



In partnership with



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B.O.A.T.

Boston Outpatient Assisted Treatment

WHAT IS BOAT?

The Boston Outpatient Assisted Treatment Program (BOAT) is a mental health treatment program created in partnership between the Boston Municipal Court and Boston Medical Center. The program provides intensive social, mental health, and substance use disorder services designed to help court-involved clients maintain stability, achieve recovery within the community, and avoid hospitalization and incarceration.

Thanks to a grant from SAMHSA, we are able to closely monitor treatment outcomes with consistent court oversight and strong clinical and social services support. Our goals are to eliminate barriers to the timely and effective treatment of severe mental illness, remove the stigma associated with mental health diagnoses, and work towards decriminalizing mental illness in the Commonwealth of Massachusetts.

WHO IS BOAT FOR?

BOAT is tailored for clients who have a major mental illness and have a pending criminal matter within the Boston Municipal Court system, or are a graduate of one of the three mental health sessions held in the Central, Roxbury and West Roxbury divisions.

The BOAT Program is available to clients who fall into one of the following three categories: open criminal matters, probation cases, and graduates of mental health court. BOAT is ideal for clients struggling with serious mental illness (SMI), co-occurring substance use disorders, or clients frequently caught in a "revolving door" of repeated psychiatric hospitalizations, and/or arrests leading to detention in jails and prisons.

AVAILABLE SERVICES

Our multi-disciplinary team approach includes case managers, psychiatrists, social workers, a certified peer specialist, resource specialist, and a recovery coach. Our team recognizes the unique and complex nature of serious mental illness and the importance of treatment for these individuals. The BOAT Program seeks to provide a fully integrated continuum of wraparound services.

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING MENTAL ILLNESS AND IS INVOLVED WITH BOSTON MUNICIPAL COURT, PLEASE CALL 617.414.1391 OR EMAIL BOAT@BMC.ORG FOR MORE INFORMATION ON HOW TO REFER. YOU MAY ALSO REACH OUT DIRECTLY TO PROJECT DIRECTOR: FIRST JUSTICE KATHLEEN COFFEY (KATHLEEN.COFFEY@JUD.STATE.MA.US), OR PROGRAM MANAGER: LEILA SPENCER, LMHC (LEILA.SPENCER@BMC.ORG)

Case Management

The Case Manager is a masters-level clinician who will determine client needs by completing intake assessments and psychosocial evaluations. Case managers coordinate supportive services across partnering agencies and facilitate solutions to problems that may arise, through frequent communication with the individual, family members or others close to the individual, and treatment providers. Case manager will act as clinical liaison between the BOAT team and court system.

Medication Management

BOAT Psychiatrists will collaborate with clients to discuss medication options, develop a treatment plan, and manage concerns and side effects as they arise. Psychiatrists offer a number of options and work directly with the client to find the best treatment plan to reach their long-term goals.

Psychotherapy

BOAT Therapists will help the clients tackle emotional and social problems and address the impact of these on their wellbeing through regular sessions, and through developing long-term care relationships.

Peer Support

BOAT Peer Specialists provide supportive coaching and mentoring. They work directly with the client to support them in achieving their goals. Peers are individuals with lived experience, who can add a unique perspective to the BOAT team and client care. BOAT peers provide a warm and welcoming environment for the client.

Recovery and Substance Use Support

A BOAT Recovery Coach has personal experience overcoming substance use disorders, allowing them to connect more deeply with those who are still struggling and work alongside them towards a path of continuous recovery. A BOAT Addiction Psychiatrist is available to provide support on co-occurring substance use and psychiatric disorders.

Resources

Clients will be able to work with a resource specialist in a variety of areas of interest:

- Career Development Planning
- Employment Search Support
- Vocational Rehabilitation
- Educational Advancement Planning
- Housing Goal Planning and Support
- Benefits Assistance