

# Substance Use and Addiction Resources for Youth and Families

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## The Massachusetts Substance Use Helpline

1-800-327-5050

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

A statewide, public resource for finding substance use treatment and recovery services in Massachusetts. Trained specialists are available to provide information and guidance online or by phone. Helpline services are free and confidential.

## Resources for Youth With a Substance Use Disorder

### The Addiction Recovery Management Service Massachusetts General Hospital

617-643-4699

<http://www.massgeneral.org/psychiatry/services/treatmentprograms.aspx?id=1945>

The Addiction Recovery Management Services (ARMS) helps young people with substance-related problems. ARMS is an outpatient, dual diagnosis clinic made up of a multidisciplinary team of doctors and social workers trained to work with youth and their parents to provide an individualized plan for recovery. ARMS also provides coaching, support, and services to parents of young people with substance-related problems who are not yet willing to seek treatment themselves.

### Adolescent Substance Abuse Program Boston Children's Hospital

617-355-2727

[www.childrenshospital.org/centers-and-services/adolescent-substance-abuse-program](http://www.childrenshospital.org/centers-and-services/adolescent-substance-abuse-program)

The Adolescent Substance Abuse Program (ASAP) at Boston Children's Hospital provides national leadership in the identification, diagnosis, and treatment of substance use problems and disorders in children and adolescents. ASAP's approach helps patients and families deal with the root problems that are often responsible for substance problems. ASAP treats mental health problems and gives patients and their families tools to cope by connecting parents to a network of parents dealing with similar issues.

### CATALYST Clinic at Boston Medical Center

617-414-6655

[www.bmc.org/catalyst-clinic](http://www.bmc.org/catalyst-clinic)

The CATALYST program helps teens and young adults who are struggling with addiction. The clinic provides

access to a wide range of services including primary care, behavioral health, and support resources for patients up to age 25 and their families. In order to receive substance use care at CATALYST, patients must receive primary care at Boston Medical Center. The CATALYST Clinic team can help patients schedule and establish primary care at BMC in addition to their substance use care/services.

### Gavin Foundation

#### Adolescent Community Reinforcement Approach and Assertive Continuing Care Program

857-415-9898

[www.gavinfoundation.org/programs/center-for-recovery-services](http://www.gavinfoundation.org/programs/center-for-recovery-services)

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

## Intervention Programs for Youth

### MassSTART School-Based Intervention Programs

MassSTART is a school-centered intervention program, which has proven positive outcomes for youth, their families, and the community. MassSTART serves youth 8 to 13 years old at high risk for or experiencing criminal justice involvement; substance use; family violence; and school, social, and/or behavioral problems.

### Wediko Children's Services (Boston)

617-292-9200

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

### North Suffolk Mental Health Association (East Boston)

617-569-3189

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

*This document was updated in November 2017. It provides information about many substance use resources available to families in Massachusetts, but it is not intended to be a comprehensive list of all services. The resources are described here as they are described on program websites or in the Youth & Young Adult Substance Use Services Directory. For a more comprehensive list of youth and family resources, please refer to the Massachusetts Bureau of Addiction Services' "Youth & Young Adult Substance Use Services Directory," available at: <http://www.mass.gov/eohhs/docs/dph/substance-abuse/oyyas-directory-digital.pdf>.*

## Recovery High Schools

Recovery high schools are four-year high schools for youth who are experiencing a problem with substance use. The schools actively support students in their recovery by providing smaller class sizes; individualized attention; licensed counseling services; and daily group meetings where students are able to discuss and process issues related to their education and recovery. The schools provide a comprehensive academic curriculum consistent with Massachusetts State Standards, MCAS testing protocols, and course requirements of the student's school district. There are 5 recovery high schools in Massachusetts, located in: Beverly, Boston, Brockton, Springfield, and Worcester. Residents outside of these districts may attend.

### Beverly

#### **North Shore Recovery High School**

**978-922-3305**

[www.nsedu.org/schools/northshore-recovery-high-school/](http://www.nsedu.org/schools/northshore-recovery-high-school/)

### Boston

#### **William J. Ostiguy High School**

**617-348-6070**

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

### Brockton

#### **Independence Academy**

**508-510-4091**

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

### Springfield

#### **Liberty Preparatory Academy**

**413-750-2484**

[www.springfieldpublicschools.com/schools/libertyprep](http://www.springfieldpublicschools.com/schools/libertyprep)

### Worcester

#### **Central Massachusetts Special Education Collaborative**

**508-459-5463**

[www.cmasscollaborative.org/domain/28](http://www.cmasscollaborative.org/domain/28)



## Family Support and Advocacy

### Learn to Cope

**508-738-5148**

[www.learn2cope.org](http://www.learn2cope.org)

Learn to Cope is a non-profit support network that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs. Learn to Cope support groups are anonymous and run by experienced facilitators. Overdose education and NARCAN<sup>®</sup> training are also available at every meeting in Massachusetts. Visit the Learn to Cope website for educational resources, treatment resources, and information about support group meetings (including locations and times).

### Partnership for Drug-Free Kids

**1-855-378-4373**

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

Partnership for Drug-Free Kids is a non-profit that supports families struggling with their son or daughter's substance use. Trained and caring parent counselors are available to listen, answer questions and help you create a plan to address your child's substance use. The Partnership also provides educational resources about the signs to look for and how to talk to your child, treatment information and resources, and access to a support network of other parents who have experienced the same challenges. Visit the website for more information.

### Massachusetts Organization for Addiction Recovery

**877-423-6626**

[www.moar-recovery.org](http://www.moar-recovery.org)

The Massachusetts Organization for Addiction Recovery's (MOAR) 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.

### Al-Anon/Alateen Family Groups

**508-366-0556**

[www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)

Al-Anon (adult support) and Alateen (teen support) groups focus on helping families and friends of alcoholics. Al-Anon and Alateen meetings are free, anonymous and confidential. Visit the website for more information, including meeting locations and times.