

Drug and Alcohol Addiction HELP RESOURCES



The Massachusetts Substance Abuse Helpline

1-800-327-5050

www.helpline-online.com

The Helpline is free and confidential. It links callers and online visitors with comprehensive and current information about treatment and prevention services throughout Massachusetts.

Services are available Monday through Friday from 8:00 am to 11:00 pm and on Saturday and Sunday from 9:00 am to 5:00 pm. Language interpreters are always available

Programs for Individuals with a Substance Use Disorder

Alcoholics Anonymous

www.aaboston.org

617-426-9444

The primary purpose of Alcoholics Anonymous is to carry its message of recovery to those seeking help. AA serves as a source of personal experience and provides an ongoing support system for persons in recovery. Individuals with substance use disorders (alcohol or other drugs) can attend open AA meetings. Meeting locations and times are listed by city/town on the website.

Narcotics Anonymous

www.na.org

NA offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for those who wish to pursue and maintain a drug-free lifestyle. The website includes a meeting search by state and town.

SMART Recovery - Self Management for Addiction Recovery

www.smartrecovery.org

SMART Recovery sponsors daily online meetings, online message board, and a 24/7 chat room for individuals seeking addiction recovery support. The SMART Recovery 4-Point Program[®] (1: Building and Maintaining Motivation 2: Coping with Urges 3: Managing Thoughts, Feelings and Behaviors 4: Living a Balanced Life) helps people recover from all types of addiction and addictive behaviors.

**A New Way Recovery
85 Quincy Avenue – Quincy
617-302-3287**

**Stairway to Recovery
142 Crescent Street – Brockton
508-463-6123**

These peer to peer recovery centers are a safe place of support and resources for those 18+ (and their family members) in recovery from various types of addictions.

Adolescent Services

**The Addiction Recovery Management Service (ARMS)
www.addictionanswers.com
617-643-4699**

The Addiction Recovery Management Services (ARMS) provides rapid access to information and support combined with outreach and care management for youth ages 15 - 25 and their families suffering from substance-related problems.

ARMS supplements the traditional inpatient and outpatient continuum and bridges the gaps in disjointed systems of treatment with leading expertise and high quality care management.

Building on the Massachusetts General Hospital (MGH) medical, clinical, and addiction research resources within the MGH Center for Addiction Medicine, ARMS facilitates comprehensive, research-informed, care maximizing the chances for youth recovery.

**Gavin Foundation
Adolescent Community Reinforcement Approach
Assertive Continuing Care (A-CRA/ACC)
www.gavinfoundation.org
857-415-9898 or 857-445-8521**

The Adolescent Community Reinforcement Approach and Assertive Continuing Care (A-CRA/ACC) program is a 3-6 month outpatient service for Norfolk County youth ages 14-22 with DSM-5 substance-use disorders. The overall goals of the A-CRA program are to reduce substance use and dependence, increase social stability, improve physical health, and improve life satisfaction.

Families are included in the treatment plan. A-CRA includes guidelines for three session types; adolescents alone, parents/caregivers alone, adolescents and parents/caregivers together.

A-CRA/ACC emphasizes rapport building, positive reinforcement and home and community reintegration. Additional support includes referrals and introductions to recovery coaches or trained volunteer recovery support specialists.

Adolescent Substance Abuse Program (ASAP)
Children's Hospital – Boston
www.childrenshospital.org
617-643-4699

The Adolescent Substance Abuse Program (ASAP) at Boston Children's Hospital provides national leadership in the identification, diagnosis and treatment of substance use and disorders in children and adolescents.

Adolescent Structured Outpatient Addiction Program (SOAP)
Arboret Counseling - Norwell
www.arbourhealth.com
800-222-2237

Program services include psychosocial evaluation, monitoring and treatment; behavioral assessment, treatment and recovery planning; group and individual counseling on substance abuse topics; aftercare and discharge planning and family therapy when necessary. The Adolescent Structured Outpatient Addiction Program (SOAP) provides community based outpatient treatment for adolescents and operates Monday – Friday from 4:30pm – 7pm.

Bay State Community Services - Quincy
www.baystatecs.org
617-471-8400

Provides community based outpatient treatment for all ages. The Intensive Recovery Program for adolescents operates M/W/F from 3pm to 5pm for 4 weeks.

Hingham Wellness
www.hinghamwellness.com
855-WELL-IOP

Hingham Wellness is an evidence-based intensive outpatient treatment program (IOP) for individuals with psychiatric conditions, such as mood and anxiety disorders, along with co-occurring addictive disorders. Provides community based intensive outpatient treatment for adolescents and operates Monday – Thursday 4:30pm – 8:30pm for up to 3 months. Private pay.

Family Support

Learn to Cope Support Group
www.learn2cope.org

Learn to Cope support groups are anonymous and membership is predominantly parents of children with addiction to prescription drugs and heroin. Their mission is to support with kindness, care, compassion and empathy. Treatment resources, meeting chapters, locations and times are available on the website.

Al-anon/Alateen
www.ma-al-anon-alateen.org

Al-anon, (adult support) and Alateen (teen support) groups focus on coping with the effects of a family member or friends' substance use disorder. Meeting locations and times are listed by city/town on the website.

AdCare Hospital Family Informational and Support Meetings
800alcohol.com/
617-328-0639

AdCare Outpatient - Family Informational & Support Meetings are available at the Quincy outpatient site located at 1419 Hancock Street on the first Thursday of the month at 6pm. Meetings are open to those who are concerned with the problem of alcohol or drug abuse. It is not necessary to have a family member or friend enrolled at an AdCare facility to attend.

Intervention Services – Referrals for Intervention Services for persons who are having difficulty addressing alcohol and drug use on their own can be arranged with AdCare staff specializing in the ARISE® Model of Intervention.

SMART Recovery® Family & Friends
www.smartrecovery.org/resources/family.htm

SMART Recovery® Family & Friends is a science-based, secular alternative to Al-Anon. Their method is based on the tools of SMART Recovery® and CRAFT (Community Reinforcement Approach & Family Training). Their purpose is to provide resources and support for those who are affected by the addictions of a loved one.

Grief Support

Grief After Substance Passing (GRASP)
www.grasphelp.org

GRASP was founded to help provide sources of help, compassion and understanding for families or individuals who have lost a love one as a result of addiction. Meeting locations and times are listed by city/town on the website.

Advocacy Organizations

Massachusetts Organization for Addiction Recovery (MOAR)
617-423-6627 or 1-877-423-6627 (Toll Free)
www.neaar.org/moar

MOAR's mission is 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.

About Addiction

Addiction is a chronic disease like as asthma, diabetes, and hypertension – it afflicts large numbers of people and does not discriminate. Anyone can have an addiction, no matter what their income, age, background, upbringing, education, or ethnicity.

People with addictions are often dismissed as addicts with poor self-control. Many believe that if people with addictions exerted more effort they would be able to control their urges.

Imagery technology, like MRIs for example, has helped give us a better understanding of what happens to the brain of a person with addiction.

Long-term use of drugs such as OxyContin® and Heroin disturbs areas of the brain responsible for making decisions, carrying decisions through, and exerting self-control.

Long-term use of drugs negatively affects the user's ability to exert their free will....so even when a person may consciously want to stop, they actually physically can't stop, even when they are aware of the threat of dying from an overdose.

Although long-term recovery is possible, there is no cure and relapse is often part of the recovery process.

Signs of Opioid Overdose

- Blue tinged skin, usually lips and fingertips show first
- Very limp body
- Very pale face
- Vomiting
- Passing out
- Choking sounds or a gurgling/snoring noise
- Breathing is very slow, irregular, or has stopped
- Pulse (heartbeat) is slow, erratic, or not there at all
- Awake, but unable to respond

If someone you know is turning blue, making a gurgling sound and is non-responsive, call 911 immediately

About Overdose

If you have a loved one with a history of using prescription painkillers and/or heroin, be prepared for relapse and possible overdose. Knowing what puts a person at risk for overdose and how to prevent fatal overdose with Narcan® can save a loved one's life. Here are some of the factors that put people at risk for fatal overdose:

- Mixing drugs
- Using after periods of abstinence due to changes in tolerance
- Hepatitis C often found with IV drug use, poor nutrition and physical health
- History of past non-fatal overdose
- Using drugs alone - when breathing stops there is no-one to call for emergency medical help

About Narcan® and How to Obtain Narcan®

Narcan® can reverse an opioid overdose while waiting for emergency medical help. This nasal spray works in 1 to 3 minutes and lasts 30 to 90 minutes, giving responders the opportunity to call for help. Naloxone has no side effects

Narcan® kits and training on administration and rescue breathing is available free to friends and relatives of individuals with an opioid addiction by attending a Learn to Cope Support Group meeting. You may also contact Manet Community Health Center at 857-939-4108 or the Brockton Area Multi-Service Center at cope@bamsi.org or 508-583-3405. Narcan® is also available to potential bystanders without a prescription at Walgreens and other pharmacies.

Common themes with people in long term recovery

- Consistent participation in a 12 step program such as Alcoholics Anonymous (AA) or Narcotic Anonymous (NA)
- Abstaining from using other drugs including alcohol and marijuana
- Staying away from people who use drugs of any kind
- Engaging in exercise, developing new passions, or returning to past interests
- Ability to identify potential triggers and having a plan when triggered (such as increasing AA attendance, etc.)
- Spirituality - Belief in a higher power
- Parent(s), spouse, family who participate in Al-Anon or Learn to Cope Support Groups
- Family members who work hard not to enable, are proactive, have a plan when relapse occurs