Cape Ann Adult Behavioral Learning Center

Cape Ann Adult Behavioral Learning Center is a five-day-per-week trauma-informed, recovery and rehabilitation-oriented program. We assist adults who experience life-altering consequences of mental illnesses and co-occurring disorders.

At Cape Ann, participants enroll in classes and activities that specifically address three aspects of recovery:

1. Managing unwanted symptoms and behaviors
2. Reconnecting with or discovering the things that add pleasure, meaning and value to life
3. Developing the connections, supports and skills to establish meaningful roles in society

The communities we serve
Greater Boston, the North Shore and the Merrimack Valley.

Contact information
35 Congress Street
Building 2, Rear, Suite 351A
Salem, MA 01970
Phone: 978.524.7133
Fax: 978.524.7137
Cape Ann Adult Behavioral Learning Center

Who We Serve

• Must be over 18 years of age and capable of participating in a respectful adult-oriented community
• Must have a primary psychiatric (mental health) diagnosis
• Must have primary insurance coverage from MassHealth (Medicaid)
• Symptoms must be managed well enough to allow for participation in a busy, highly interactive community for six hours per day, five days per week

Offering curriculum-specific treatment programs for adults with significant mental illness and co-occurring substance use disorders who have experienced serious life disruption.

Our Services

We incorporate the following psychosocial rehabilitative services into an individualized schedule for each person:

• Motivational enhancement therapy
• Dialectical behavior therapy
• Mindfulness-based cognitive therapy
• Substance use and addictive disorder education and treatment
• Expressive arts therapies
• Recreational therapy
• Family and support system meetings
• Vocational and volunteer support
• Peer leadership training

How to refer to our program

1. Review admission requirements ("Who We Serve")
2. Complete referral form
3. Fax completed referral form to 978.524.7137

As soon as we receive the completed form, we check insurance eligibility and process the PT-1 transportation request if needed. As soon as we receive confirmation of insurance coverage and PT-1 authorization, we will contact you to schedule an intake.

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