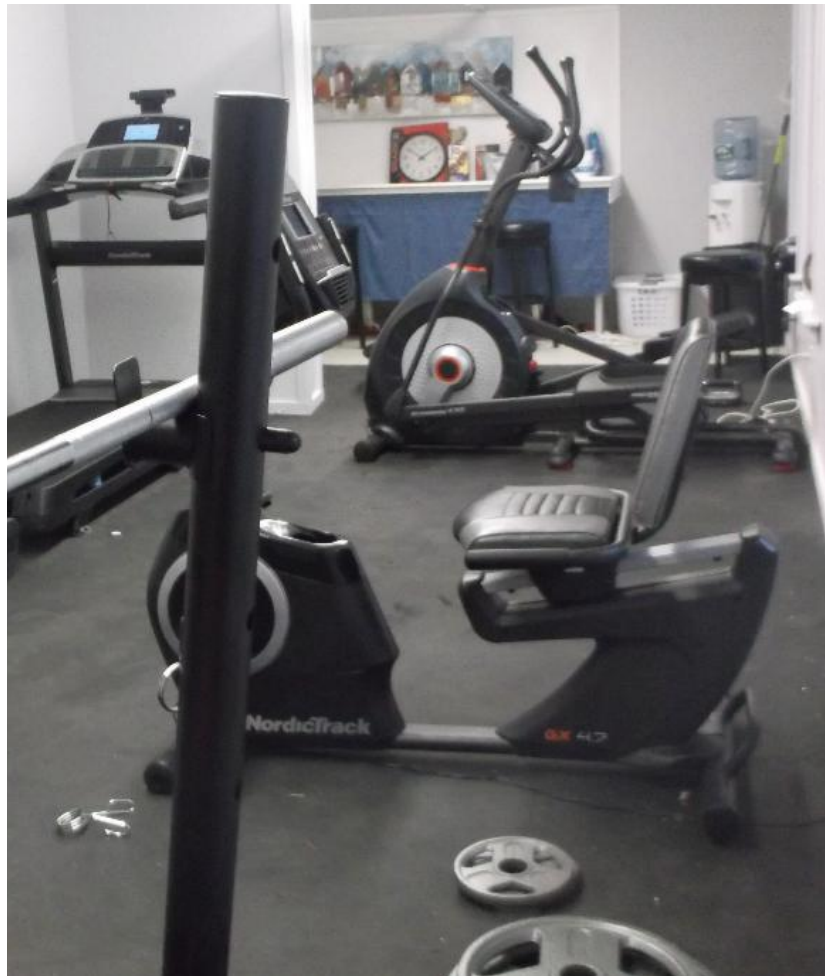


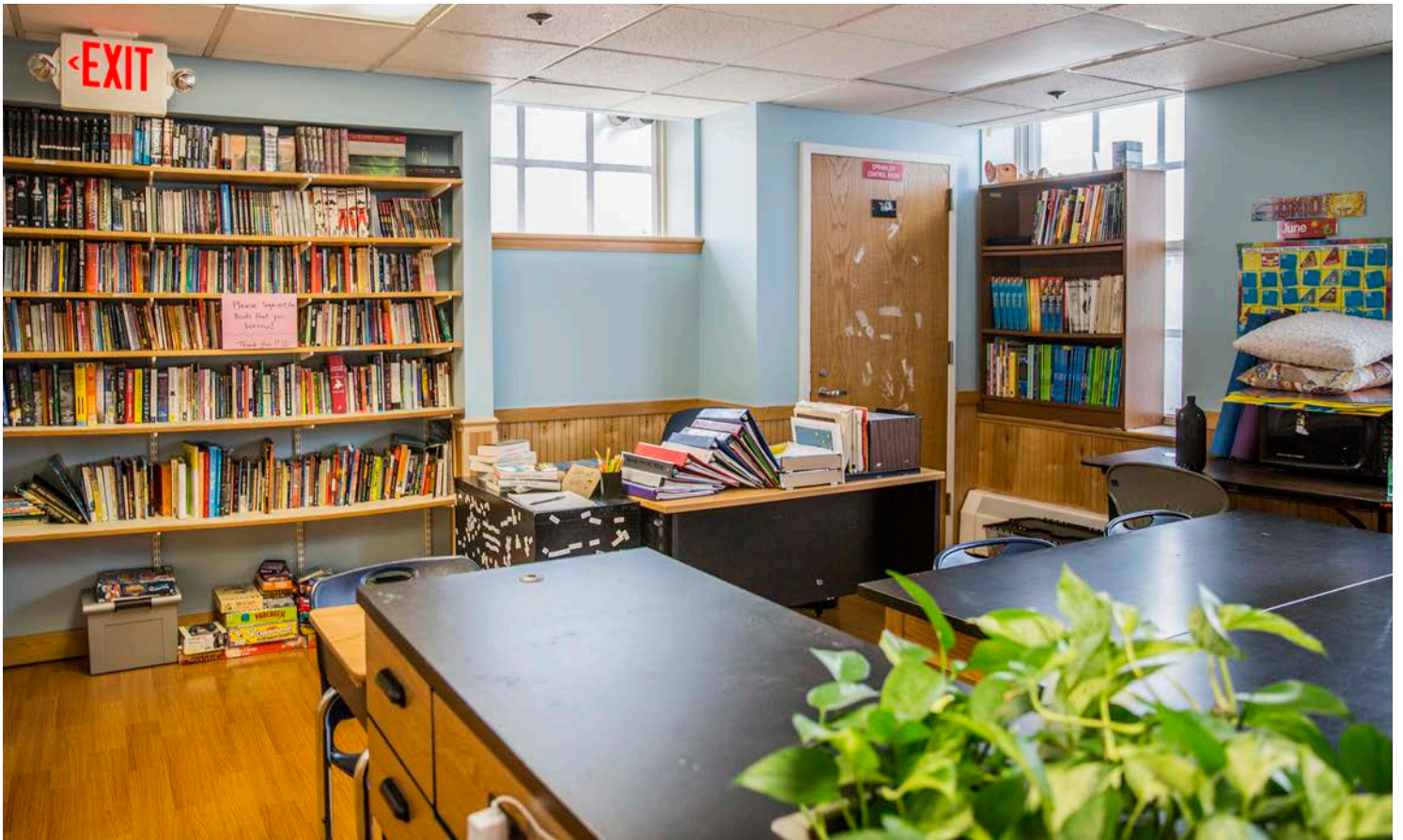


# WORKOUT ROOM

The Workout Room is available if you want to exercise.

Staff members can assist you in a variety of daily exercise routines.





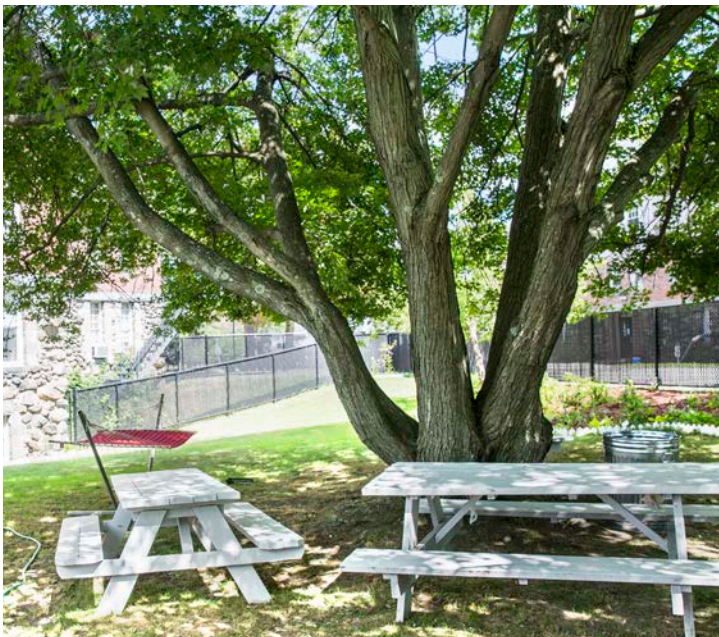
# CENTERPOINT SCHOOL

The school program is in session from 9:00 am to 3:00 pm with a break for lunch. There are usually three to four students in a classroom, which allows for individual teaching when needed.



# THERAPEUTIC INTERVENTION

There are three vegetable gardens, a meditation room and a massage chair, and an abundance of animals, including egg laying ducks, rabbits, turtles, and snakes at the program. You can work in the garden and help take care of the animals as paid chores at Centerpoint!





# THERAPEUTIC INTERVENTION

In addition to traditional treatment approaches, Centerpoint staff members support the use of pets, meditation, and nature in our lives.

# PEER MENTOR



Our Peer Mentor is a young person who has received services through the Department of Mental Health and can relate to some of your experiences. Our Peer Mentor attends treatment meetings, participates in program activities and school, and can spend one-on-one time with you if you want and help you practice your skills. Our Peer Mentor can share personal experiences and offer hope that recovery is real.

# FAMILY PARTNER



A Family Partner is someone who has lived-experience with a child in residential care. We have a Family Partner who is here to help parents and families in many ways.



# COMMUNITY EXPERIENCES

There are numerous opportunities to participate in community activities. We are fortunate to have the Tewksbury Library nearby, and we go to the library and sign out books and movies weekly.

In addition, the town of Tewksbury has an exceptional recreational center that includes tennis courts, a skateboard park, football fields, and paths in the woods, which we enjoy on foot or on one of our mountain bikes.

We frequently visit local indoor recreational resources, like the bowling alley, movie theaters, malls, miniature golf, and local restaurants.



# COMMUNITY EXPERIENCES

You may participate in driver's education classes, community groups and meetings, and, when applicable, employment in the community. Our program bakery provides an opportunity for students to bake cupcakes and sell or donate them to local merchants or causes.

The Centerpoint Program takes advantage of our summer vacation to offer weekly hiking and fishing trips, an annual week long camping trip in the White Mountains, and annual deep sea fishing trips to students who are interested.

We continue to explore local resources that are available to our program for recreational use, educational needs or employment opportunities, and encourage youth to suggest activities they are interested in pursuing.

Families are welcome to join us for some community activities!



# WHAT YOUTH ARE SAYING ABOUT CENTERPOINT

*“ I never thought my parents would ever trust me again,  
but now that we have worked on our relationship, I think our  
relationship is 100% better. ”*

Centerpoint youth

*“ Centerpoint was hard and pushed me to talk about  
things I never thought I would share with anyone,  
but I think it may have saved my life. ”*

Centerpoint youth

*“ The Centerpoint staff liked me even  
when I didn't like myself. ”*

Centerpoint youth





## WHAT FAMILIES ARE SAYING ABOUT CENTERPOINT

*“ I never imagined that my out of control son could become a responsible, honest young man who now has a job and is attending college classes. Thank you Centerpoint. ”*

Centerpoint parent

*“ The staff at Centerpoint never gave up on my son, even during the darkest days, and I will be eternally grateful to them. ”*

Centerpoint parent

# DIRECTIONS TO CENTERPOINT

365 East Street, Southgate Building  
Tewksbury Hospital, Tewksbury, MA 01876  
Main phone number (978) 858-3776

## FROM 1-93 NORTH

- 93 North to Exit 42, Dascomb Road Exit. Left off exit.
- At lights, go straight. Dascomb Road is East Street once you enter Tewksbury.
- Travel 2.6 miles on Dascomb Road/East Street until you see Livingston Street on Left.
- Go past Livingston Street, and take the next left at entrance to Hospital (Black sign) across from a set of baseball field.

## FROM 1-93 GOING SOUTH

- 93 South to **Exit 42, Dascomb Road Exit**. Left off exit. Take next right onto Dascomb Road towards Tewksbury. Dascomb Road is East Street once you enter Tewksbury. Travel 2.6 miles on Dascomb Road/East Street until you see Livingston Street on Left. Go past Livingston Street, and take the next left at entrance to Hospital (Black sign) across from a set of baseball field.

## FROM 1-495

- From 495 North or South take, **Exit 38 (Route 38)**. At light from exit ramp take a left Continue straight on 38 South through 3 lights off of 495 North or 4 lights off of 495 South. Proceed ~ 2 miles. Watch for Capellini's Italian Restaurant on your left. Stay in left lane and just past the Bank of America is a set of lights. There is a large green sign across that intersection indicating the Tewksbury Hospital and below that is a blue sign for East St. Take a **left** onto **East Street**. Continue through one yellow blinking light and a set of lights. You'll see the baseball fields on your left. Take a **right** on to **Chapel Road** (Black sign).



## ONCE ON GROUNDS

- Chapel Road bears slightly to the left.
- Take your first right at sign saying and another sign saying “Dietary Building and Centerpoint”
- At stop sign there will be a large green dumpster on your right. Turn left at this stop sign.
- Take second right where there is one green dumpsters and you’re at Centerpoint. Our parking is marked “Centerpoint Visitor Parking.”
- Our entrance has a triangular orange roof with stairs and a ramp.
- Ring the bottom doorbell (you should hear it ring) for admittance.



WE ARE ONE BIG TEAM  
AND YOU ARE ON IT!  
WE WILL ALL WORK TOGETHER  
TO HELP MEET YOUR GOALS.