

CHILD AND ADOLESCENT HEALTH SPECIALISTS

Drug Use/Abuse Resources

1. If the substance is heroin/opioids, the first step is to go through a detoxification program, which is either an inpatient detoxification program (5-7days) or an outpatient treatment center (and given the number of people using heroin right now, they may get in sooner at an outpatient treatment program). Choosing which program depends on patient/family preference and availability, but we generally recommend that parents/patient accept the soonest available slot.
2. **MA Substance Use Helpline** - Information and Education Line at 1-800-327-5050, or at www.helpline-online.com; their phone triage is every day (more limited hours on the weekends)

- a. They can answer questions about first steps, find resources that accept your insurance and are in order of proximity to patient.

3. **The Institute for Health and Recovery (IHR)** <http://www.healthrecovery.org/>

is a statewide service for drug addiction and can help provide information about programs; their phone triage (617) 661-3991 is Mon-Friday.

Some other resources in the area for longer-term treatment programs:

4. **The MGH Center for Addiction Medicine (CAM)**; “delivers clinical evaluation, consultation, and study-related clinical care in a multidisciplinary setting. This substance abuse focus includes alcohol- and drug-related behaviors, as well as smoking cessation.”

- a. Administrative Phone: (617) 643-4691

- b. Study Phone: (617) 724-8472

5. **Arbor Counselling Services** (runs Westwood Lodge, Pembroke, etc.) of Norwell, offers a **Structured Outpatient Addiction Program (SOAP) for adolescents and adults**. They meet 5 days a week and also have a 3 evening per week option. The Norwell location offers a Dual Diagnosis program that meets 5 day per week and length of program can be from 2 weeks to one month. They also have a Partial Hospitalization Program for adults. They schedule an intake and then determine which program would be best. (781) 871-6550

6. **Gosnold Addiction Treatment Services- 18 yo and older** Inpatient and outpatient treatment, Community education. Cape Cod and Stoughton locations 800-444-1554.

7. **Lynch Wellness and Recovery Foundation** (www.lynchwellness.com) “**MISSION:** To promote recovery in the lives of individuals with substance use disorders through extended treatment services, and deliver innovative community education about addiction awareness and prevention”. (781) 878.7111

8. **Mass Bay Counseling** (<http://www.massbaycounseling.com/index.htm>):

- a. Marshfield, MA phone: (781) 834-0747
- b. Quincy, MA phone: (617) 786-0137

9. Marijuana-anonymous.org

10. **MA Drug and Alcohol Addiction Treatment** 888-616-0364

11. ***Partnership for Drug-Free Kids*** –Parent information, education, blog, help with process
<https://drugfree.org/>

12. HAPSA - on Facebook- Hull, Hingham, Cohasset, Norwell Substance Abuse Coalition

13. **Samariteens** 800-252-8336

14. **MA Samaritan Suicide Prevention Helpline** 877-870-4673

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