

READING STONEHAM WAKEFIELD

MALDEN MEDFORD MELROSE

# MYSTIC VALLEY

PUBLIC HEALTH COALITION

## FINDING HELP FOR SUBSTANCE USE DISORDERS

SERVING MALDEN, MEDFORD, MELROSE, READING, STONEHAM AND WAKEFIELD

Edited: May 7th, 2015

*Organizations names and/or contact information may change*  
For most current edition please visit: [www.mysticvalleypublichealth.org](http://www.mysticvalleypublichealth.org)



# Hotlines



## **Massachusetts Substance Abuse Helpline**

Youth & Adult • [www.Helpline-Online.com](http://www.Helpline-Online.com)  
617-292-5065



## **Institute for Health and Recovery**

Youth • [www.HealthRecovery.org](http://www.HealthRecovery.org)  
617-661-3991



## **Jane Doe Domestic Violence**

Sexual & Domestic Violence • Multi-lingual • [www.JaneDoe.org](http://www.JaneDoe.org)  
877-785-2020



## **The Network La Red**

Sexual & Domestic Abuse • LGBTQ • English & Spanish • Provides safe houses  
[www.TheNetworkLaRed.org](http://www.TheNetworkLaRed.org)  
617-742-4911



## **Gay Men's Domestic Violence Project**

800-832-1901



## **Boston Area Rape Crisis Center**

24 hour line • [www.Barcc.org](http://www.Barcc.org)  
800-841-8371



## **Samaritans-Suicide Prevention**

Toll free: 877-870-4673 • Youth Line: 1-800-252-8336  
24hr lines: 617-247-0220  
[www.SamaritansHope.org](http://www.SamaritansHope.org)



## **National Suicide Prevention Lifeline**

Veterans • Suicide prevention • [www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org)  
800-273- 8255



## **Child-at-Risk**

Department of Children and Family Services Emergency Hotline  
<http://www.mass.gov/eohhs/gov/departments/dcf/child-abuse-neglect/>  
800-792-5200



## **National Runaway Safe Life**

Runaways advice line for parents and children  
[www.1800runaway.org](http://www.1800runaway.org)  
800-786-2929

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# Community Based Prevention

Primary prevention focuses on individuals, families and the community as a whole to prevent the initiation of substance use or to delay the onset of use. Prevention of alcohol, tobacco and other drugs is focused on availability, access, community norms and regulations. The environmental approach is to ensure that access is reduced, attitudes, beliefs and perceptions are changed, policies are strengthened and enforcement is increased.

## Policy

Change local bylaws and ordinances that affect substance use rates in communities by working with local boards of health, commissions and councils.

## Education/Awareness

Enhance skills, share information and increase knowledge through community forums, workshops and social marketing campaigns.

**Join a local coalition — a coalition is a group or individuals that join forces for a common cause/interest.**

Medford — (781) 393-2449

Team Medford

[www.teammedford.org](http://www.teammedford.org)

Reading — (781) 944-6300

Reading Coalition Against Substance Abuse

[www.Edline.net/pages/ReadingPublicSchools/Community/RCASA](http://www.Edline.net/pages/ReadingPublicSchools/Community/RCASA)

Wakefield — (781) 246-6300

Wakefield Unified Prevention

[www.Wakefield.ma.us](http://www.Wakefield.ma.us)

Melrose — (781) 979-4128

Melrose Substance Abuse Prevention Coalition

[www.CityofMelrose.org](http://www.CityofMelrose.org)

Stoneham -

Stoneham Substance Abuse Coalition

<http://stonehamsac.webs.com/>

Malden Board of Health

(781) 397-7049

**MOAR** - Massachusetts Organization for Addiction Recovery Tel: **617-423-6627** Toll free: **1-877-423-6627**

To organize recovering individuals, families and friends into a collective voice to educate the public about the value of recovery from alcohol and other addictions [maryanne@moar-recovery.org](mailto:maryanne@moar-recovery.org) [www.moar-recovery.org](http://www.moar-recovery.org)

## SBIRT- Screening Brief Intervention and Referral to Treatment

SBIRT is a comprehensive, integrated, public health approach to give the skills necessary to discuss behavior change with patients. This approach is often used in primary care centers, hospital emergency rooms, trauma centers, and other community settings.

<b>Screening</b>	Quickly assesses the severity of substance use and identifies the appropriate level of treatment.
<b>Brief intervention</b>	Focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.
<b>Referral to treatment</b>	Provides those identified as needing more extensive treatment with access to specialty care.

## **CRAFT-Car, Relax, Alone, Forget, Friends, Trouble**

A screening tool for youth under 21 to assess the risk of alcohol and other drug use. The tool will determine whether further assessment is needed. The model below is for a self administered assessment.

In the past 12 months, did you; take more than a few sips of alcohol, smoke any marijuana, use anything else to get high?	
<b>C</b>	Have you ridden in a <b>CAR</b> driven by someone who was 'high' or had been using alcohol or drugs?
<b>R</b>	Do you ever use alcohol/drugs to <b>RELAX</b> , feel better about yourself, or fit in?
<b>A</b>	Do you ever use alcohol/drugs while you are by yourself, <b>ALONE</b> ?
<b>F</b>	Do you ever <b>FORGET</b> things you did while you were using alcohol or drugs?
<b>F</b>	Do your family or <b>FRIENDS</b> ever tell you that you should cut down on your drinking or drug use?
<b>T</b>	Have you gotten into <b>TROUBLE</b> while you were using alcohol or drugs?

# Overdose Prevention



## Good Samaritan Law

Protection against drug possession charges when a person has called 911 seeking emergency medical attention for a victim of an overdose. Many people fear police involvement when witnessing an overdose. The Good Samaritan law protects the 911 caller and victim from criminal prosecution against being under the Influence, possession of paraphernalia and simple drug possessions.

## Signs of Opioid Overdose

- ◇ Slow breathing or no breathing
- ◇ Blue lips or fingertips
- ◇ Choking or gurgling sound/ deep snoring
- ◇ Seizures or convulsions
- ◇ Person won't wake up: No response to yelling or shaking
- ◇ Clammy, cool skin
- ◇ Heavy nod — not responding to stimulation

## Overdose Risk Factors

- Using alone** ◇ Overdoses happen in clusters — if someone has had a recent overdose pay attention.
- Lower Tolerance** ◇ Even after a few days of not using, one's tolerance can be lower. For example, after leaving a jail or program after a few short days.
- Changes in Purity Levels** ◇ Use caution when in a new place or when buying from a new source.
  - 14x more likely to die through intravenous injections.
  - Longer history of injection.
- Mixing Drugs** ◇ Overdose risk increases when heroin or other opioids are combined with other downers such as alcohol.
  - ◇ **Benzos** – a benzodiazepine is a psychoactive that is a depressant (such as, Xanax, Valium and Klonopin).

Be careful when mixing opioids with **BENZOS**. Benzos impair your short term memory. They are easy to find on the streets and cheaper than heroin. People use benzos to increase the effects of heroin. Drugs can be cut or enhanced with benzos without the user knowing.

## If you see an Overdose

### CALL 9-1-1 FIRST:

Tell the 911 operator that the person is not breathing. Stay with the person if you can. Try to remain calm. If you can't stay, put the person (in the recovery position) on their side and leave the door unlocked for the EMTs.

### PERFORM RESCUE BREATHING:

Tilt their head back to open the airway, pinch the nose and breath into the mouth : 2 quick breaths then 1 every 5 seconds

### ADMINISTER NARCAN IF YOU HAVE IT

Spray the Narcan up their nose (half in each nostril) and wait 2-3 minutes before you give the second dose.



# Overdose Reversal

**Narcan:** In an overdose, opioids can slow breathing to the point of death. Nasal naloxone blocks the opioids and restores normal breathing when sprayed into the nose or injected into the muscle of someone who has overdosed. It is safe, easy to administer, and has no potential for abuse.

## Accessing Naloxone or NARCAN

You can access Naloxone or Narcan in multiple ways.

1. From your Doctor
2. From specific pharmacies with a standing order
3. From specific State funded programs

1) As a result of the Good Samaritan Law, Doctors can prescribe Naloxone or Narcan to users and their family members. Doctors may not be aware of the law and may need to be educated. Not all pharmacies have Naloxone or Narcan in stock so you will have to discuss with Doctor.

2) No prescription needed where there is a standing order it is covered under some insurance plans or can pay out of pocket.

**These pharmacies all carry Naloxone or Narcan for over the counter purchase**

ALL WALGREENS	All Eaton Apothecary	Cambridge Health Alliance	East Boston Neighborhood Health center
ALL CVS' coming soon		1493 Cambridge St. Cambridge	10 Grove St. East Boston 20 Maverick Sq. East Boston
Inman Pharmacy	Mass General Hospital	Codman Sq. Health Center	Holyoke Health Center
1414 Cambridge St. Cambridge	55 Fruit St. Boston	637 Washington St. Dorchester	230 Maple St. Holyoke

3) State-funded sites that have Naloxone or Narcan supplies available to active users and by-standers. You can contact these sites for details on how to access Naloxone or Narcan.

### AIDS Action Committee    Boston Public Health Commission    Healthy Streets Outreach Program

(800) 235-2331  
75 Amory Street,  
Roxbury, MA  
www.aac.org

(617) 534-5395  
1010 Massachusetts Avenue  
Boston, MA  
www.bphc.org

(339)440-5633  
100 Willow Street 2nd Floor  
Lynn, MA

### Greater Lawrence Health Center    Lowell House

(978)685-7663  
100 Water Street  
Lawrence, MA  
www.glfhc.org

(978) 459-8656  
555 Merrimack Street  
Lowell, MA  
www.lowellhouseinc.com



## For Family Members



**Note:** Family members can be trained on how to properly carry and administer Narcan to their loved ones.

**Learn to Cope:** Naloxone is available at support groups for parents and family members dealing with a loved one suffering from addiction. [www.learn2cope.org](http://www.learn2cope.org) for meeting locations and times.

# Understanding the Continuum of Care

Every individual will experience a different path in their journey to recovery. There are many options in the course of one's recovery that may play a role. Below are definitions of different treatment options you may encounter during your journey.

## Detoxification

## Inpatient Services

## Residential Treatment

## Outpatient Services

## Self Help/Support Groups

### Assessment

A specialist gathers information about the individual's situation; helps identify and plan the most appropriate treatment path with the highest rate of success for the individual. Many residential facilities will require an assessment upon admission into a program.

### Detoxification

A short term stay, anywhere from 3 - 7 days, providing medical supervision to minimize physical withdrawal symptoms while keeping you safe as your system is purged from drugs and alcohol. Programs offer different detox medications, and will incorporate counseling and therapy to help with the psychological distress an individual may experience.

### Inpatient Treatment Services

A longer period of stay that offers a very structured and defined atmosphere. This type of a setting helps the patient focus on physical and psychological healing utilizing counseling and other support services.

### Residential/Recovery Homes

A group home, recovery home or halfway house is a short or long-term stay that offers housing, meals and meetings in a community environment. The goal is for each resident to work on his or her recovery and learn the skills as well as have support to establish a better quality of life. All group houses have drug testing and case management services.

### Outpatient Treatment Services

Includes a variety of services including daily meetings, 12-step recovery, one-on-one case management and counseling. Morning and evening hours allow for outpatient clients to work, job-search, attend to family commitments and other obligations while receiving treatment. Some outpatient programs provide child-care.

### Support/Self Help Group

Daily and weekly meetings that you and/or your family can attend for continued support during sobriety.

### Medication Assisted Treatment –Suboxone and Methadone

These medications help to fight cravings and withdrawals from opiate addiction. The medication makes it extremely difficult, if not impossible, to feel the effects of an opiate. Many people are very successful on suboxone and methadone.

Methadone works to fight cravings as well as withdrawals. It is prescribed through a daily visit to a clinic. It also works as a pain reliever.

Suboxone is a newer medication to fight cravings. Suboxone has very few withdrawal symptoms when people discontinue medication.

Vivitrol (Naltrexone) blocks the effects of narcotic medicines and alcohol. Vivitrol injection is used to treat addiction to alcohol or narcotic drugs. It is also used to prevent narcotic addiction relapse.

# Principles of Treatment

**Did you know...** The **Massachusetts Mental Health Parity Law** requires insurers who offer mental health benefits to cover the diagnosis and treatment of certain mental disorders to the same extent that they cover the diagnosis and treatment of physical disorders. The law makes it illegal for some health insurers to place stricter annual or lifetime dollar or unit of service limitations on coverage of qualifying mental disorders that differ from the limitations on coverage of physical conditions. The law also provides for minimum outpatient and inpatient benefits for those disorders not required to be treated the same as physical ailments. If you believe your insurance provider is not complying with this law by failing to offer appropriate coverage for a qualifying mental health disorder, your state legislator may be able to help. Visit [www.malegislature.gov/People](http://www.malegislature.gov/People) to find out who your legislator is by searching for your city or town, and don't hesitate to call or email to request assistance.

Addiction treatment offers many levels of care that are designed to reduce or stop alcohol or drug use — treatment ranges from severe detoxification services to general outpatient services. Providers of addiction treatment have a wide range of backgrounds, approaches and methods. Each individual is encouraged to consider the different types of care that providers offer in relation to what is best for you.

## Principles of Treatment

1. Addiction is a complex but treatable disease that affects brain function and behavior.
2. NO single treatment is appropriate for all individuals.
3. Treatment programs are voluntary and need to be readily available.
4. Effective treatment addresses multiple needs of the individual, not just his or her substance use disorder.
5. Length of stay in treatment is critical for one's long-term recovery; better outcomes occur with longer periods of time in treatment.
6. The most common form of treatment involves group and/or individual counseling as well as behavioral.
7. Medications may be an important element to one's treatment plan, especially when combined with counseling and behavioral.
8. An individual's treatment and services plan must constantly be modified and assessed to make sure that one's needs are being met. Family, significant others, and children are also part of one's treatment process and should also seek support.
9. Many addictions can co-occur with mental illness and both should be addressed in treatment, including the use of medications when appropriate.
10. Medically assisted detoxification is the first step in addiction treatment and alone does little to change long-term drug abuse. Individuals are encouraged to stay in treatment following detoxification.
11. Treatment does not need to be voluntary to be effective; sanctions or enticements can increase treatment entry and ultimate success of drug treatment interventions.
12. Transitioning from one program to another is very critical for recovery. Many people during transitions make the decision to go to another program or leave treatment. Drug use during treatment must be monitored as relapses do occur and may signal a need for a change in treatment plan.
13. Recovery from drug addiction can be a long-term process that may take many attempts in treatment. So stay strong and encourage commitment time and time again.

**With Courage, Strength, Love and Support life can Change!**

*Principals of Drug Addiction Treatment: A Research Based Guide* (Second Edition) Retrieved from:  
<http://www.drugabuse.gov/publications/principles-drug-addiction-treatment/principles-effective-treatment>



# Questions for Treatment

**Here are some things you or a loved one should ask as you consider an addiction recovery program:**

- ◇ Is this a gender-specific substance abuse center?
- ◇ What is the cost of the substance abuse center? Do they accept your insurance? If not, are they willing to work with you on a payment plan or other options?
- ◇ What kind of licenses do staff members hold and is the center a state accredited facility?
- ◇ What is the staff to client ratio?
- ◇ Can they treat substance abuse AND mental health issues?
- ◇ What methods of treatment are available at this substance abuse center? Will I receive group treatment sessions or one-on-one sessions? Is behavioral therapy an option to encourage integration back in to the community?
- ◇ Does the facility tailor its programs to suit client needs or is everyone ushered through the same program?
- ◇ Is there ongoing assessment of individual's treatment plan to meet changing needs?
- ◇ What sort of amenities does your substance abuse center provide for its residents?
- ◇ What is the schedule like? Are clients allowed to contact friends and family and are visitors allowed?
- ◇ Are there restrictions on what clients can bring when they enter the facility?
- ◇ Do you have an activity program through which I can continue to enjoy my life and meet others?
- ◇ Does the facility help clients with detox? Or would a patient have to go through detox before being admitted?
- ◇ Does the program offer medication assistance, if needed?
- ◇ Is there long term care support and maintenance after leaving treatment?
- ◇ Does the facility provide therapy for family members or are referrals made to provide support?
- ◇ Is there follow-up with patients to monitor possible relapse?
- ◇ What type of support services do you provide once I return home?
- ◇ What does the facility do if a client has a relapse?

# Youth and Family Intervention

## Youth Interventions:

Programs that address the needs of the individuals, families and communities in the early stages of substance abuse problems. The focus is on the individual who has begun to experiment or who is in a high risk environment or other situations due to other substance abuse issues in the family. A professional team will provide immediate services targeting the problem behaviors.

### Bridge Over Troubled Waters

(617) 423-9575  
47 West St  
Boston, MA  
[www.Bridgeotw.org](http://www.Bridgeotw.org)

### Eastern District-Juvenile Program

(978) 745-6610  
10 Federal St  
Salem, MA  
[www.Mass.gov/essexda](http://www.Mass.gov/essexda)

### ROCA Youth Development

(617) 889-5210  
101 Park St  
Chelsea, MA  
[www.Rocainc.org](http://www.Rocainc.org)

### Gosnold

(774) 313-0662  
196 Ter Heun Drive  
Falmouth, MA  
[www.Gosnold.org](http://www.Gosnold.org)

## Family Interventions:

A specific form of intervention which involves family members of an alcoholic or addicted person. This specific type of intervention is in order to get someone to seek professional help.

### SSTAR (ARISE )

(508) 558-0376  
386 Stanley St  
Fall River, MA  
[www.Sstar.org](http://www.Sstar.org)

**Section 35 A Court Ordered Treatment:** A petition for “the procedure for Commitment of Substance Abusers”, which allows family members concerned for health and safety of their addicted relative go to courts clinic and present the severity of the issue. If the court deems that the individual is in serious danger of hurting themselves or others they will mandate that person to substance treatment, legally for 30 days.

(This is an involuntary placement: Men sent to Bridgewater and Women sent to Framingham)

### **Adult Court:**

**Malden-(781) 322-7500**

**Somerville- (617) 666-8000**

**Woburn- (781) 939-2700**

### **Youth Court:**

**Cambridge- (781) 306-2710**

**Lowell- (978) 459-4101**

# Adult Detoxification

**Detox Services:** A short-term stay, anywhere from 3 - 7 days, providing medical supervision to minimize physical withdrawal symptoms while keeping you safe as you quit alcohol and other drugs. Programs offer different detox medications and will incorporate counseling and therapy to help with the psychological distress an individual may experience.

## Brockton Detox– Highpoint

(508) 584-9210  
30 Meadowbrook Road  
Brockton, MA 02301  
[www.Hptc.org](http://www.Hptc.org)



## Boston Treatment Center

(617) 247-1001  
784 Rear Mass Avenue  
Boston, MA 02118  
[www.nebhealth.org/services/](http://www.nebhealth.org/services/)  
Notes: 18 plus

## Caritas Good Samaritan Hosp.

(508) 698-1122  
71 Walnut Street  
Foxboro, MA 02035

## Carlson Recovery Center

(413) 733-1431  
471 Chestnut Street  
Springfield, MA 01107

## Community Health Link

(508) 860-1000  
12 Queen Street  
Worcester, MA 01610  
[www.Communityhealthlink.org](http://www.Communityhealthlink.org)  
Note: Likely to connect to Thayer

## Dimock Health Center

(617) 442-8800  
55 Dimock Street  
Roxbury, MA 02119  
[www.Dimockcenter.org](http://www.Dimockcenter.org)

## Emerson Addiction Services

(978) 287-3520  
133 Old Road to Nine Acre  
Concord, MA 01742  
[www.Emersonhospital.org](http://www.Emersonhospital.org)  
Notes: Outpatient

## Gosnold

(508) 540-6550  
200 Ter Heun Dr.  
Falmouth, MA 02540

## Lahey Behavioral Health

(800) 763-5363  
784 Massachusetts Ave.  
Boston, MA 2118  
(978) 777-2121  
111 Middleton Road  
Danvers, MA 01923  
(978) 259-7000  
365 East St.  
Tewksbury MA, 01876  
[www.nebhealth.org/services/](http://www.nebhealth.org/services/)

## Gosnold

(508) 830-1234  
2 School St.  
Plymouth, MA 02360

## Spectrum Primary Detox

(800) 366-7732  
154 Oak Street  
Westborough, MA 01581  
[www.Spectrumhealthsystems.org](http://www.Spectrumhealthsystems.org)

## Hospital Based Services – Hospitals that provide adult detoxification services.

### Ad Care Hospital

(800) 345-3552  
107 Lincoln Street  
Worcester, MA 01605  
[www.Adcare.com](http://www.Adcare.com)

### Arbour Hospital

(617) 522-4400  
49 Robinwood Avenue  
Jamaica Plain, MA 02130  
[www.Arbourhealth.com](http://www.Arbourhealth.com)

### Baldpate Hospital

(978) 352-2131  
83 Baldpate Road  
Georgetown, MA 01833  
[www.detoxma.com](http://www.detoxma.com)

### BayRidge Hospital-Addictions

(781) 599-9200  
60 Granite Street  
Lynn, MA 01904  
[www.Beverlyhospital.org](http://www.Beverlyhospital.org)

### Beverly Hospital-Leland Unit

(978) 922-3000 x2801  
85 Herrick Street  
Beverly, MA 01915  
[www.Beverlyhospital.org](http://www.Beverlyhospital.org)

### Bournewood Hospital

(617) 469-0300  
300 South Street  
Brookline, MA 02467  
[www.Bournewood.com](http://www.Bournewood.com)

### Faulkner Hospital– Addictions

(617) 983-7711  
1153 Centre Street  
Boston, MA 02130  
[www.Brigamandwomensfaulkner.org](http://www.Brigamandwomensfaulkner.org)

### St. Elizabeth's Hospital–SECAP

(617) 789-2574  
736 Cambridge Street  
Brighton, MA 02135 <sup>11</sup>  
[www.Steward.org/substance-](http://www.Steward.org/substance-)

### Veteran's Center for Addiction

(781) 687-2275  
200 Springs Rd.  
Bedford, MA 01730  
For Veteran's at the VA hospital

# Adult Residential Treatment

**Residential:** Residential Treatment Programs under 30 days, Clinical Stabilization (CSS) or Transitional Support Services (TSS) provide short-term acute treatment for individuals who require intensive care and support due to their alcohol and/or other drug use. Residential Treatment Services under 30 days include Acute Treatment Services (ATS), Transitional Support Services (TSS). *Referral often necessary*

**Clinical Stabilization Services (CSS)** Provides clinical services for clients leaving detox or stabilization services needing acute treatment but not meeting criteria for medically necessary detox.

## Gosnold Post Detox

(800) 444-1554  
1140 MA-28A  
Bourne, MA 02532

## High Point- Serenity Inn

(800) 734-3444  
30 Meadowbrook Rd  
Brockton, MA 02301

## High Point- Stabilization

(800) 233-4478  
1233 State Rd  
Plymouth, MA 02360

## Passages-Community Healthlink

(508) 860-1142  
12 Queen St.  
Worcester, MA 01610  
[www.communityhealthlink.org](http://www.communityhealthlink.org)

## Post Detox Step Down- Lahey

(800) 323-2224  
111 Middleton Road,  
Danvers, MA 01923

## Spectrum Post Detox

(781) 331-3709  
861 Main St.  
Weymouth, MA 02190

## SSTAR Step Down Services

(508) 324-7763  
386 Stanley St  
Fall River, MA 02720  
[www.sstar.org](http://www.sstar.org)

## The Hope Center - BHN

(413) 301-9500  
417 Liberty St  
Springfield, MA 01104  
[www.bhninc.org/](http://www.bhninc.org/)

## Womens Renewal -Dimock

(617) 442-8800  
56 Dimock St  
Boston, MA 02119

## Transitional Support Services (TSS)

Transitional Support Services (TSS) are short-term residential, support services for clients who need a safe and structured environment to support their recovery process after detoxification. These programs are designed to help those who need services between acute treatment and over 30 day rehabilitation, outpatient or other aftercare.

## (Phoenix) Arbor House

(413) 538-8188  
130 Pine St  
Holyoke, MA 01040  
[Cbernier@phoenixhouse.org](mailto:Cbernier@phoenixhouse.org)

## High Point Treatment Center

(508) 984-1697  
108 North Front St  
New Bedford, MA 02740  
<http://www.hptc.org/>

## Lynn Transitional

(781) 593-9434  
101 Green St  
Lynn, MA 01902

## New Hope

(617) 878-2550  
61 Redfield Rd.  
South Weymouth, MA 02190

## Spectrum Residential Program

(800) 366-7732  
154 Oak St  
Westborough, MA

## Transitions Transitional

(617) 534-9150  
201 River St  
Mattapan, MA 02126

## Women's Hope

(617) 442-0048  
10 Chamblet St  
Dorchester, MA 02125

# Men's Recovery Homes

**Residential/Recovery Homes:** A group home, recovery home or halfway house is available for a short or long term stay that offers housing, meals and meetings in a community environment. The aim is that each resident works on his or her recovery and learns the skills and support to establish a better quality of life. All group houses have drug testing and case management services.

## Anchor House

(508) 746-6654  
Plymouth, MA

## Answer House

(617) 268-7124  
South Boston, MA  
[www.mhsainc.org](http://www.mhsainc.org)

## Beacon House

(413) 773-1706  
Greenfield, MA  
[www.servicenet.org](http://www.servicenet.org)

## Casa Esperanza

(617) 445-7411  
Roxbury, MA  
[www.casaesperanza.org](http://www.casaesperanza.org)

## Charlestown House

(617) 242-0088  
Charlestown, MA

## Caspar House

(617) 623-5277  
(617) 776-6036  
Somerville, MA

## Channing House

(508) 755-8088  
Worcester, MA

## Crozier House

(508) 860-2209  
Worcester, MA

## Dimock /John Flowers

(617) 442-8800  
Roxbury, MA

## Eastern Middlesex

(781) 321-2600  
Malden, MA

## Gandara

(413) 781-2234  
Springfield, MA  
[www.gandaracenter.org](http://www.gandaracenter.org)

## Gavin House

(617) 368-5517  
South Boston, MA  
[www.gavinfoundation.org](http://www.gavinfoundation.org)

## Granada House

(617) 254-2923  
Allston, MA  
[www.granadahouse.org](http://www.granadahouse.org)

## Green House

(508) 421-4403  
Worcester, MA  
[www.communityhealthl](http://www.communityhealthl)

## Hairston House

(413) 585-8390  
Northampton, MA  
[www.gandaracenter.org](http://www.gandaracenter.org)

## Hamilton House

(617) 288-1584  
Dorchester, MA

## Harmony House

(508) 992-8948  
New Bedford, MA

## Hector Reyes House

(508) 459-1805  
Worcester, MA

## Hello House

(617) 262-7142  
Boston, MA

## Hope House

(617) 971-9360  
Boston, MA

## Hurley House

(781) 891-4323  
Waltham, MA  
[www.thehurleyhouse.com](http://www.thehurleyhouse.com)

## Interim House

(617) 265-2636  
Dorchester, MA

## Jeremiah's Inn

(508) 755-6403  
Worcester, MA  
[www.jeremiahsinn.com](http://www.jeremiahsinn.com)

## Keenan House

(413) 499-2756  
Pittsfield, MA

## Link House

(978) 462-7341  
Newburyport, MA  
[www.linkhouseinc.org](http://www.linkhouseinc.org)

## Lowell Recovery

(978) 459-3371  
Lowell, MA  
[www.lowellhouseinc.org](http://www.lowellhouseinc.org)

## McLean

(800) 230-8764  
Ashburnham, MA  
(800) 906-9531  
Princeton, MA

## Miller House

(508) 540-5052  
Falmouth, MA  
[www.gosnold.org](http://www.gosnold.org)

## New Victories

(617) 825-6088  
Dorchester, MA  
[www.vpi.org](http://www.vpi.org)

## North Cottage

(508) 285-2701  
Norton, MA  
[www.northcottageprogram.com](http://www.northcottageprogram.com)

## Opportunity House

(413) 739-4732  
Springfield, MA  
[www.bhninc.org](http://www.bhninc.org)

## Orange House

(978) 544-6507  
Orange, MA

## Pathway House

(978) 632-4574  
Gardner, MA

## Phoenix House

(413) 733-2178  
Springfield, MA  
[www.phoenixhouse.org](http://www.phoenixhouse.org)

## Rehab & Health

(617) 569-2089  
East Boston, MA

## Ryan House

(781) 593-9434  
Lynn, MA

## South Shore Home

(617) 773-7023  
Quincy, MA  
[ssrh@comcast.net](mailto:ssrh@comcast.net)

## Spectrum Health

(508) 892-1010  
Westborough, MA  
[www.Spectrumhealthsystems.org](http://www.Spectrumhealthsystems.org)

## Steppingstone House

(508) 674-2788  
Fallriver, MA  
[www.steppingstoneinc.co](http://www.steppingstoneinc.co)

## Sullivan House

(617) 524-4416  
Jamaica Plain, MA  
[mhsainc.org](http://mhsainc.org)

## The Alternative House

(617) 569-8222  
East Boston, MA

## The Bridge House

(508) 872-6194  
Braintree, MA  
[www.bridgehouseneaar.org](http://www.bridgehouseneaar.org)

## Victory House

(617) 262-5032  
Boston, MA  
[www.vpi.org](http://www.vpi.org)

# Women's Recovery Homes

**Residential/Recovery Homes:** A group home, recovery home or halfway house is available for a short or long term stay that offers housing, meals and meetings in a community environment. The aim is that each resident works on his or her recovery and learns the skills and support to establish a better quality of life. All group houses have drug testing and case management services.

## Beacon House

(413) 773-1705  
Greenfield, MA  
[www.servicenet.org](http://www.servicenet.org)

## Emerson House

(800) 444-1554  
Falmouth, MA  
[www.gosnold.org](http://www.gosnold.org)

## Granada House

(617) 254-2923  
Allston, MA  
[www.granadahouse.org](http://www.granadahouse.org)

## Keenan House

(413) 499-2756  
Pittsfield, MA  
[www.briencenter.org](http://www.briencenter.org)

## Lowell Recovery House

(978) 459-3371  
Lowell, MA  
[www.lowellhouseinc.com](http://www.lowellhouseinc.com)

## Monarch House

(508) 992-0800  
New Bedford, MA

## Pegasus House

(978) 687-4257  
Lawrence, MA

## Rhodes Street House

(508) 581-7821  
Millbury, MA  
[www.smoc.org](http://www.smoc.org)

## Sheehan Women's Program

(978) 640-0840  
Tewksbury, MA  
[www.lowellhouse.org](http://www.lowellhouse.org)

## Women's View

(978) 687-1658  
Lawrence, MA  
[www.tpc1.org](http://www.tpc1.org)

## Beryl's House

(774) 242-7508  
Worcester, MA  
[www.communityhealthlink.org](http://www.communityhealthlink.org)

## Faith House

(508) 438-5625  
Worcester, MA  
[www.communityhealthlink.org](http://www.communityhealthlink.org)

## GROW Program

(617) 661-6020  
Cambridge, MA  
[www.casparinc.org](http://www.casparinc.org)

## Latinas Y Ninos Center

(617) 445-1104  
Roxbury, MA  
[www.casaesperanza.org](http://www.casaesperanza.org)

## Maranda's House

(508) 860-1005  
Worcester, MA  
[www.communityhealthlink.org](http://www.communityhealthlink.org)

## My Sister's House

(413) 733-7891  
Springfield, MA  
[www.bhninc.org](http://www.bhninc.org)

## Phoenix House

(413) 733-2178  
Springfield, MA  
[www.phoenixhouse.org](http://www.phoenixhouse.org)

## Ryan House

(781) 593-9434  
Lynn, MA

## Shepherd House

(617) 288-3906  
Dorchester, MA  
[www.vpi.org](http://www.vpi.org)

## Womanplace

(617) 661-6020  
Cambridge, MA  
[www.casparinc.org](http://www.casparinc.org)

## Edwina Martin House

(508) 583-0493  
Brockton, MA  
[www.edwinamartinhouse.org](http://www.edwinamartinhouse.org)

## Gandara Residential

(413) 540-9881  
Holyoke, MA  
[www.gandaracenter.org](http://www.gandaracenter.org)

## Hello House

(339) 225-5170  
Boston, MA  
[www.voamass.org](http://www.voamass.org)

## Linda Fay Griffin House

(508) 755-8990  
Worcester, MA

## McLean

(800) 230-8764  
Ashburnham, MA

(800) 906-9531  
Princeton, MA

## New Day

(617) 628-8188  
Somerville, MA  
[www.casparinc.org](http://www.casparinc.org)

## Project Cope

(781) 581-9270  
Lynn, MA  
[www.projectcope.com](http://www.projectcope.com)

## Serenity House

(508) 435-9040  
Hopkinton, MA  
[www.smoc.org](http://www.smoc.org)



# Adult Outpatient

**Outpatient Treatment Services:** Often include a variety of services including daily meetings, 12-step recovery, one-on-one case management and counseling. Morning and evening hours allow for outpatient clients to keep their work, job-search or family commitments while receiving treatment. Some outpatient programs provide also child-care.

## Ad Care Outpatient Office

(617) 227-2622  
14 Beacon Street Suite #801  
Boston, MA 02108  
www.Adcare.com

## Dimock Health Center

(617) 442-8800  
55 Dimock Street  
Roxbury, MA 02119  
www.Dimockcenter.org

## IMPACT

(617) 661-0405  
260 Beacon Street  
Somerville, MA 02143  
Northcharles.org/impact.

## North River Counseling

(781) 834-7433  
769 Plain Street, Unit I  
Marshfield, MA 02050

## South Shore Mental Health

(617) 847-1950  
859 Willard Street  
Quincy, MA 02169  
www.ssmh.org

## Team Coordinating Agency

(978) 373-1181  
76 Winter Street  
Haverhill, MA 01830  
www.Teamca.net

## Bay Cove Treatment Center

(617) 371-3030  
66 Canal Street  
Boston, MA 02114  
www.Baycove.org  
Note: 21 plus

## Gosnold

(508) 540-6550  
200 Ter Heun Drive  
Falmouth, MA 02540  
www.Gosnold.org

## JFK Family Service Center

(617) 241-8866  
24 Mouton Street  
Charlestown, MA 02129

## North Suffolk Mental Health

(617) 569-7310  
14 Porter Street  
East Boston, MA 02128  
www.Northsuffolk.org

## SSTAR

(508) 324-7763  
400 Stanley Street  
Fall River, MA 02720  
www.Sstar.org

## Step, Inc.

(617) 720-0153  
9 Palmer St  
Roxbury, MA 02119

## Cambridge Health Alliance

(617) 665-1000  
1493 Cambridge Street  
Cambridge, MA 02139

## High Point Treatment Center

Plymouth:  
(508) 830-1234  
2 School St .  
(508) 224-7705  
1233 State Rd.  
New Bedford:  
(508) 994-0885  
497 Belleville Ave  
(508) 992-1500  
840 Purchase St.  
Brockton:  
(508)742-4420  
30 Meadowbrook Rd  
Taunton:  
(978) 823-5291  
4 Post Office Square

## MGH West End Clinic

(617) 724-4946  
16 Blossom Street  
Boston, MA 02114  
www.Massgeneral.org

## South Bay Mental Health

(781) 851-2648  
22 Pleasant Street  
Malden, MA 02148  
Notes: Sites Throughout the State

**Hospital Based Services-** Hospitals that provide adult outpatient services.

## Ad Care Hospital

(800) 345-3552  
107 Lincoln Street  
Worcester, MA 01605  
www.Adcare.com

## Arbour Hospital-Psych Serv.

(617) 731-3200  
227 Babcock Street  
Brookline, MA 02446  
www.Arbourhealth.com

## McLean Hospital

(617) 855-2000  
115 Mill Street  
Belmont, MA 02478  
www.Mclean.harvard.edu

## Mount Auburn Hospital

(617) 492-3500  
330 Mt Auburn Street  
Cambridge, MA 02138  
www.Mountauburnhospital.org

# Adolescent Programs

**Detox Services:** Detoxification and Stabilization services are for youth who are in need of medical, psychological and behavioral stabilization from substance use. The length of stay will depend on individual need.

## The CASTLE High Point Treatment Center

(508) 638-6000  
20 Meadowbrook Road  
Brockton, MA 02301  
Hptc.org

## Motivating Youth Recovery Community Link

(508) 860-1244  
26 Queen Street  
Worcester, MA 01610  
Communityhealthlink.org

## Inpatient Treatment Services

These residential services are for youth who cannot control their use in the community. Residential substance treatment is voluntary and averages a 90 day stay. Youth will receive individual, group and family counseling in a therapeutic setting.

Intake and referral for residential treatment is completed by Institute for Health and Recovery, or a completed assessment is faxed to the Central Intake Coordinator (CIC). The assessment will be reviewed by CIC in order to make an appropriate referral to a residential program.

### ***Institute for Health and Recovery***

#### **Adolescent intake:**

**349 Broadway St. Cambridge, MA 02139**  
**617-661-3991 or 1-866-705-2807 toll free**  
**[www.healthrecovery.org](http://www.healthrecovery.org)**

The Institute for Health and Recovery is a statewide service, research, policy, and program development agency. IHR is here to assist in comprehensive care for individuals, youth, and families affected by alcohol, tobacco, and other drug use, mental health problems, and violence/trauma.

## Cushing House

(617) 269-2933  
54 Old Colony Avenue  
South Boston, MA 02127  
[www.Gavinfoundation.org](http://www.Gavinfoundation.org)  
Note: Ages 16-20



## Highland Grace House

(508) 860-1172  
280 Highland Street  
Worcester, MA 01602  
[www.Communityhealthlink.org](http://www.Communityhealthlink.org)  
Note: Ages 13-17



## NEB Adolescent Residential

(978) 968-1700  
Zero Centennial Drive  
Peabody, MA 01960  
[www.Nebhealth.org](http://www.Nebhealth.org)  
Note: 13-18



## Pegasus House

(978) 687-4257  
482 Lowell Street  
Lawrence, MA 01841  
[www.Psychologicalcenter.org](http://www.Psychologicalcenter.org)  
Note: Ages 18-24



## Phoenix House

(800) 378-4435  
15 Mulberry Street  
Springfield, MA 01105  
[www.Phoenixhouse.org](http://www.Phoenixhouse.org)  
Note: Ages 13-18



## Lahey Behavioral Health

(978) 777-2121  
111 Middleton Road  
Danvers, MA 01923  
[www.nebhealth.org](http://www.nebhealth.org)

# Adolescent Outpatient/Counseling

**Outpatient Treatment Services:** Often include a variety of services including daily meetings, 12-step recovery, one-on-one case management and counseling. Morning and evening hours allow for outpatient clients to keep their work, job-search or family commitments while receiving treatment. Some outpatient programs provide also child-care.

## Adolescent outpatient services that service Mystic Valley Area.

### Arbour Counseling Services

(781) 932-8114  
10-I Roessler Rd  
Woburn, MA 01801  
[www.arbourhealth.com/organizations/arbour-counseling-services/](http://www.arbourhealth.com/organizations/arbour-counseling-services/)

### Bay Cove– ASAP Outpatient

(617) 884-6829  
100 Everett Avenue  
Chelsea, MA 02150  
[www.Baycove.org](http://www.Baycove.org)  
Note: 18 & over

### Bridge Over Troubled Waters

(617) 423-9575  
47 West Street  
Boston, MA 02111  
[www.Bridgeotw.org](http://www.Bridgeotw.org)  
Note: 18 & under

### BU Adol. Trauma & S.A.

(617) 353-9610  
648 Beacon Street  
Boston, MA 02215  
[www.Bu.edu](http://www.Bu.edu)  
Note: 18 & under for anxiety

### Cambridge Health Alliance

(617) 665-1000  
26 Central Street  
Somerville, MA 02143

### Community Care Services

(508) 821-7777  
70 Main Street  
Taunton, MA 02780  
[www.Communitycareservices.org](http://www.Communitycareservices.org)  
Note: 18 & under

### Dimock Comm. Serv. Corp. IOP

(617) 442-8800  
55 Dimock Street  
Roxbury, MA 02119  
[www.Dimockcenter.org](http://www.Dimockcenter.org)  
Note: 18 & under

### Eliot Community Health

(781) 388-6203  
173 Chelsea Street  
Everett, MA 02149  
[www.Eliotchs.org](http://www.Eliotchs.org)

### NEB Health

(978) 968-1700  
41 Mason Street  
Salem, MA 01970  
[www.Nebhealth.org](http://www.Nebhealth.org)  
Note: 18 & under

### North River Associates

(781) 834-7433  
769 Plain Street Unit I  
Marshfield, MA 02050

### North Suffolk Mental Health

(781) 289-9331  
265 Beach Street  
Revere, MA 02151  
[www.Northsuffolk.org](http://www.Northsuffolk.org)  
Note: 18 & under

### Riverside Community Care

(617) 354-2275  
5 Sacramento Street  
Cambridge, MA 02138

### Riverway Counseling Ass.

(781) 395-1560  
10 High Street Suite 10  
Medford, MA 02155  
[www.Riverwaycounseling.net](http://www.Riverwaycounseling.net)

### SAFE Project

(617) 661-3991  
349 Broadway St.  
Cambridge, MA 02139  
[www.Healthrecovery.org](http://www.Healthrecovery.org)

# Adolescent Outpatient/Counseling

## Step, Inc.

(617) 720-STEP (7837)  
131 Beverly Street  
Boston, MA 02114  
[www.Stepboston.org](http://www.Stepboston.org)

## South Step, Inc.

(781) 851-2648  
22 Pleasant Street  
Malden, MA 02148  
[www.southbaymentalhealth.com](http://www.southbaymentalhealth.com)

## South Shore Mental Health

(617) 847-1950  
460 Quincy Avenue  
Quincy, MA 02169  
[www.Ssmh.org](http://www.Ssmh.org)

## Hospital Based Services-Hospitals that provide adolescent outpatient services.

### Arbour/HRI Hospital

(617) 731-3200  
227 Babcock Street  
Brookline, MA 02446  
[www.arbourhealth.com](http://www.arbourhealth.com)

### Boston Children's Hospital — ASAP

(617) 355-2727  
300 Longwood Avenue  
Fegan Building, 10th floor  
Boston, MA 02115  
[www.childrenshospital.org](http://www.childrenshospital.org)

### McLean Hospital

(617) 855-2000  
115 Mill Street  
Belmont, MA 02478  
[www.mclean.harvard.edu](http://www.mclean.harvard.edu)

### MGH Boston — ARMS

(617) 643-4699  
151 Merrimac Street 6th floor  
Boston, MA 02114  
[www.massgeneral.org/allpsych/arms/](http://www.massgeneral.org/allpsych/arms/)

### Mount Auburn Hospital

(617) 499-5052  
330 Mt Auburn Street  
Cambridge, MA 02138

### St. Elizabeth's Hospital

(617) 562-5370  
736 Cambridge Street  
Brighton, MA 02135  
[www.Steward.org/st-elizabeths](http://www.Steward.org/st-elizabeths)

**Recovery High Schools**-Alternative high schools for young people who struggle to succeed in conventional public high school environments due to a history of substance abuse. Contact Individual high schools for application process.

### Independence Academy

(508) 510-4091  
460R Belmont Street  
Brockton, MA 02301  
[www.northrivercollaborative.org/dotnetnuke/northriver/en-us/](http://www.northrivercollaborative.org/dotnetnuke/northriver/en-us/)

### North Shore Recovery

(978) 922-3305  
502 Cabot Street  
Beverly, MA 01915  
[www.Nsedu.org](http://www.Nsedu.org)

### William J. Ostiguy High School

(617) 348-6070  
19 Temple Place  
Boston, MA 02111  
[www.Ostiguyhigh.org](http://www.Ostiguyhigh.org)  
Note: 13-21 year olds

# Medication Assisted Treatment

**Methadone Clinics-** Methadone is a synthetic opiate that is used to treat opiate addiction. It works to fight cravings as well as withdrawals. Many people are very successful on methadone. Methadone is used as a short-term treatment or a maintenance program.

## Bay Cove Human Services

(617) 371-3030  
66 Canal Street  
Boston, MA 02114  
[www.baycove.org](http://www.baycove.org)  
Note: 21 plus

## BPHC-Methadone Services

(617) 534-5395  
1010 Massachusetts Avenue  
Suite 2  
Boston, MA 02118  
[www.bphc.org](http://www.bphc.org)

## Lahey Behavioral Health

(978) 777-2121  
111 Middleton Road  
Danvers, MA 01923  
[www.nebhealth.org](http://www.nebhealth.org)

## Community Substance Abuse

Chelsea: (617) 889-8779  
175 Crescent Avenue  
Woburn: (781) 838-6757  
9 Forbes Road.  
Boston: (617) 318-6480  
23 Bradston Street  
Jamaica Plain: (617) 541-3670  
170 Morton Street  
[www.csacmethadone.com](http://www.csacmethadone.com)

## Habit Management

(617) 442-1499  
99 Topeka Street  
Boston, MA, 02118  
[www.habitopeco.com](http://www.habitopeco.com)

## North Charles Institute

(617) 661-5700  
260 Beacon Street  
Somerville, MA 02143  
[www.northcharles.org](http://www.northcharles.org)  
Note: 18 plus and 1 year of documented treatment

**Suboxone Treatment** — Suboxone is a newer medication to treat opiate addiction. It helps to fight cravings and makes it extremely difficult if not impossible to feel the effects of an opiate. Suboxone has very few withdrawal symptoms when people come off the treatment. This treatment is not as available or easy to access as the methadone clinic, but it is an excellent alternative. Generally, patients who do better on Suboxone have shorter use-histories and stable support systems at home.

**Vivitrol Treatment** - A prescription injectable medication to used to treat alcohol dependence and used to prevent relapse of opioid dependence AFTER opioid rehab.

## Boston Medical Center

(617) 638-8000  
840 Harrison Avenue  
Boston, MA 02118  
[www.bmc.org](http://www.bmc.org)

## CAB-Outpatient Treatment

(978) 777-2121  
111 Middleton Road  
Danvers, MA 01923  
[www.laheyhealth.org](http://www.laheyhealth.org)

## Chelsea ASAP

(617) 884-6829  
100 Everett Avenue, Unit 4  
Chelsea, MA 02150  
[www.baycove.org](http://www.baycove.org)  
Note: 18 plus; Only outpatient counseling

## Codman Square Health Center

(617) 825-9660  
637 Washington Street  
Boston, MA 02124  
[www.codman.org](http://www.codman.org)

## Mass General Hospital

(617) 724-7792  
16 Blossom Street  
Boston, MA 02114  
[www.massgeneral.org](http://www.massgeneral.org)  
Notes: 18 plus.

## Middlesex Recovery

(781) 305-3300  
20 Tower Office Park  
Woburn, MA 01801  
[www.northsuffolk.org](http://www.northsuffolk.org)

## North Suffolk Mental Health

(617) 912-7502  
301 Broadway Street  
Chelsea, MA 02150  
[www.northsuffolk.org](http://www.northsuffolk.org)

# Support Groups

**Self Help/ Support Groups:** Support groups have daily and weekly scheduled meetings that you and/or your family can attend to get continued support during sobriety.  
**[For a complete list of meeting sites, please call or visit website]**

## Alanon/Alateen

(413) 782-3406  
[www.Ma-al-anon-alateen.org](http://www.Ma-al-anon-alateen.org)

## Alcoholics Anonymous

(617) 426-9444  
[www.Aaboston.org](http://www.Aaboston.org)

## Cocaine Anonymous

(617) 539-6090  
[www.caofma.org](http://www.caofma.org)  
Meetings places vary

## Families Anonymous

(800) 736-9805  
[www.Familiesanonymous.org](http://www.Familiesanonymous.org)

## Healing Abuse Working for Change

(800) 547-1649  
[www.hawcdv.org](http://www.hawcdv.org)

## Learn to Cope

(508) 801-3247  
[www.learn2cope.org](http://www.learn2cope.org)  
Meeting places vary

## Narcotics Anonymous

(866) 624-3578  
[www.newenglandna.org](http://www.newenglandna.org)

## Parents Helping Parents

(800) 632-8188  
[www.Parentshelpingparents.org](http://www.Parentshelpingparents.org)

## Smart Recovery

(866) 951-5357  
[www.Smartrecovery.org](http://www.Smartrecovery.org)

**Peer Recovery Support Centers-** is social support services designed to fulfill the needs of people in or seeking recovery. The services are designed and delivered by people who have experienced both substance use disorder and recovery.

## Everyday Miracles

(508) 799-6221  
25 Pleasant Street  
Worcester, MA 01601  
[www.everydaymiraclesprsc.org](http://www.everydaymiraclesprsc.org)

## Gavin Foundation

Devine Recovery Center  
(857) 496-1384  
70 Devine Way  
South Boston, MA 02127

## P.E.O.P.L.E Recovery Center

(978) 688-5767  
11 Union Street  
Lawrence, MA 01840

## The Recovery Connection

(508) 485-0298  
31 Main Street  
Marlborough, MA 01752  
[www.therecoveryconnection.org](http://www.therecoveryconnection.org)

## RECOVER Project

(413) 774-5489  
68 Federal Street  
Greenfield, MA 01301  
[www.recoverproject.org](http://www.recoverproject.org)

## STEPRox

(617) 442-7837  
9 Palmer Street  
Roxbury, MA 02119

**Multi Service Recovery Centers-** Are non profits that provide services across multiple categories, such as, substance abuse, education, housing. This organization take a holistic approach to helping.

## Addiction Referral Center

(508) 485-4357  
33 Main Street  
Marlborough, MA 01752  
[www.theaddictionreferralcenter.com](http://www.theaddictionreferralcenter.com)

## P.A.A.C.A.

(508) 997-9051  
360 Coggeshall Street  
New Bedford, MA 02746  
[www.paaca.org](http://www.paaca.org)

## SPAN, Inc.

(617) 423-0750  
105 Chauncy Street  
Boston, MA 02111  
[www.spaninc.org](http://www.spaninc.org)



# Mental Health

**Dual Diagnoses:** Condition for people experiencing mental illness and a substance disorder simultaneously.

## Addiction Treatment Center

(617) 254-1271  
77 Warren Street  
Brighton, MA 02135  
www.atcne.net

## Advocates Community Counseling

(508) 661-2020  
354 Waverly St  
Framingham, MA 01702  
www.advocatesinc.org

## Bay Cove Human Services

(617) 371-3000  
66 Canal Street  
Boston, MA 02114  
www.baycove.org

## Boston Hamilton Recovery Home

(617) 288-1585  
25 Mt. Ida Road  
Dorchester, MA 02122

## CASPAR Inc.

617-661-6020  
11 Russell Street  
Cambridge, Ma 02140



## Dorchester House

(617) 288-3230  
1353 Dorchester Avenue  
Dorchester, MA 02122  
www.dorchesterhouse.org

## Family Service Association

(508) 678-7542  
151 Rock Street  
Fall River, MA 02720  
www.frfsa.org

## Granada House

(617) 254-2923  
70 Adamson Street  
Allston, MA 02134  
www.granadahouse.org

## Gosnold Inc

(508) 862-9929  
1185 Falmouth Road  
Centerville, MA 02632  
www.gosnold.org

## Habit OPCO Boston

(617) 442-1499  
99 Topeka Street  
Boston, MA 02118  
www.habitopco.com

## Lahey Health & Behavioral Services

(978) 921-1190  
800 Cummings Center 266-T  
Beverly, MA 01915  
www.nebhealth.org

## North Suffolk Mental Health

(617) 912-7500  
14 Porter Street  
East Boston, MA 02128  
www.northsuffolk.org

(617) 889-4860  
301 Broadway  
Chelsea, MA 02150  
www.northsuffolk.org

## Riverside Community Care

(617) 623-3278  
5 Sacramento St  
Somerville, MA 02144  
www.riversideCC.org  
Notes: 18 plus with services offered  
in Haitian Creole & Spanish

## South Bay Mental Health

(781) 851-2648  
22 Pleasant Street  
Malden, MA 02148  
www.southbaymentalhealth.com  
Notes: Sites Throughout the State

## Veterans Affairs Healthcare Clinic

(617) 248-1000  
251 Causeway Street  
Boston, MA 02114

**Hospital Based Services**-Hospitals that provide mental health services.

## Bournewood Hospital

(617) 469-0300  
300 South Street  
Chestnut Hill, MA 02467  
www.bournewood.com

## Cooley Dickinson Healthcare

(413) 582-2000  
30 Locust Street  
Northampton, MA 01061  
www.cooley-dickinson.org

## Hallmark Health-Community Counseling

(781) 338-7270  
101 Main St.  
Medford, MA 02155  
www.hallmarkhealth.org

(781) 338-7250  
178 Savin St.  
Malden, MA 02148  
www.hallmarkhealth.org

# Shelters

**Shelters:** An establishment that provides temporary housing to homeless people. Support services may be available for shelter residents.

## Action

(978) 283-4125  
370 Main Street  
Gloucester, MA 01930  
www.Actioninc.org

## Anchor Inn

(617) 328-5380  
North Quincy, MA 02171  
Note: 18 plus

## Betty's Place

(617) 482-1126  
40 Berkeley Street  
Boston, MA 02116

## CASPAR

(617) 661-0600  
240 Albany Street  
Cambridge, MA 02139  
*no requirements for being sober*

## College Avenue Shelter

(617) 623-2546  
14 Chapel Street  
Somerville, MA 02144

## Crossroads Family Shelter

(617) 567-5926  
56 Harvre St  
East Boston, MA 02129

## Daybreak Shelter

(978) 975-4547  
19 Winter Street  
Lawrence, MA 01841  
Note: 18 or older

## Elizabeth Stone House

(617) 427-9801  
8 Notre Dame St  
Boston, MA 02119  
Battered Women's Emergency  
Shelter



## Lynn Emergency Shelter

(781) 581-6600  
100 Willow Street  
Lynn, MA 01901

## Pine Street Inn (617) 892-9100

The Men's Inn  
444 Harrison Avenue  
Boston, MA 02118



The Women's Inn  
363 Albany Street  
Boston, MA 02118



The Shattuck Shelter  
170 Morton Street  
Jamaica Plain, MA 02130

***For the Pine Street Inn there are no requirements for being sober in these shelters***

## Rosie's Place

(617) 442-9322  
889 Harrison Avenue  
Boston, MA 02118



## St. Patrick Shelter

(617) 628-3015  
270 Washington Street  
Somerville, MA 02143

## Salvation Army Shelter

(617) 547-3400  
402 Massachusetts Avenue  
Cambridge, MA 02139

**Housing Resources**— Provides vital services to create housing, education and economic

## BSAS Helpline

1-800-327-5050  
95 Berkley Street  
Boston, MA 02116

## Community Team Work

(978) 459-0551  
155 Merrimack Street  
Lowell, MA 01852

## Homestart, Inc

(617) 542-0338  
105 Chauncy Street  
Boston, MA 02111

## MassResources

**MassResources.org** is a state-wide website with practical information about the many types of assistance available to those in need living in Massachusetts.

## Mystic Valley Elderly Service

(781) 324-7705  
300 Commercial Street  
Malden, MA 02148

## Tri-Cap Services

(781) 322-4125  
110 Pleasant Street  
Malden, MA 02148

# Basic Need

**Basic Need:** Minimal resources necessary for long-term well-being.  
Call phone numbers listed for a service in your area.

## Dept. of Children & Families Ser.

(617) 748-2000  
600 Washington St  
Boston, MA 02111

## Disability Determination Office

(617) 727-1600  
100 Chauncy Street  
Boston, MA 02111

## MassHealth Enrollment Centers

600 Washington Street  
Boston, MA 02111  
300 Ocean Avenue Suite #4  
Revere, MA 02151

## Social Security Local Office

1-800-772-1213  
10 Fawcett Street #1  
Cambridge, MA 02138  
& 191 Commercial Street  
Malden, MA 02148

## Dept. of Transitional Assistance

(877) 382-2363  
Food Stamp Program

## MassHealth Customer Service

1-800-841-2900

## Office of Children & Family Services

(617) 748-2000  
600 Washington Street #4  
Boston, MA 02118  
(781) 388-7100  
22 Pleasant Street  
Malden, MA 02148

## Tri-Cap Fuel Assistance

(781) 322-4190  
110 Pleasant Street  
Malden, MA 02148

## Dept. of Youth Services

(617) 727-7575  
27 Wormwood Street  
Boston, MA 02210

## MA Behavioral Health Partnership

1-800-495-0086  
Manages mental health and  
substance abuse services for  
MassHealth members.

## Office for Refugees & Immigrants

(617) 727-7888  
600 Washington Street  
Boston, MA 02108

## W.I.C Program

1-800-942-1007

## Food Pantries

### Bread of Life

(781) 397-0404  
54 Eastern Avenue  
Malden, MA 02148

### Medford Elder Pantry

(781) 396-6010  
Medford Senior Center  
101 Riverside Avenue  
Medford, MA 02155

### A Servant's Heart

(781) 662-8226  
200 Franklin Street  
Melrose, MA 02176  
Friday 10:00am-11:00am

### St. Raphaels Church

781-488-5444  
38 Boston Avenue  
Medford, MA 02155  
Tuesday 10:00am-12:30pm

### East Coast International Church

(781) 818-4153  
110 Pleasant Street  
Malden, MA 02148

### Mystic Valley Pantry

(781) 324-1970  
213-219 Main Street  
Malden, MA 02148

### St. Francis

(781) 396-3400  
441 Fellsway West  
Medford, MA 02155

### Unitarian Universalist Church

(781) 396-4549  
147 High Street  
Medford, MA 02155  
Thursday 6:00pm-7:30pm<sup>23</sup>

### Malden Mobile Food Market

(781) 338-7568  
239 Commercial Street  
Malden, MA 02148

### North Shore Assembly of God

(781) 321-2121  
77 Kennedy Drive  
Malden, MA 02148

### St. Stephens

(781) 599-4220  
74 South Common Street  
Lynn, MA 01902  
Fridays 3:00-4:00 except first Friday

### Wakefield Interfaith

(781) 245-2510  
467 Main St  
Wakefield, MA 01880



The Mystic Valley Public Health Coalition is a coalition of municipal health departments of Malden, Medford, Melrose, Reading, Stoneham, and Wakefield. This guide was created as a part of this collaboration with the help of the local substance abuse coalition, health departments and Hallmark Health.

You can contact MVPHC at 781-393-2449 or mvroap@gmail.com

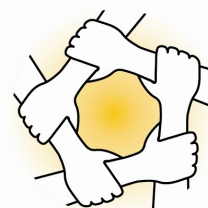
For more details about how reach local coalitions see page 4



M E L R O S E  
S U B S T A N C E   A B U S E  
P R E V E N T I O N   C O A L I T I O N

781-979-4128

[www.cityofmelrose.org](http://www.cityofmelrose.org)

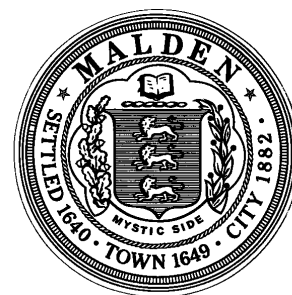


**Reading  
Coalition  
Against  
Substance  
Abuse**



**Stoneham  
Substance Abuse  
Coalition**

[WWW.STONEHAMSAC.COM](http://WWW.STONEHAMSAC.COM)



# H Hallmark Health System

Local Community Hospital partner



## Mission Statement:

"to organize recovering individuals, families and friends into collective voice to educate the public about the value of recovery from alcohol and other addictions.

**Vision:** MOAR envisions a society where addiction is treated as a significant public health issue and recovery is recognized as valuable to our communities.

**Message:** MOAR seeks to continue to build a recovery informed society where recovery becomes a societal "norm" and prevention a societal "given".