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Contact:

Michelle McKenzie, Ball Consulting Group, LLC
Phone: 617-243-9950; Email: michelle@ballcg.com

Lifeworks Welcomes New Lead Psychiatrist for Harbor Counseling Center

Dr. Chris Freeman Succeeds Longtime Medical Director Dr. Steven Spitz

WESTWOOD, Mass. (Jan. 3, 2022) – [Lifeworks](#), a nonprofit human services provider that supports people with intellectual and developmental disabilities, today announced that psychiatrist Dr. David Christopher “Chris” Freeman, will serve as the new Medical Director providing psychiatric services to individuals served by Lifeworks’ Harbor Counseling Center.

“We are excited to welcome Dr. Freeman to the center, especially given his practice’s experience in supporting persons with intellectual and developmental disabilities, including those with autism,” said Lifeworks President & CEO Dan Burke. “This is an opportunity for our entire agency to benefit from his clinical expertise and to increase our ability to support the people with disabilities we serve, their families and their other professional support staff.”

Harbor Counseling Center, located at the Lifeworks campus in Westwood, is an outpatient behavioral health clinic dedicated to providing the highest quality mental health services to adults with intellectual and/or developmental disabilities. It provides long- and short-term therapy to adults in individual, family and group settings using a variety of therapeutic approaches.

“We are excited for the future of our center with the addition of Dr. Freeman,” said Kaylee Blanchard, Clinical Director for Lifeworks. “In addition to providing continuity of care for our clients, it gives the clinic opportunities for expansion in the future. We can refer our clients served through our Autism Support Center, as well as all those served by the various Lifeworks programs.”

Dr. Freeman is the Executive Vice President of Integrated Psychiatric Consulting in Worcester, specializing in treating dementia, acquired/traumatic brain injuries, autism and other neurodevelopmental disorders, epilepsy, MS, stroke, mood and psychotic disorders. He is a graduate of Tufts University School of Medicine and served his psychiatric residency at UMass

Medical School in Worcester. He also recently completed a fellowship in neuropsychiatry at UMass Medical School.

Dr. Freeman succeeds Dr. Steven Spitz, who has retired from Harbor Counseling after nearly 30 years of service at Lifeworks. “We are extremely grateful to Dr. Spitz for his dedication to our organization and the care he has provided to the Harbor Counseling community through the years,” Blanchard said.

“I’m excited to join the incredible team at Harbor Counseling and to serve in this role for such a respected organization as Lifeworks,” Dr. Freeman said. “Dr. Spitz has built a practice that prioritizes treating all individuals with the dignity and respect they deserve, and I am honored to help carry that mission forward.”

Harbor Counseling Center’s services include outpatient psychiatric services, psychiatric evaluation and psychopharmacological treatment. In addition to providing office-based therapeutic services, Harbor Counseling clinicians also provide home- and work-based services for treatment support and consultation.

About Lifeworks

Since 1954, Lifeworks and its predecessors, Lifeworks, Inc. and The Arc of South Norfolk, have served the towns of Norfolk County and beyond by providing support to people with intellectual and developmental disabilities through advocacy, empowerment and opportunity. The Westwood-based nonprofit organization serves more than 2,300 individuals from communities in the Greater Boston, MetroWest, Norfolk County and Attleboro areas through a wide variety of services and programs, including: employment services; residential, family and community supports; and day programs. For more information, visit www.lifeworksarc.org.

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Dr. Chris Freeman