Massachusetts Organization for Addiction Recovery

MOAR

Resources for Recovery



A Mini Guide with **MOAR** to come!

Join the Voices for Recovery!

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MOAR

Join the Voices for Recovery!

Our Mission

Our 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.

Our Vision

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

Message

MOAR welcomes you and encourages all to speak up for recovery, while at the same time acknowledging that there may be risks, which need to be reviewed. Certain forums may include the public and the press. While this may be exciting to some people, it may pose a risk for others. **MOAR** encourages you to make the choice most helpful to you.

A Collective Voice for Addiction Recovery

Thank you to the MOAR members, individuals, families, and friends who have helped guide the update of our renowned resource guide! We are excited to share the "MOAR Mini-Guide with MOAR to Come," which includes valuable information on prevention, treatment, and recovery resources. The following pages serve as a "how-to" guide to support individuals and families seeking help in the recovery process.

Your input is crucial to ensure that the guide remains comprehensive and beneficial to all, so please continue to share any suggestions for additions. Through MOAR's recovery meetings, trainings, and public events, we provide opportunities for individuals with lived experience to learn how to share their stories. This "Mini-Guide" is just one example of how we assist individuals in navigating the complex continuum of care, while reinforcing the message that recovery is possible. Everyone who continues to struggle deserves compassion and support.

Some of our activities are now being held in a hybrid format. To stay informed about upcoming events, please visit our website at www.moar-recovery.org and follow us on Facebook and Instagram (@moarrecovery).

Our members are the driving force behind everything we do, and we are deeply grateful to our funders—especially the Bureau of Substance Addiction Services (BSAS), Massachusetts Department of Public Health, Blue Cross Blue Shield of Massachusetts, the RIZE Foundation, and the Greater Boston Council on Alcoholism—for their generous support. We also want to thank Bay State Community Services for hosting our program. Finally, thank you to all our members. Your support makes MOAR's work possible, and we are tremendously grateful.

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Continuum of Care Services
Detox/ATS/WMS

Acute Treatment Services (ATS) are now called 24-Hour Diversionary Withdrawal Management Services (WMS). This means 24-hour SUD treatment services are provided in freestanding or hospital-based settings with 24-hour, seven-day per week nursing and medical supervision that include withdrawal symptom management as part of medically supervised withdrawal and/or induction onto maintenance treatment. The expectation of all services as well as of this setting is the provision of patient care to plan for discharge and continuity of services, including direct referrals.

AdCare Hospital	Worcester	800-252-6465
Andrew House at Shattuck Hospital*	Jamaica Plain	617-318-5600
Andrew House - Stoughton*	Stoughton	781-232-5500
Arbour Hospital	Jamaica Plain	617-522-4400
Baldpate Treatment Center	Georgetown	978-352-2131
Bournewood Health Systems	Brookline	617-469-0300
MORCAP Program	Taunton	508-967-3200
McGee Recovery Center	Pittsfield	413-445-9228
Dimock*	Roxbury	617-442-9661
Wellness Addiction Treatment	Woburn	781-622-9190
Faulkner Hospital	Jamaica Plain	617-983-7060
Gosnold*	Falmouth	800-444-1554
Harrington Co-Occurring Disorders Unit	Webster	508-764-5061
High Point Treatment Center	Brockton, New Bedford, Plymouth	800-233-4478

SSTAR Inpatient*	Fall River	508-324-7763
St. Elizabeth's Comprehensive Addiction Program	Brighton	617-789-2574
Washburn House	Worcester	508-834-8599

For Veterans - Continuum of Care Services
Detox/ATS/WMS

Veteran's Center for Addiction Program	Bedford	781-687-2275
Veteran's Center for Addiction Treatment	Brockton	508-583-4500

Clinical Stabilization / Step-Down Services (CSS)

Provides clinical stabilization services for clients leaving detox or stabilization services for clients needing acute treatment but not meeting criteria for medically necessary detox or Withdrawal Maintenance Services.

Andrew House	Stoughton	781-232-5500
Baldpate Treatment Center	Georgetown	978-352-2131
Berkshire Clinical Stabilization Service	Pittsfield	413-447-2927
Center for Motivational Change (CMC): Berkshire	New Marlborough	413-229-3333
Conexiones Clinical Stabilization Service	Tewksbury	617-445-1123
Emerson (Gosnold)	Falmouth	800-444-1554
Gavin Foundation CSS	Quincy	617-845-5785
Gosnold at Cataumet	Bourne	800-444-1554
Gosnold Post Detox	Falmouth	800-444-1554
High Point Treatment Center	Brockton, New Bedford, Plymouth	800-233-4478
Independence Hall (Veterans Inc.)	Shrewsbury	508-735-6098
Miller House (Gosnold)	Falmouth	508-540-5052
New England Recovery Center	Westborough	877-697-3422
Post Detox Step Down – Beth Israel Lahey	Danvers	800-323-2224

Recovery Centers of America	Danvers	978-767-2847
Recovery Centers of America	Westminster	978-571-6050
SSTAR Step Down Services	New Bedford	508-324-7763
Teen Challenge	Brockton	508-408-4378
The Hope Center - BHN	Springfield	413-301-9500
Women's Renewal - Dimock	Roxbury	617-442-8800

Walk-In Resource Support Services

The Living Room – BHN	Springfield	413-310-3312
Hardcore Connections	Plymouth	833-427-4000
The Living Room – Advocates	Framingham	508-661-3333
Project ASSERT – Boston Medical Center	Boston	617-414-4388
PAATHS – Boston Public Health Commission	Boston	855-494-4057

Transitional Support Services (TSS)

Transitional Support Services (TSS) are short-term residential programs for individuals who need further stabilization after detoxification. Admission is limited to patients without housing and those discharged from WMS. The average length of stay is 14 to 21 days. TSS programs provide 24-hour, structured, and supportive residential housing, and services. Case management and psychoeducation are available to assist patients in implementing an Individual Service Plan. Case managers provide interagency collaboration and linkages to next step programs and assist in obtaining the credentials neccessary to apply for social service benefits, such as a copy of a birth certificate, identification, and more.

BHN Holyoke Transitional Support Services (formerly Phoenix House)	Holyoke	413-301-9355
Gandara Esperanza Women TSS	Westfield	413-729-4250
Gandara Residential Services for Women	Holyoke	413-540-9881
High Point Treatment Center	New Bedford, Taunton	800-233-4478
Lynn Transitional	Lynn	781-593-9434
Spectrum Residential Program	Westborough	800-366-7732
Thayer Transitional Support	Worcester	774-312-2400
Transitions Transitional	Mattapan	617-534-9150
Women's Hope	Dorchester	617-442-0048
Zack's House	Lowell	978-459-8656

Recovery Homes

Recovery Homes provide an alcohol and drug free environment for individuals recovering from addiction. These programs emphasize recovery and treatment within a structured, therapeutic setting. Residents are encouraged to integrate into the community and to access resources from multiple pathways and employment support. Social Model programs emphasize a sober living environment, peer counseling and case management. The goal of these programs is to help residents provide each other with a culture of recovery, support, sharing and positive role modeling.

Men's Recovery Homes

Anchor House	Plymouth	508-746-6654	N/A
Answer House	South Boston	617-268-7124	mhsainc.org/
Beacon House	Greenfield	413-773-1705	N/A
BHN Connections	Greenfield	413-301-9355	www.bhninc.org/residential-recovery
BHN Springfield Center	Springfield	413-301-9355	www.bhninc.org/location/5-madison-Ave
Casa Esperanza	Roxbury	617-445-1123	www.casaesperanza.org/
CASPAR Hagan Manor	Somerville	617-623-5277	www.baycovehumanservices.org/caspar
CASPAR Men's Residences (16 Highland Ave/3 Summit Ave)	Somerville	617-623-5277	www.baycovehumanservices.org/caspar

Channing House	Worcester	508-755-8088	advocates.org/who-we-are/people/channing-house-recovery-home-men
Charles J. Farris Recovery Center (Co-Ed)	Westborough	800-366-7732	www.spectrumhealthsystems.org/locations/154-155-oak-street/
Charlestown Recovery House	Charlestown	617-242-0088	www.gavinfoundation.org/programs/charlestown-recovery-house
Cole's Place (BHN)	Springfield	413-726-1030	www.bhninc.org/location/401-liberty-street
Crozier House	Worcester	508-860-2216	www.ccworc.org/services/crozier-house/
Eastern Middlesex Alcoholism Services Recovery House	Malden	781-321-2600	N/A
Fernside: Addiction Recovery Program	Princeton	978-481-8128	www.mcleanhospital.org/treatment/fernside
Gandara - Addiction Recovery Program	Springfield	413-781-2234	www.gandaracenter.org/gandara-addiction-recovery-program
Gavin House	South Boston	617-268-5517	www.gavinfoundation.org/programs/gavin-house

Granada House	Allston	617-254-2923	www.granadahouse.org/
Hairston House (Gandara)	Northampton	413-585-8390	www.gandaracenter.org/hairston-house
Hamilton House	Dorchester	617-288-1584	www.gavinfoundation.org/programs/hamilton-house
Harmony House	New Bedford	508-992-8948	hptc.org/service/harmony-house/
Hector Reyes House	Worcester	508-459-1805	www.lahaworc.org/hector-reyes-house
Hope House	Boston	617-971-9360	www.hopehousebostonn.org/
Hurley House	Waltham	781-891-4323	N/A
Interim House	Dorchester	617-265-2636	interimhouse.weebly.com/contact.html
Jeremiah's House	Worcester	508-755-6403 ext. 130	jeremiahsinn.com/recovery-residence/
Keenan House for Men	Pittsfield	413-499-2756	www.briencenter.org/what-we-do/adult-family-services/addiction/
Link House	Newburyport	978-462-7341	linkhouseinc.org

McLean Naukeag	Petersham	978-541-6913	www.mcleanhospital.org/treatment/naukeag
Men's Hello House (Mass Ave/Burt St)	Boston	617-390-0240 617-288-3250	voamass.org/our-services/residential-behavioral-health/
New Victories	Dorchester	617-825-6088	www.vpi.org/recovery/
North Cottage Program, Inc.	Norton	508-285-2701	northcottage.com/index.html
Opportunity House	Springfield	413-739-4732	www.bhninc.org/residential-recovery
Orange Recovery House	Orange	978-544-6507	N/A
Pathway House	Gardner	978-632-4574	www.gaamha.org/pathwayhouse/
Rehabilitation & Health, Inc.	East Boston	617-569-2089	www.eastbostonrehab.com/
Riverbend (formerly Lowell House)	Lowell	978-459-8656	riverbendmv.org
Ryan House	Lynn	781-593-9434	bilhbehavioral.org/services/addiction-recovery/residential-addiction
South Shore Recovery Home	Quincy	617-773-7023	N/A

Steppingstone Men's House	Fall River	508-674-2788	steppingstoneinc.org/
Sullivan House	Jamaica Plain	617-524-4416	mhsainc.org/programs/recovery/
The Alternative House	East Boston	617-569-8222	www.eastbostonrehab.com/
The Bridge House	Framingham	508-872-6194	thebridgehouse.org
Dimock Center - John Flowers Recovery Home	Roxbury	617-442-8800	dimock.org/service/behavioral-health/
Victory House	Boston	617-262-5032	www.vpi.org/recovery/
Wyman Recovery Home	Boston	617-534-6187	N/A

Women's Recovery Homes

Beacon House	Greenfield	413-773-1705	www.servicenet.org/services/substance-use-and-recovery-services/recovery-houses-supportive-housing/
BHN Springfield Center	Springfield	413-301-9355	www.bhninc.org/location/5-madison-Ave
CASPAR's for Women	Cambridge	617-661-6020	www.baycovehumanservices.org/caspar
CASPAR New Day*	Somerville	617-628-8188	www.baycovehumanservices.org/addiction
Edwina Martin House*	Brockton	508-583-0493	emhouse.org/
Eileen's House for Women	Dorchester	857-496-7361	www.gavinfoundation.org/eileenshouse

Fernside: Addiction Recovery Program	Princeton	978-481-8128	www.mcleanhospital.org/treatment/fernside
Gandara Residential Services for Women*	Holyoke	413-540-9881	www.gandaracenter.org/gandara-residential-services-women
Glenice Sheehan Recovery Home for Women	Tewksbury	978-640-0840	riverbendmv.org/residential/residential-treatment-programs/#women-rec
Granada House	Allston	617-254-2923	www.granadahouse.org/
Hope Beyond Hope	Weymouth	781-249-2644 617-515-0085	hbhsoberliving.com
Hermanas Del Rio	South Hadley	413-507-0860	www.gandaracenter.org/hermanas-del-rio
Johnson Street Women's Program*	Lynn	781-584-8490	bridgewell.org/recovery-services/womens-program-johnson-street/

Linda Fay Griffin House	Worcester	508-755-8990	advocates.org/services/addiction-recovery-homes
Megan's House	Lowell	978-455-6973	themeganhouse.org
Monarch House	New Bedford	508-992-0800	hptc.org/service/monarch-house/
My Sister's House*	Springfield	413-733-7891	www.bhninc.org/residential-recovery
New Joelyn's Home	Dorchester	617-456-1201	www.vpi.org/recovery/
Pegasus House	Lawrence	978-687-4257	psychologicalcenter.com/our-programs/pegasus-house/
Rhodes to Recovery (Rhodes House)	Millbury	508-581-7821	smoc.org/service/residential-recovery-programs/
Ryan House	Lynn	781-593-9434	bilhbehavioral.org/services/addiction-recovery/residential-addiction
Serenity House*	Framingham	508-620-2510	smoc.org/service/residential-recovery-programs/
Shepherd House*	Dorchester	617-288-3906	www.vpi.org/recovery/

Two Rivers Recovery Center for Women*	Greenfield	413-512-5018	chd.org/programs-services/recovery-houses-western-ma/inpatient-drug-rehab-western-ma/tworivers/
Women's Hello House	Quincy	617-326-6484	voamass.org/our-services/residential-behavioral-health/

**Facilities that offer provisions for pregnant and parenting women with an infant.*

Family Residential Services

Specialized Residential Services for Families provide a safe and supportive treatment environment for unhoused families with a parent(s) who has a chronic substance addiction problem. Programs provide shelter, case management, and coordination of treatment and other services to support and sustain recovery.

Angel House	Hyannis	508-775-8045	haconcapecod.org/
BHN Dorchester Family Center	Dorchester	413-301-9355	www.bhninc.org/residential-recovery
BHN Family Center	Hyde Park	413-301-9355	www.bhninc.org/residential-recovery
Entre Familia	Mattapan	617-534-2922	www.boston.gov/government/cabinets/boston-public-health-commission/mental-and-emotional-health/entre-familia
Grace House	Northampton	413-586-8213	chd.org/programs-services/recovery-houses-western-ma/inpatient-drug-rehab-western-ma/residential-treatment-programs-western-ma/
Orchard Street	Leominster	978-537-3109	www.communityhealthlink.org/program/orchard-street-residential-recovery-home
Sage House	Framingham	508-626-2586	smoc.org/service/residential-recovery-programs/

Co-Occurring Enhanced Residential Programs

Like traditional recovery homes, these programs provide long-term, structured, residential treatment. They are specially designed to meet the needs of people recovering from both SUD and mental health conditions.

Askia Academy at Dimock	Roxbury	617-442-8800	dimock.org/service/behavioral-health/residential-services-programs-boston/
Aster House	South Hadley	413-333-4566	hub.helplinema.org/provider_details/40451
Avanzando Enhanced Residential Rehabilitation	Ludlow	413-266-4093	www.gandaracenter.org/avanzando-enhanced-rehabilitation
Bridge House COE Residential Rehabilitation Services (RRS)	Taunton	508-884-8817	www.comcounseling.org/services/community-supportive-housing.php
COE House	Framingham	508-424-5066	smoc.org/service/residential-recovery-programs/
GRIT (MHA)	Springfield/ Holyoke	844-642-9355 option 1	www.mhainc.org/recovery-housing
Hanton House COE Residential Treatment	Chelsea	617-271-8766	northsuffolk.org/addiction-services/

Hope House	Boston	617-971-9360	www.hopehouseboston.org/
Independence Hall	Shrewsbury	508-845-6176	www.recoverindependence.org/
Jana's Place	Worcester	508-762-9660 option 2	safeexitinitiative.org/programs-%26-initiatives-1
Keenan House	North Adams	413-499-2756	www.briencenter.org/what-we-do/adult-family-services/addiction/
Men's Hello House - Burt Street	Boston	617-288-3250	voamass.org/our-services/residential-behavioral-health/
Shiloh House	Boston	857-273-3923	voamass.org/our-services/residential-behavioral-health/
Tower Hill Recovery Home	Lawrence	978-655-8752	riverbendmv.org/residential/residential-treatment-programs/#tower-hill-rec
Transition House	Fall River	508-674-2788 ext. 11118	steppingstoneinc.org/coers/
Unity Place	Greenfield	413-223-5260	www.bhninc.org/location/5-kenwood-street
Unity Place South	Springfield	413-272-1340	www.bhninc.org/residential-recovery
Washburn House (RRS)	Worcester	844-850-2566 option 7	www.washburnhouse.com/

Therapeutic Communities

Therapeutic Communities provide an environment that emphasizes residential treatment and recovery within the parameters of the program structure. The residents take an active role in this mode of treatment, helping them to take responsibility and become positive role models.

Askia Academy (Men)	Roxbury	617-442-8800	dimock.org/service/behavioral-health/residential-services-programs-boston/
Charles J. Farris Recovery Center (Co-Ed)	Westboro	800-366-7732	www.spectrumhealthsystems.org/residential-treatment/
Fall River Women's RRS Program* (Women)	Fall River	508-674-2788 ext. 11101	steppingstoneinc.org/residential-treatment/
Meridian House Residential Treatment (Co-Ed)	East Boston	617-569-6050 866-781-6727	northsuffolk.org/addiction-services/
My Sister's House* (Women)	Springfield	413-733-7891	www.bhninc.org/residential-recovery
New Bedford Women's RRS Program* (Women)	New Bedford	508-984-1880	steppingstoneinc.org/residential-treatment/

** Facilities that offer provisions for pregnant and parenting women with an infant.*

Support for Deaf, Hard of Hearing, and Late-Deafened

Interested in Deaf and Hard of Hearing Resources?

Please Contact: Karran Larson, LADC1, LMHC
karran.larson@state.ma.us
Coordinator of Statewide SUD and Recovery Services

Massachusetts Commission for the
Deaf and Hard of Hearing
617-326-7546 (VP)
617-740-1700 (TTY)
www.mass.gov/orgs/massachusetts-commission-for-the-deaf-and-hard-of-hearing

Bridgemark Addiction Recovery Services
(Deaf and Hard of Hearing Resource for Men)
Warwick, RI
401-781-2700
401-354-7640 (VP)

Peer/Mutual Aid Support Groups

Peer-based support where individuals and/or families with similar experiences mutually support one another's recovery from addiction.

Al-Anon and Alateen Family Groups	508-366-0556	www.ma-al-anon-alateen.org
Alcoholics Anonymous - Cape Cod	508-775-7060	www.aacapecod.org
Alcoholics Anonymous - Central MA	508-752-9000	www.aaworcester.org
Alcoholics Anonymous - Eastern MA	617-426-9444	www.aaboston.org
Alcoholics Anonymous - Martha's Vineyard	508-627-7084	aaonmv.org/12step/
Alcoholics Anonymous - Western MA	413-532-2111	www.westernmassaa.org
Bettor's Anonymous	978-988-1777	www.bettorsanonymous.org
Cocaine Anonymous of MA	617-539-6090	www.caofma.org
Crystal Meth Anonymous	855-638-4373	www.crystalmeth.org
Double Trouble in Recovery	718-373-2684	dtrky.org
Families Anonymous	800-736-9805	www.familiesanonymous.org
Gamblers Anonymous - New England	855-222-5542	www.newenglandga.com
LifeRing Secular Recovery	800-811-4142	www.lifering.org
Marijuana Anonymous	800-766-6779	www.marijuana-anonymous.org

Narcotics Anonymous	866-624-3578	www.nerna.org
Nicotine Anonymous	877-879-6422	www.nicotine-anonymous.org
Overeaters Anonymous	781-641-2303	www.overeatersanonymous.org
Recovery Dharma	N/A	www.recoverydharma.org
Refuge Recovery	N/A	www.refugerecovery.org
Sex & Love Addicts Anonymous	617-625-7961	slaafws.org/
SMART Recovery	781-891-7574	www.smartrecovery.org
Sober Mom Squad	N/A	www.sobermomsquad.com/
Sober Faction	N/A	thesatanictemple.com/pages/sober-faction
Wellbriety	877-871-1495	wellbrietymovement.com/
Women for Sobriety	215-536-8026	www.womenforsobriety.org

Mind and Body Restorative Groups

For many people, exercise and physical activity are critical to maintaining not just their health, but also their recovery. These athletic and restorative groups are run by people in recovery and/or their families.

Boston Bulldogs Recovery Running Club	617-875-8747	www.bostonbulldogsrunning.com
The Phoenix of Boston	857-239-8422	www.thephoenix.org
NamaStay Sober	617-750-7020	namastaysober.org/

Peer Recovery Support Centers

The Massachusetts Peer Recovery Support Centers (PRSC) are free, accessible, peer-led spaces that provide individuals in recovery from SUD, as well as families and loved ones affected by addiction, the opportunity to both offer and receive support in their community. The PRSCs are warm, welcoming spaces grounded in the values of recovery and reflective of multiple pathways.

A New Way*	85 Quincy Ave, Quincy	617-302-3287	www.anewwayrecoveryctr.org
Alyssa's Place*	297 Central St., Gardner	978-632-0934 x381	www.alyssasplace.org
Anchored in Recovery*	19 Concord St., Framingham	508-424-2520	www.smoc.org
Better Minds Recovery Cafe	227 Mill St., Springfield	N/A	www.instagram.com/cultivatingbetterminds/
Resource and Reclamation Center (Billy's Barber Shop)	151 Andover St., Lowell	978-221-5827	www.thereclamationcenter.org
Devine Recovery Center*	70 Devine Way, South Boston	857-496-1384	www.gavinfoundation.org/programs/devine-recovery-center
Everyday Miracles*	25 Pleasant St., Worcester	774-670-4622	www.everydaymiraclesprsc.org
Hope for Holyoke*	100 Suffolk St., Holyoke	413-561-1020	www.gandaracenter.org/hopeforholyoke
Living in Recovery*	75 North St., Pittsfield	413-570-8243	www.servicenet.org/services/substance-use-and-recovery-services/living-in-recovery

Metro Boston Alive	116 Roxbury St., Roxbury	617-708-0266	N/A
New Beginnings*	487 Essex St., Lawrence	978-655-3674	www.newbeginningsprc.org
No One Walks Alone (NOWA)*	9 Spring St., Whitinsville	508-266-0210	www.nowarsc.org
North Quabbin Recovery Center	416 Main St., Athol	978-249-4989	www.nqcc.org/nqrc
Northampton Recovery Center*	25 Armory St., Northampton	413-834-4127	www.northamptonrecoverycenter.org
Opening The Word Peer Recovery Center	174 Main St., Webster	508-330-8073	N/A
Peer2Peer*	182 N. Main St., Fall River	508-567-5086	www.steppingstoneinc.org/p2p
PIER Recovery Center of Cape Cod*	209 Main St., Hyannis	508-827-6150	www.gandaracenter.org/pier-recovery-center-of-cape-cod
Plymouth Recovery Support Center*	5 Main St. Ext., Plymouth	774-225-0723	www.gandaracenter.org/plymouth-recovery-center
Taunton PRSC*	1 Washington St., Taunton	508-828-9116	www.facebook.com/p/Taunton-Peer-Recovery-Center-61557892418331/

The Recovery Connection*	31 Main St., Marlborough	508-485-0298	www.therecoveryconnection.org
Recovery Exchange*	35 Exchange St., Lynn	617-980-9784	www.spectrumhealthsystems.org/peer-recovery-support
Recovery on the Harbor*	983 Bennington St., East Boston	617-874-8046	www.northsuffolk.org/addiction-services/
Restoration Recovery Center Inc.*	437 Main St., Fitchburg	978-883-6300	www.rrci-fitchburg.com/
R.I.S.E.*	497 Belleville Rd., New Bedford	774-762-4076	www.paaca.org/risersc
Room to Grow*	St. Francis House, 39 Boylston St., Boston	781-656-5027 617-947-2630 857-261-4802	www.stfrancishouse.org/recovery-support-center/
Safe and Sound Recovery Center	74 Albany St, Boston	617-534-2186	www.boston.gov/government/cabinets/boston-public-health-commission/mental-and-emotional-health/safe-and-sound-recovery-center
The RECOVER Project*	68 Federal St., Greenfield	413-774-5489 x101	www.recoverproject.org

South County Recovery Center*	67 State Rd, Great Barrington	413-645-3564	www.southcountyrecoverycenter.org
South Shore Recovery Center	51 Cole Parkway, Scituate	781-378-0453	www.southshorepeerrecovery.org
Stairway to Recovery*	90 Main St., Brockton	774-257-5660	www.gandaracenter.org/stairway-to-recovery
STEPRox*	153 Blue Hill Ave., Roxbury	617-442-7837	www.facebook.com/StepRoxRecoverySupportCenter/
The Bridge Recovery Center*	239 Commercial St., Malden	781-480-4937	www.bridgerecoverycenter.org/
The Bridge to Hope*	219 Everett St., Southbridge	508-981-4091	www.bridgetohopeprsc.org
CORE Peer Recovery & Resource Center*	11-17 Parker St., Gloucester	351-217-1424	www.corerecovery.org/
Recovery Cafe Haverhill*	222 Washington St., Haverhill	978-519-4453	www.recoverycafehaverhill.org
Wey of Life*	383 Bridge St., Weymouth	781-812-1392	www.southshorepeerrecovery.org/weymouth
Turning Point*	32 Common St., Walpole	508-668-3960	www.turningpointrecoverycenter.org/
Valor*	383 Worthington St., Springfield	413-507-3635	www.gandaracenter.org/valor-springfield-recovery-center

Torchlight*	2 Washington St., Dorchester	617-465-1299	www.torchlightrecovery.org
Jamaica Plain PRSC*	120 South St., Jamaica Plain	617-865-8487	www.jprecoverycenter.org
Falmouth PRSC*	769 East Falmouth Highway, Falmouth	774-257-5660 ext.2304	www.gandaracenter.org/2021-ypar-retreat
Have Hope PRSC*	37 Main St., North Adams	413-499-0412	www.briencenter.org/havehoperecovery
Recovery Center of Hope*	52 Main St., Ware	413-277-6290	www.recoverycenterofhope.org/
Ripple Effect PRSC*	40 Spruce St., Leominster	978-384-7337	www.facebook.com/people/Ripple-Effect-PRSC/61553257204415/
Westfield Peer Recovery Center	75 Broad St, 2nd Floor, Westfield	413-507-0787	www.gandaracenter.org/westfield-peer-recovery-center

For information on BSAS-funded recovery support services, contact:

Danielle O'Brien
Director of Recovery Services, Bureau of Substance Addiction Services, DPH
danielle.o'brien@mass.gov

*BSAS Funded

Multi Service Recovery Centers

Club 24	Malden	781-321-2424	www.facebook.com/groups/287969367964260/
Addiction Referral Center	Marlborough	508-485-4357	www.theaddictionreferralcenter.org
Positive Action Against Chemical Addiction (P.A.A.C.A.)	New Bedford	508-997-9051	www.paaca.org

Mental Health Family Support / NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization. It is dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI of MA offers support groups and peer resources that can be found at their website:
www.namimass.org
NAMI Greater Boston Consumer Advocacy Network
617-626-8691

Children's Mental Health Support / PPAL

Providing hope for children with mental health needs and their families through education, advocacy, outreach, and support.

Parent/Professional Advocacy League (PPAL):
The Massachusetts Family Voice for Children's Mental Health Website:
www.ppal.net

Regional Learning Communities

DMH has funded Recovery Learning Communities in all 6 DMH service areas. Regionally located, these peer-operated "hubs" coordinate peer-run peer support, education, advocacy, and other regional peer-run activities. By supporting and strengthening a regional peer-run network, DMH aims to promote a system that is increasingly consumer driven, where peers are more fully integrated into their community.

Metro Boston	Boston	781-642-0368	www.metrobostonrlc.org
Central	Worcester	508-751-9600	www.kivacenters.org
Metro-Suburban	Quincy	888-752-5510	www.kivacenters.org
Northeast	Lawrence	800-845-6457	www.nilp.org
Southeastern	Quincy Brockton Fall River Hyannis	877-733-7563	www.southeastrlc.org
Western	Holyoke	866-641-2853	www.westernmassrlc.org

Faith-Based Recovery

The recovery journey for many is experienced within the framework of religious experience, beliefs, and rituals and/or within the mutual support of a faith community. Faith-based recovery frameworks may serve as adjuncts to traditional recovery support programs or serve as alternatives to them.

Archdiocesan Addiction Recovery Pastoral Support Services	617-523-4342	www.aarpss.org
BMA Tenpoint	617-445-2737	www.bmaboston.org
Saint Benedict Interfaith Christian Fellowship	508-944-3142	www.stbenedictinterfaith.org
New England Aftercare Ministries	508-872-6194	www.thebridgehouse.org
Bethel A.M.E. Church	617-524-7915	www.bethelame.org
Boston Rescue Mission	617-338-9000	www.brm.org
Haley House	617-236-8132	www.haleyhouse.org
Teen Challenge	508-408-4378	www.tcnewengland.org
Faith Unlimited Institute	413-779-2991	www.faithunlimitedinstitute.org
Providence Ministries	413-536-9109	www.provministries.com
Foundation for Alcohol Education	978-468-7709	www.alcoholeducation.org
Celebrate Recovery	N/A	www.celebraterecovery.com

Family Recovery Groups

Is your child or adult child addicted to alcohol and/or other drugs? Get help from other parents and other support services for YOU.

Parent Support Group of Western Mass	413-626-9889	Holyoke	www.facebook.com/parentsofaddictssupport/
Allies in Recovery	413-210-3724	Northampton	https://alliesinrecovery.net/
Parent Supporting Parents	508-419-3434	Mashpee	www.parentsfightingadication.org
Learn to Cope	508-738-5148	Statewide	www.learn2cope.org
The Parents' Forum	617-864-3802	Cambridge	www.parentsforum.org
A Circle of Hope	978-557-9235	Lawrence	www.circleofhopeonline.org
Mass General Hospital	617-726-2000	Mass General Hospital	www.massgeneral.org
Coping Today Grief Group via Learn to Cope	978-875-0606	N/A	www.learn2cope.org
Journey to Hope	508-456-1590	East Bridgewater & Middleboro	N/A
Families Anonymous	781-727-1803	Medford & Franklin	www.familiesanonymous.org
Magnolias New Beginnings	617-291-3266	Massachusetts & National	magnoliarecoveryresources.com
SMART Recovery Family and Friends	N/A	Massachusetts & National	smartrecovery.org

Support After a Death by Overdose

www.sadod.org

SADOD provides resources, information, and assistance to people throughout Massachusetts who have been affected by the death of someone they care about from a substance-use-related cause. Our focus is on increasing the capacity and effectiveness of peer grief support for bereaved people, frontline care providers, and people in recovery or struggling with drug use. We hope you find useful tools here that meet your needs, and we welcome your feedback about how this website can be improved.

The Sun Will Rise Foundation

www.thesunwillrise.org

The primary focus of The Sun Will Rise Foundation is to provide free peer grief support for those who have experienced the devastating death of someone they care about due to substance use (drug/alcohol) or overdose.

Team Sharing Inc.

teamsharinginc.org/

Team Sharing Inc. is an organization of parents who have lost a child to substance use disorder (SUD). Through social networking, community activism, grief services and advocacy, Team Sharing Inc. provides support and friendship to grieving families while working to raise awareness of SUD and its impact on our communities.

Youth Prevention Initiatives

The third Massachusetts Collaborative for Action, Leadership, and Learning (MassCALL3) award replaces DPH's previously funded Substance Misuse Prevention Grant Programs. Currently, 31 grants have been distributed. MassCALL3 is overseen by The Massachusetts Department of Public Health, Bureau of Substance Addiction Services.

For more information, contact:
Jose Morales, Prevention Services Director
jose.morales@state.ma.us

Opioid Overdose Prevention/Narcan (Naloxone) Trainings

Overdose Education and Naloxone Distribution (OEND) Programs in Massachusetts.

BOSTON

ACCESS	AHOPE	Drug User Health Project	North Suffolk Community Services
Provided by: Fenway Health 617-599-0246 Serving: Boston, Cambridge, Somerville & surrounding towns	Provided by: Boston Public Health Commission 617-534-3976 Serving: Boston	Provided by: Victory Programs 617-927-0836 Serving: Boston	617-912-7554 Serving: Revere

CENTRAL

AIDS Project Worcester
508-755-3773 Serving: Worcester County

METROWEST

Manet Community Health Center	Program RISE
857-939-4108 Serving: Braintree, Hull, Quincy & Weymouth	508-935-2960 Serving: Ashland, Framingham, Natick & Westborough

NORTHEAST

Greater Lawrence Family Health Center	Health Innovations	Lowell Community Health Center	Lowell House
978-989-4533 Serving: Lawrence and Essex County	339-440-5633 Serving: Beverly, Chelsea, Lowell, Lynn, Peabody, Salem & Saugus	978-221-6767	978-459-8656 Serving: Lowell

SOUTHEAST

AIDS Support	The COPE Center	Project Aware	Seven Hills BH
Hyannis: 508-778-1954 MV: 774-994-7935 Provincetown: 508-487-8311	Brockton 508-583-3405 Plymouth 508-591-3870	508-324-3561 Serving: Fall River	New Bedford: 508-996-0546 Fall River: 508-235-1012 Taunton: 508-967-7170

WESTERN

Berkshire Harm Reduction	Healthy Steps	Holyoke Health Center	New North Citizen's Council	Tapestry Health
North Adams: 413-398-5603 Pittsfield: 413-447-2654	413-447-2654 Serving: Berkshire County	413-420-2255 Serving: Holyoke	413-747-5755 Serving: Springfield	Greenfield: 413-475-3377 Holyoke: 413-315-3732 North Adams: 413-398-5603 Northampton: 413-586-0310 Springfield: 413-363-9472

Medication for Opioid Use Disorder Treatment

Opioid treatment provides medically monitored treatment services for clients who are addicted to opiate drugs, such as heroin or pain medications. Services combine medical and pharmacological interventions (such as methadone or buprenorphine) with professional outpatient counseling, education, and vocational services. Services are offered on both short- and long-term bases.

Addiction Treatment Center of New England	Brighton	617-254-1271
Bay Cove Human Services	Boston	617-371-3030
Faulkner Hospital at Brigham and Women's	Boston	617-938-7000
Clean Slate	(Multiple Sites)	833-505-4673
Health Care Resource Centers	Attleboro	508-761-1441
	Boston	617-271-2193
	Chelsea	617-958-5589
	Chicopee	413-749-9150
	Greenfield	413-223-6777
	Jamaica Plain	617-676-2977
	New Bedford	508-501-0905
	Northampton	413-603-1930
	Peabody	978-871-6837
	Westfield	413-603-1934
	Woburn	781-779-2309

Boston Medical Center ABOVE Program	Boston	617-414-6655
Gifford Street Comprehensive Treatment Center	New Bedford	508-999-3126
Miravista Opioid Treatment Program	Holyoke	413-701-2600
Comprehensive Treatment Center	(Multiple Sites)	866-583-0990
Spectrum's Medication for Substance Use Disorders	(Multiple Sites)	800-464-9555
North Charles Institute for the Addictions	Cambridge	617-661-5700
Harvard Vanguard	Beverly	978-927-4110
SSTAR - Lifeline Methadone Services	Fall River	508-679-5222
Comprehensive Treatment Center	Quincy Mobile Unit	857-358-0012
Highpoint	Brockton	508-408-6180
	Plymouth	508-830-1234
	New Bedford	508-717-0550
St Elizabeth's Medical Center Addiction Medicine	Brighton	617-789-2574
BHN	Multiple Locations (including mobile methadone program)	413-301-9355

SaVida Health	North Adams	413-398-5180
	Pittsfield	413-236-9100
	West Springfield	413-732-0040
	Worcester	508-890-0990

Gambling Addiction

The MA Department of Public Health's Office of Problem Gambling Services provides a host of resources including getting help for gambling, a self-assessment tool, and community engagement reports.

www.mass.gov/orgs/office-of-problem-gambling-services

Resources to Protect Yourself or Loved Ones from Problem Gambling

Health Resources in Action
Advancing Public Health and Medical Research

www.hria.org

m·tac
MA Technical Assistance Center for Problem Gambling Treatment

www.m-tac.org

The MA Problem Gambling Helpline
800.327.5050

www.macgh.org

The Massachusetts Council ON GAMING AND HEALTH
We Understand the Problem. We Can Help.

www.gamblinghelplinema.org

Get Help

Do you or a loved one struggle with problematic gambling?
Helpline Specialists are available 24/7
Call 1- 800-426-1234

Are you wondering if you should attend a support meeting for what might be a problem with gambling?

Find a meeting near you. There is NO COST to participate or attend a meeting. You do not have to call ahead to attend and are welcome at any time.

Gamblers Anonymous (GA) and Bettors Anonymous (BA) are self-help meetings based on the same 12-step concept as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA). Gamblers Anonymous also offers a weekly phone meeting for those who are unable to attend or prefer not to meet in person. The phone meeting is held every Wednesday night from 9:00 PM – 10:30 PM EST, just call 712-770-4160 and use access code 611704# to access the meeting.

Smart Recovery offers face-to-face meetings, online meetings, and online self-help chat.

Gam-Anon is a support group specifically for families and loved ones of people experiencing problems with gambling.

In The Rooms is the world's largest online social network for the global recovery community. It's for people already in recovery, those seeking immediate help from any addiction, and for the families, friends, and allies of those people.

GamTalk is a supportive community helping people with gambling issues share their experience and ideas. Joining is free, completely anonymous and lets you take part in community discussions, scheduled chat sessions and more.

Youth, Transition Age Youth, and Young Adult Services

These services promote wellbeing by building on strengths and preventing and treating substance use disorders, HIV infection, and other risk-taking behaviors. Services target individuals ages 12 to 25 who are at increased risk for alcohol and/or other drug-related use.

Some services may be provided in schools, courts, community agencies, and housing projects and/or on the street. These services may offer education/skill building, alternatives to substance use, youth development, problem identification, and referrals. Service types include outpatient counseling, residential- and justice-involved collaboratives.

If you perceive symptoms of what could be an alcohol or drug use problem with a young person

Call the Massachusetts Substance Use Helpline
1-800-327-5050

The Massachusetts Helpline will work with families and other key stakeholders to devise the most appropriate course of action for adolescents and young adults ages 12-25 in need of treatment for their use of substances.

Options include:

- Placement in a stabilization program
- Placement directly at residential programs without a prior stay at stabilization level of care
- Referrals to statewide outpatient, community-based Adolescent Community Reinforcement Approach (A-CRA) services

Youth Intervention Programs

Youth Intervention Programs	Location	Phone #
Bridge Over Troubled Waters	Boston	617-423-9575
ROCA Youth Development Center	Chelsea	617-889-5210
	Boston	617-889-5210
	Springfield	617-889-5210
Eastern District - Juvenile Diversion Program	Salem	978-745-6610

Outpatient Counseling For Youth (Ages 12-24)

The Massachusetts Department of Public Health's Bureau of Substance Addiction Services licenses outpatient providers that offer individual, group, and family counseling for alcohol and other substance use. Some providers offer specialized youth treatment, including the Adolescent Community Reinforcement Approach (A-CRA), an evidence-based program for ages 12–24 that supports recovery by strengthening family, social, school, and work connections. A-CRA services are available throughout Massachusetts.

For more information:
Massachusetts Substance Use Helpline
1-800-327-5050
https://www.helplinema.org/for-parents

Beth Israel Lahey Health Behavioral Services A-CRA (Team Fourteen)	Beverly	978-867-7137
Justice Resource Institute - Massachusetts Home and Community Based Services	Acton	978-264-3553
	Attleboro	508-222-7525
	Gloucester	978-283-7198

Justice Resource Institute - Massachusetts Home and Community Based Services	Lawrence	781-825-3859
	Salem	978-744-7905
	Taunton	508-386-7657
BMC CATALYST Program	Boston	617-414-6655
MGH ARMS Program	Boston	617-643-4699
North Suffolk Community Services	Chelsea, East Boston, Revere	866-781-6727

Massachusetts Recovery High Schools

Recovery High Schools provide young people in recovery from alcohol and drug use with a supportive environment to help them maintain their recovery and complete their education. The schools utilize a maximum student to teacher ratio of 7-1 as well as an extended class day and school year.

www.doe.mass.edu/sfs/rhs/default.html

William J. Ostiguy Recovery High School	Boston	617-348-6070
North Shore Recovery High School	Beverly	978-232-9755
Independence Academy	Brockton	508-510-4091
Liberty Preparatory Academy	Springfield	413-750-2484
Rockdale Recovery High School	Worcester	508-538-9109

Youth Residential Programs

Goodwin House	Male; age 13-17	Chicopee	413-316-1642
Ridgewood GRIT	Male; age 16-20	Springfield	844-642-9355
Megan's House	Female; age 18-30	Lowell	978-455-6973
Pegasus House	Female; age 18-26	Lawrence	978-687-4257
Cornerstone Recovery	Female; age 18-26	Ware	413-758-4050 Ext 680
McLean SouthEast Adolescent ART Program	Co-ed; up to 19	Middleborough	617-855-2804
MA Young People in Recovery (MYPiR)	Co-ed; age 18-27	Quincy	617-657-1031

Other Adolescent Resources

The Center for Adolescent Substance Abuse Research (CeASAR) at Children's Hospital was created as a national research center committed to reducing substance abuse and related disorders in children and adolescents. CeASAR strives to be the leading source of new discoveries in prevention, diagnosis, and treatment of substance-related disorders in children and adolescents.

General CeASAR information:
617-355-5433
Children's Hospital
300 Longwood Avenue, Boston, MA 02115
CeASAR@childrens.harvard.edu

Addiction Recovery Management Service (ARMS) at Mass General Hospital provides rapid access to information and support combined with outreach and care management for youth ages 14-26 and their families suffering from substance-related problems.

Information and Scheduling:
617-643-4699
151 Merrimac St., 6th Floor, Boston, MA 02111
ARMSMGH@partners.org

Massachusetts Young People in Recovery (MyPir)
617-657-1031
www.mypir.org

Eastie Coalition in East Boston
617-568-6492
https://www.eastiecoalition.org

Brookline Coalition for Wellness and Prevention
https://www.brooklinema.gov/3930/Brookline-Coalition-for-Wellness-and-Pre
617-730-2000

Helping Children Affected by Another Person's Substance Use / COASA

Children of Alcoholism and Substance Abuse (COASA) supports children of alcoholism and substance use disorder by serving as an advocate for them in community forums and by developing appropriate supportive educational groups for children of alcoholics and other substance abusers in Boston. COASA facilitates school and community-based prevention/intervention services, adapting them for the needs of the children we serve.

The program provides children with a framework for understanding what they are experiencing and teaches them to break the "don't talk, don't trust, don't feel" rules they live within at home. The children learn about the "7 C's" (They didn't CAUSE it, can't CURE it, can't CONTROL it, can take CARE of themselves, can COMMUNICATE their feelings, can make healthy CHOICES, and can CELEBRATE being themselves). The purpose of the program is to provide ongoing validation, support in developing positive social skills and improvement of individual self-esteem. COASA works within the Boston neighborhoods with the drug coalitions now in place and with the Massachusetts Organization for Addiction Recovery. The program offers resources to children, whether the parents are in treatment or not.

COASA (A project of Robert F. Kennedy Children's Action Corps)
Maureen McGlame, Director
617.272.5039
mmcglame@rfkchildren.org

Stages Parents Go Through

By Diane Kurtz and Tanyss Martula

Parents Support Group of Western Massachusetts

1. Search for the reason for the changes in our child.
2. Question possibility of substance use disorder.
3. Question child: accept their answer that they are not using.
4. Our own denial of any substance misuse.
5. Frustration
6. Reality that substance misuse is the problem.
7. Fear to search for the reasons why this happened.
8. Guilt for not realizing earlier.
9. Feeling like a failure as a parent.
10. Shame of our family situation with outsiders.
11. Grief for the loss of the dreams we had for our child.
12. Acceptance of substance use as reasons for changes.
13. Action finds a way to cope.
14. Learn how to let go to save our own sanity. Learn some skills to let them feel their own consequences because of their own choices and realize it is not our responsibility to always find their answers.
15. Learn to distinguish the difference between the behavior of the child with the disease and the child himself.
16. Be aware we do not have to accept unacceptable behavior.
17. Understand that our children will take their own action. (We can provide some information and guidelines, stick to them, and then let our children make their own choice on which avenue to take.) It may be that the course taken would not be of our choosing but necessary to allow them to see where this road leads them.

Above All We Must Learn How to Take Care of Ourselves and Make A Life for Ourselves Regardless of The Pain We Feel Our Children Are In. Pain Is Growth... In Our Growing Up Process, We've All Experienced It One Time or Another and Learned from It.

The Following Text Is Based on the Facilitator's Family Personal Experiences

Search

We tried to search for a reason that would explain our child's behavior. In the beginning we thought this was just normal adolescent behavior. Is he unhappy? Does he have enough friends? Is school going well? Are the teachers treating him as unfairly as he says they are?

A lot of children skip a class or a school day, or marks fall as school becomes harder. A lot of children isolate and do not want to be involved in family functions, or they become secretive.

But there were the times that our child would call at a late hour and ask to sleep at a friend's. This was a clue. Most children would ask in advance to sleep out. If refused permission to do so, they would accept a "no" for an answer. Our child never accepted that answer. After a while, if permission wasn't granted, he would just start swearing, hang up and not return home until late the next day. All the above was a direct result of our child's drug and alcohol use.

Question

We had a lot of questions: Was this normal adolescent behavior? Was this how other children acted or was this different? Could this be a psychological problem? Could medication help?

We were totally confused. We went to the pediatrician for help, and he felt that what we were experiencing was normal adolescent behavior, but my gut kept telling me to look further. Finally, the possibility of drugs came into play, and it scared us to death, but we had to really look at this. After all what did we know about substance abuse? Time to find out as much as we could. After all, this was our son's life we were talking about. If it is substance abuse, now what?

Asked the question

We asked our son if he was using any substances. Oh good – he said no! He could not believe we would even ask such a question. He said we had told him how dangerous this was, and he was listening. We are so thankful that the answer was no. What had we been thinking?

Denial
Because of the answers we received, we did not, want to believe it was substance abuse. We thought he was perhaps just having a hard time coping with being a teenager. This kind of attitude kept us in the dark for longer and allowed our son to become sicker and sicker. He was good at making sure we stayed in denial as long as possible. After all, if we caught on, his life would change… and so would ours.

Frustration
We continued to battle with ourselves about what was really going on. It became one of the most frustrating times in our marriage. When my husband was ready to look at things for what they really were, I was not. If I was seeing things clearly, he was not. We played this seesaw game for a while. It was one of the hardest times for the two of us.

Reality
It became clear that substance abuse was what had changed our son. We could see visible changes: in friends, clothing, eating habits, sleeping habits, secrecy. Our child had become someone else. We started finding what appeared to be cigarette particles in his clothing pockets and papers to roll cigarettes. He could not or would not hide these things anymore.

Fear
We're so scared. What are we to do? What if our son won't accept help? Where do we go for help? What if he dies? We've got to do something – but what?

Search for a reason
Maybe we were bad parents? Maybe we did not love our son enough? Maybe we made him feel bad and that was why? All these questions and we had no answers. We were good parents; we did love him enough. We never gave him a reason to do drugs to cope with life.

As it turned out we learned that this is a disease and that our son did not choose to have it but did. We, as his parents, did not bring this on. There basically was no other reason our son had a disease called addiction.

Guilt
We feel so guilty that we did not see earlier this for what it was. We should have been able to tell. Could he have gotten sicker because of us and our not dealing with this? We feel so bad. No matter how bad you feel, no amount of guilt is going to change what has happened. Parents love their children. Some children make bad choices; sometimes even when they have been instructed otherwise. We did not put the first substance in our son's body, he did. We should not feel guilty for where we are now.

Feelings
One of the strongest feelings we had to cope with was the belief that we had failed as parents. We started looking at ourselves in comparison to others. What we needed to understand was that other people whose children did not suffer from the disease of addiction were not experiencing what we were. We weren't failures, we were just uneducated in this area of life.

Feeling like failures just prolonged our ability to do something. What we needed to do was learn as much as possible about this disease so we could do something.

Shame
Shame was one of the things that kept us from talking about what was going on in our home. We found ourselves acting as if everything was okay. It was a big burden to continue to try and hide what the disease of addiction had done to our marriage and our family.

It wasn't until our shame became overwhelming that we finally talked to someone about what was really going on. Then, we were able to find help. We finally got the courage to go to group therapy, family counseling and take back control of our home.

Grief
We finally came to an understanding that we were grieving for what could have been. We could see that our child was not going to walk the same road as other children. As it was, he never went to a prom, never graduated from high school, or went to college the way our friends' children did. We needed to allow ourselves to grieve then let go of our expectation of what we thought would happen normally.

Acceptance
As difficult as it was to accept that substance abuse was the problem, we had no choice but to do so. Acceptance was required for us to take the next steps. Acceptance also helped us to stop searching for a reasonable explanation for the behavior change. Now we understood.

Action
Now that we understood what was happening with our child, we needed to find a way to cope. We looked for support systems that could help us change our outlook and actions concerning our son.

Learn
We learned, with the help of a self-help group, how to let our son feel the consequences of his choices. This is one of the hardest steps to take. As parents, we were used to stepping in and protecting, that we found it against our natural parenting skills to let our child suffer the outcome. We finally recognized that this was the only way for our child to change his behavior.

Learn to Distinguish the Difference
We had to learn to distinguish the difference between the son we raised and the person with the addiction. We needed to allow ourselves to still love our son but not accept the person he became when using. The person we raised was still underneath all the behaviors the disease created.

Aware
We needed to have an awareness that would help us to not accept unacceptable behavior. Accepting unacceptable behavior had allowed our child to think we did not need respect and accountability.

Understanding
Ultimately, it was necessary for us to understand that the choices our child might make will not always be what we want. The choices can become a learning experience in the recovery process. When we interrupt the choices, we take away the opportunity from our child to learn valuable lessons.

SAMHSA's Working Definition of Recovery for Addiction and Mental Health

The Substance Abuse and Mental Health Services (SAMHSA) recognizes there are many different pathways to recovery and each individual determines his or her own way. SAMHSA engaged in a dialogue with consumers, persons in recovery, family members, advocates, policymakers, administrators, providers, and others to develop the following definition and guiding principles for recovery. The urgency of health reform compels SAMHSA to define recovery and to promote the availability, quality, and financing of vital services and supports that facilitate recovery for individuals. In addition, the integration mandate in Title II of the Americans with Disabilities Act and the Supreme Court's decision in Olmstead v. L.C., 527 U.S. 581 (1999) provide legal requirements that are consistent with SAMHSA's mission to promote a high-quality and satisfying life in the community for all Americans.

Recovery from Mental Disorders and Substance Use Disorders: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Through the Recovery Support Strategic Initiative, SAMHSA has delineated four major dimensions that support a life in recovery:

Health: Overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way

Home: A stable and safe place to live

Purpose: Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society

Community: Relationships and social networks that provide support, friendship, love, and hope.

Guiding Principles of Recovery

Recovery emerges from hope: The belief that recovery is real provides the essential and motivating message of a better future – that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them. Hope is internalized and can be fostered by peers, families, providers, allies, and others. Hope is the catalyst of the recovery process.

Recovery is person-driven: Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s) towards those goals. Individuals optimize their autonomy and independence to the greatest extent possible by leading, controlling, and exercising choice over the services and supports that assist their recovery and resilience. In so doing, they are empowered and provided the resources to make informed decisions, initiate recovery, build on their strengths, and gain or regain control over their lives.

Recovery occurs via many pathways*:* Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds including trauma experiences that affect and determine their pathway(s) to recovery.

Recovery is built on the multiple capacities, strengths, talents, coping abilities, resources, and inherent value of each individual. Recovery pathways are highly personalized. They may include professional clinical treatment; use of medications; support from families and in schools; faith-based approaches; peer support; and other approaches.

Recovery is non-linear, characterized by continual growth and improved functioning that may involve setbacks. Because setbacks are a natural, though not inevitable, part of the recovery process, it is essential to foster resilience for all individuals and families. Abstinence is the safest approach for those with substance use disorders. Use of tobacco and non-prescribed or illicit drugs is not safe for anyone. In some cases, recovery pathways can be enabled by creating a supportive environment. This is especially true for children, who may not have the legal or developmental capacity to set their own course.

Recovery is holistic: Recovery encompasses an individual's whole life, including mind, body, spirit, and community. This includes self-care practices, family, housing, employment, education, clinical treatment for mental disorders and substance use disorders, services and supports, primary healthcare, dental care, complementary and alternative services, faith, spirituality, creativity, social networks, transportation, and community participation. The array of services and supports available should be integrated and coordinated.

Recovery is supported by peers and allies: Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery. Peers encourage and engage other peers and provide each other with a vital sense of belonging, supportive relationships, valued roles, and community. Through helping others and giving back to the community, one helps oneself. Peer-operated support and services provide important resources to assist people along their journeys of recovery and wellness.

Professionals can also play an important role in the recovery process by providing clinical treatment and other services that support individuals in their chosen recovery paths. While peers and allies play an important role for many in recovery, their role for children and youth may be slightly different. Peer supports for families are very important for children with behavioral health.

Recovery is supported through relationship and social networks: An important factor in the recovery process is the presence and involvement of people who believe in the person's ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change. Family members, peers, providers, faith groups, community members, and other allies form vital support networks.

Through these relationships, people leave unhealthy and/or unfulfilling life roles behind and engage in new roles (e.g., partner, caregiver, friend, student, employee) that lead to a greater sense of belonging, personhood, empowerment, autonomy, social inclusion, and community participation.

Recovery is culturally based and influenced: Culture and cultural background in all its diverse representations including values, traditions, and beliefs are keys in determining a person's journey and unique pathway to recovery. Services should be culturally grounded, attuned, sensitive, congruent, and competent, as well as personalized to meet each individual's unique needs.

Recovery is supported by addressing trauma: The experience of trauma (such as physical or sexual abuse, domestic violence, war, disaster, and others) is often a precursor to or associated with alcohol and drug use, mental health problems, and related issues. Services and supports should be trauma- informed to foster safety (physical and emotional) and trust, as well as promote choice, empowerment, and collaboration.

Recovery involves individual, family, and community strengths and responsibility: Individuals, families, and communities have strengths and resources that serve as a foundation for recovery. In addition, individuals have a personal responsibility for their own self-care and journeys of recovery. Individuals should be supported in speaking for themselves. Families and significant others have responsibilities to support their loved ones, especially for children and youth in recovery. Communities have responsibilities to provide opportunities and resources to address discrimination and to foster social inclusion and recovery. Individuals in recovery also have a social responsibility and should have the ability to join with peers to speak collectively about their strengths, needs, wants, desires, and aspirations.

Recovery is based on respect: Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems – including protecting their rights and eliminating discrimination – are crucial in achieving recovery. There is a need to acknowledge that taking steps towards recovery may require great courage. Self-acceptance, developing a positive and meaningful sense of identity, and regaining belief in oneself are particularly important.

SAMHSA has developed this working definition of recovery to help policymakers, providers, funders, peers/consumers, and others design, measure, and reimburse for integrated and holistic services to more effectively meet the individualized needs of those served.



Faces & Voices of Recovery is dedicated to organizing and mobilizing the over 23 million Americans in recovery from addiction to alcohol and other drugs, our families, friends and allies into recovery community organizations and networks, to promote the right and resources to recover through advocacy, education and demonstrating the power and proof of long-term recovery.

What They Do:

- **Mobilize and organize** to raise the profile of the organized recovery community and help more people find recovery by demonstrating that over 23 million Americans from all walks of life have found recovery and promote widespread understanding that long-term recovery is a reality and a process that takes time and support.

- **Build the capacity of recovery community organizations** to thrive and participate in local, state, and national policy arenas, deliver peer recovery support services; and mobilize the local recovery community.

- **Address public policy** to reduce the discrimination that keeps people from seeking recovery or moving on to better lives once they achieve it and support recovery-oriented policies and programs.

www.facesandvoicesofrecovery.org

Voter Registration Information

If you are a US citizen, a resident of Massachusetts, and 18 years old on or before election day, you can register to vote. Just fill out a voter registration form online, in person, or mail it to your town or city hall.

If you need help, you can call 1-800-841-2900
(TTY: 1-800-497-4648 for the deaf, hard of hearing, and speech disabled).

Information for New Voters

When are elections held?

State and Federal Elections – Even Years:

Massachusetts and U.S. elections are held in the even years 2026, 2028, 2030 etc. The Primary election is in September. The General election is on the first Tuesday in November.

City Elections – Odd Years:

Non-Partisan City elections are held in the odd years 2025, 2027, 2029 etc. The preliminary election is in September to narrow the field to two candidates per seat. The Final Runoff Election is on the first Tuesday in November.

Town Elections – Varies:

Contact your town to find out when the next election is.

Whom can I vote for?

City Elections: (Offices and length of term vary)

- City Council/Alderman
- School Committee
- Mayor

State Elections:

- Statewide offices: Governor, Lieutenant Governor, Attorney General, State Treasurer, Secretary of State and State Auditor (4-year terms)
- State Legislature: 40 State Senators and 160 State Representatives (2-year terms)
- Governor's Council: 8 Members (2-year terms)
- County Offices: District Attorney, Sheriff, Clerks of Court, County Commissioners, Registrar of Deeds, Registrar of Probate (terms vary)
- Ballot Questions

Federal Elections:

- President/Vice-President (4-year term)
- U.S. Senate (6-year term)
- U.S. House of Representatives (2-year term)

Where do I vote in person?

Where you vote depends on where you live. Your street address is part of a ward and precinct. You will vote at the polling location designated for your ward and precinct.

What if I am out of town on Election Day?

You may vote by an absentee ballot if you (1) will be out of your city or town on Election Day, (2) are physically unable to go the polls, or (3) cannot vote at the polls due to religious beliefs.

Print an absentee ballot request form. Remember to sign the form and get it in the mail well ahead of the election. If you wish to vote using a mail-in absentee form, contact your local election office.

What if I move before the election? Do I have to register again?

Yes. Register at your new address by filling out a registration card and mailing it to your local Election Department. If you have not changed your address, you may be able to vote at your old address. Call your local election department.

You can find your sample ballot for state elections by typing in your address at:
www.wheredoivotema.com

For city or town ballots contact your local election office.
For up-to-date information:
www.sec.state.ma.us/divisions/elections/elections-and-voting.htm

A ddiction
R ecovery
E ducation
A ccess
S ervices

Massachusetts Organization for Addiction Recovery
MOAR
Join the Voices for Recovery!

About AREAS

- FREE recovery-based curriculum in a group discussion format.
- Peer-to-peer facilitated.
- Topics chosen by group participants.
- Help solving practical problems.
- Strengthen recovery coping and relapse prevention skills.
- Information, resources, and decision-making support.
- Leadership development.
- Opportunities for involvement with **MOAR** in a personal way.

"Before we can educate the public about the value of recovery, we need to heal from our experienced stigma. We don't know how to get legal, medical, treatment, healthcare services, and we fear asking for help" - a MOAR participant

Thus, MOAR developed supportive curriculum and resource guides. This is a dialogue that allows openness and builds an action plan for recovery.

Learn more: www.moar-recovery.org/areas // 617-423-6627

Massachusetts Access to Recovery (ATR)

Massachusetts Access to Recovery (ATR) is a 6-month program designed for individuals who have a substance use disorder (SUD), and who are seeking support with their recovery. ATR enables participants to create a recovery plan unique to their own needs and choose from a wide range of recovery support services. Both professionals and peers provide services through a variety of community organizations. It is funded by MA DPH/BSAS and federal grants.

ATR is not a self-referral program. If you're not already connected to a treatment and recovery community provider who can make a referral, you can use the MA Substance Use Helpline (1-800-327-5050) to find a provider in your local community.

If you need help and are not yet connected to recovery supports, please contact the MA Substance Use Helpline toll free (1-800-327-5050) to get connected to a treatment or recovery service provider in your area.

Eligibility Criteria

Participants must meet all criteria listed below to be enrolled in the Access to Recovery Program.

- Participant must have a history of drug and/or alcohol abuse and be motivated to work on recovery
- Participant must be in the early stages of recovery (two years or less)
- Participant must be connected with a provider in the recovery community (only authorized referral portals can make referrals.)
- Participant must be 18 years or older. Participant must reside in Boston, Springfield/Holyoke, Worcester, or New Bedford, and plan to be there for at least six months. In addition, participant must meet one of the following criteria:
    - Been incarcerated in Massachusetts within the last two years, OR
    - Be involved with a recovery (formerly drug) court in Massachusetts, OR
    - Served in the U.S. military, OR
    - Be a pregnant, postpartum or parenting woman with children under 18 living in the home

How is ATR Different?

ATR gives you choices about the best way to get the support and services you need and want. You can choose services, activities and people that can best help you. ATR can help you meet with many types of community and faith-based recovery support services. ATR offers many recovery support services. These services may include:

ID Cards	Help with Employment	Bill Paying
Child Care	Recovery Coaching	Copays
Basic Needs Fund	Transportation	Housing

How Does ATR Work?

1. You will meet with an ATR Coordinator who will review a recovery plan with you. A recovery plan is a road map that will list your goals and what services you want.
2. You will choose where to get the services you want.

Current ATR Locations

Downtown Boston	IHR	105 Chauncy St, Suite 602, Boston
South Boston	Gavin Foundation	70 Devine Way, Boston
Springfield/Holyoke	IHR	155 Maple St, Suite 304, Springfield
New Bedford	Gavin Foundation	13 North 6th St, New Bedford
Worcester	Gavin Foundation	101 Pleasant St, Suite 101, Worcester
Lowell	IHR	97 Central St, Unit 207, Lowell

MassHealth and Medicare Health Insurance

Find out more about your options for insurance coverage in Massachusetts. MassHealth and/or Medicare may be an option. MassHealth and Medicare provide free or low-cost health insurance coverage to eligible individuals and families. The guide below provides information on the public insurance programs that are available in Massachusetts, how to determine if you are eligible, and how to apply for coverage. If you would like to speak with someone who can help you assess your options and walk you through the process, these organizations are ready to help!

Health Care For All

The Health Care For All HelpLine is the only statewide multilingual phone service that helps Massachusetts residents at all income levels with enrolling into health insurance coverage, answering questions about insurance, and troubleshooting cases.

1-800-272-4232
www.hcfama.org

The Massachusetts Health Connector Navigator Program

Navigators provide community-based eligibility and enrollment assistance to the uninsured and current Health Connector members across Massachusetts. Anyone can choose to work with a person at a Navigator organization who can act as a trusted adviser and provide one-on-one help.

www.mahealthconnector.org/navigators



Serving the Health Insurance Needs of Everyone (SHINE)
The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare and their caregivers.

1-800-243-4636
SHINE@state.ma.us



MassHealth
MassHealth offers free or low-cost coverage to eligible residents for doctor visits, prescription drugs, hospital stays, and many more important services. Eligibility is based on multiple factors including: age, household income, and disability status.

www.masshealthchoices.com

How Do I Apply For MassHealth?

To find out if you qualify for MassHealth, you should fill out the application linked below that matches your age group.

For individuals under age 65:

- Apply: bit.ly/3y5N1kH
- Renew: bit.ly/3y1y576

For individuals ages 65 and over/or in need of long-term care:

- Apply: www.mass.gov/how-to/apply-for-masshealth-coverage-for-seniors-and-people-of-any-age-who-need-long-term-care-services
- Renew: www.mass.gov/how-to/renew-your-masshealth-coverage

Enroll

Once you complete an application and are approved as a MassHealth member, the next step will depend on your age and the type of MassHealth plan you have.

If you are under 65, MassHealth is your primary coverage (you do not have another type of health insurance), and you are in MassHealth Standard, CommonHealth, CarePlus, or Family Assistance, you will need to select the insurance plan in which you would like to enroll. On the MassHealth website, you can compare plans and enroll in the one that best matches your needs. If you do not select your own plan, MassHealth will choose one for you. However, you know your health needs best, so it is better if you choose! If you have questions or need help choosing a plan, you can call the MassHealth Customer Service Center at 1-800-841-2900.

If you are an adult with a disability between the ages of 21 and 64 and have both Medicare and MassHealth Standard or MassHealth CommonHealth, you may be eligible for One Care. One Care is a way to get your MassHealth and Medicare benefits together and offers services that you cannot get when your MassHealth and Medicare benefits are separate. With One Care, you have one plan, one card, and one person to coordinate your care. Once you have both Medicare Part A and B and are a MassHealth member, you can enroll in One Care.

If you are an older adult, you may be eligible for Senior Care Options (SCO) and Program of All-Inclusive Care for the Elderly (PACE).

Senior Care Options (SCO) is a comprehensive health plan that offers coordinated health care services and social support services. Enrollment is open to MassHealth Standard members who are 65 or older and meet specific eligibility requirements. To enroll in SCO, you must select a Senior Care Organization for your health plan.

The Program of All-Inclusive Care for the Elderly (PACE) is administered by MassHealth and Medicare to provide a wide range of medical, social, recreational, and wellness services. The goal of PACE is to allow participants to live safely in their homes instead of in nursing homes. To enroll in PACE, you must contact the PACE organization that serves the area where you live.

Accessing Behavioral Health Care

Once you are MassHealth member and have selected your plan, you will be able to use your plan to access behavioral health services.

If you are a member under age 65 with MassHealth as your primary coverage, behavioral health services are provided by the Massachusetts Behavioral Health Partnership (MBHP). You can find a behavioral health provider through MBHP Behavioral Health Provider locator.

If you are a member enrolled in an MCO or Accountable Care Partnership Plan, the behavioral health care providers you have access to will depend on your plan. It is best to contact your plan directly for information on which behavioral health providers participate in your network. You can visit the MassHealth website and enter your zip code to find contact information of the health plans near you.

If you are a member enrolled in One Care or Senior Care Options (SCO), the behavioral health care provider network you have access to will depend on the plan you have selected. It is best to contact your plan directly for information on which behavioral health providers participate in your network.

If you are a member enrolled in Program of All-Inclusive Care for the Elderly (PACE), you can be connected to behavioral health care through your PACE organization.

Massachusetts Health Connector

The Health Connector offers health and dental coverage from the state's leading insurers and provides tools for Massachusetts residents to determine which plans and cost savings you and your family may be eligible for.

Applications for health insurance through the Health Connector are open during a specific period during the year called the "open enrollment period." Open enrollment is the time of year where people can buy a new insurance plan or change their current plan through the Health Connector or directly through their insurance carrier.

However, you can apply for coverage at any time of the year if:

- You qualify for MassHealth.
- You now qualify for a Connector Care plan through the Health Connector after not having qualified in the past.
- You are applying for dental coverage.
- You are a member of a federally recognized tribe or Alaska Native shareholder.
- You have a waiver from the Office of Patient Protection.

If you have a qualifying life event—such as a change in your household size (like getting married, divorced, or having a child) or a change in income—you may meet the criteria for a Special Enrollment Period (SEP). A Special Enrollment Period is a time outside of the open enrollment period where you and your family have a right to sign up for health coverage through the Health Connector.

Please visit the Special Enrollment Period page for more information about qualifying life events.

To apply or learn more about your options, visit the Getting Started Guide or contact the Massachusetts Health Connector for assistance. You can also contact Enrollment Assisters for free support in understanding the coverage options available to you. Assistants are trained and certified to help you from application through enrollment into new health insurance plans.

Medicare

Medicare is the federal health insurance program for people who are 65 or older. Certain people younger than age 65 can qualify for Medicare too, including those with disabilities and those who have End-Stage Renal Disease.

The different parts of Medicare help cover specific services.

- Medicare Part A (Hospital Insurance) covers inpatient hospital stays, care in a skilled nursing facility, nursing home care, hospice care, and some home health care. Most people do not pay a monthly fee (referred to as a monthly premium) for Part A if they or their spouse paid Medicare taxes for a certain amount of time while working.
- Medicare Part B (Medical Insurance) covers certain doctors' services, outpatient care, medical supplies, and preventive services. Everyone pays a monthly premium for Part B which is based on income level.
- Medicare Part D (Rx drug coverage) helps cover the cost of prescription drugs (including many recommended shots or vaccines). Medicare drug coverage is optional, and you must join an approved plan to receive it. Each plan can vary in cost and specific drugs covered. Please visit the Medicare website for more information on getting Medicare prescription drug coverage.

Original Medicare includes Part A (hospital insurance) and Part B (Medical Insurance). You can join a separate Medicare drug plan (Part D) if you need drug coverage. With Original Medicare, you can use any doctor or hospital that takes Medicare, anywhere in the U.S.

Medicare Advantage (also known as Part C) is an alternative to Original Medicare that includes Part A, Part B, and usually Part D (Rx drug coverage). Most plans also offer extra benefits that Original Medicare does not cover. These plans may have lower out-of-pocket costs than Original Medicare. In many cases, you will need to use providers who are in your plan's network and service area for the lowest costs.

Applying and Enrolling

The process for getting started with Medicare depends on your unique situation, so the best first step is to visit the Medicare website to learn about your options. If you would prefer to speak with someone to help you navigate the process, you can schedule a free appointment with a health insurance counselor through the SHINE Program.

Private Insurance Carriers

Find out more about your options for insurance coverage in Massachusetts. Most people who have health insurance in Massachusetts sign up for coverage through their employer. If you do not have access to health insurance coverage through an employer, you may be eligible for publicly funded insurance plans, like MassHealth or Medicare.

Individual Coverage

One way to get individual coverage is to buy a health plan directly from an insurance company. You can call a health insurance company directly to enroll in a plan designed for individuals, families, or small groups. Many self-employed residents obtain health coverage this way. You can find a list of the companies that offer these plans at the Division of Insurance website. You can also purchase insurance through the Massachusetts Health Connector.

Accessing Mental Health and Substance Use Services

To better understand the mental health and substance use benefits covered by your health plan, it is best to visit your health insurance carrier's website or contact the customer service number on your health insurance card. William James INTERFACE has a guide for families and individuals seeking mental health services that can help you understand various aspects of mental health insurance coverage and offers ideas about how to get started, questions to ask an insurance company, and a glossary of insurance terms.

Accessing SUD Services for Children and Adolescents

If you are unsure if your insurance plan covers the behavioral health services your child needs, the experts at the Autism Insurance Resource Center (AIRC) can help (even if your child does not have autism). Many Massachusetts private health insurance plans now cover certain behavioral health services for children and adolescents. This includes services such as intensive care coordination and in-home therapy. Knowledgeable experts at the AIRC can answer questions about insurance coverage, advise on how to access treatment, etc. Call 774- 455-4056 or visit AIRC's website for free assistance.

What is Parity?

Parity is equality. The Federal and Massachusetts Mental Health and Addiction Parity Laws make it illegal for health plans to discriminate against persons with addiction and/or mental illnesses. Health plans should be providing the same level of services for addiction and mental illness as done for other "physical" illnesses like heart disease, diabetes, or arthritis.

How Does Parity Help?

Research shows addiction and many mental health disorders are diseases of the brain. Parity laws require insurance companies and health plans to recognize these health issues as biologically based, "physical" illnesses and to pay equally for diagnosis and treatment. Your health plan may be required to pay for the following services to treat addiction if they pay for similar services treating other health conditions.

Acute treatment	Clinically managed detox services
Partial hospitalization	Intensive outpatient programs
Day treatment	Crisis stabilization
In-home therapy	Rehabilitations

Health plans cannot have treatment limits for addiction and mental health disorders that are different than those for other health issues. Any limits on how often you can seek care, number of visits, or days of coverage must be the same as those for medical or surgical benefits.

Health plans are not to require higher or additional deductibles, higher copayments, coinsurance or higher out-of-pocket expenses for addiction and mental health treatment than what they charge for other medical conditions.

How Do I Ensure My Rights Are Met?

- Parity requires health plans to provide consumers with the reason for why you were denied coverage of services.
- Parity requires health plans to provide the criteria they used to decide if the treatment is medically necessary (for services like detox support) or to decide whether they will continue covering services you are already receiving (for services like outpatient counseling and granting more visits to a counselor).
- If you or a family member is denied coverage, ask for written documentation of both the reasons why they aren't covering the service and the criteria they used to make a decision. The insurer must give it to you.

Keep Records: Keep a log of all phone calls and written communication.
Appeal the Denial - More than 50% of appeals are successful.

Got Denied Addiction Treatment By Your Insurance?

Recovery is about asking for help - get help now!
Massachusetts Attorney General's Office: 1-888-830-6277

Health Law Advocates: An organization that provides free legal services to persons of low-income who are denied access to health care. Health Law Advocates works with people who have MassHealth or private insurance. No matter what your income, if you are denied access to addiction treatment by your health plan, Health Law Advocates will help.

617-388-5241

www.healthlawadvocates.org

Office of Patient Protection (OPP), MA Health Policy Commission: Consumers who are fully insured by a MA-licensed insurer or HMO have the right to appeal a health plan's denial of services when the denial is based on medical necessity. If you have gone through all possible steps of a health plan's appeal process, you have a right to an independent external review through the Office of Patient Protection (OPP). Please note OPP cannot help with self-funded employer plans, MassHealth/Medicaid, Medicare, federal employee health plans or out-of-state insurance.

1-800-436-7757

Massachusetts consumers and anyone receiving health coverage from a MA carrier, insurer or HMO are entitled to protections covering your rights to services.

Contact the Bureau of Managed Care within the Division of Insurance:
617-521-7372

Health Care For All

Health Care for All's Helpline is a resource that is free and available to everyone. The Helpline is here to answer your questions about healthcare in Massachusetts. It can help you with everything from general insurance questions to specific information you need about a personal health issue. Other issues you might have include questions about copayments, health insurance rules, directions, whether you are eligible for a program, or more.

Health Care for All's Health Helpline: 1-800-272-4232

Housing Resources

Hearthway	413-499-1630
Community Teamwork, Inc.	978-459-0551
Franklin County Regional Housing & Redevelopment	413-863-9781
HAP, Inc.	413-233-1500
HOAP	508-860-1000
HomeStart Inc.	617-542-0338 x43
Housing Assistance Corp.	508-771-5400
Massachusetts Alliance for Sober Housing	781-472-2624
Massachusetts Department of Housing & Community Development	617-573-1100
Mass Housing Helpline:	211
Metropolitan Boston Housing Partnership	617-859-0400
Rural Housing Improvement	978-297-5300
South Middlesex Opportunity Council (SMOC)	508-879-6691
South Shore Housing Development	781-542-4200
The Community Housing Program	617-661-3991 x109
Housing Rental and Mortgage Support - Contact Attorney General's Office	617-727-8400
Boston Housing Authority	617-988-4000

MA Alliance for Sober Housing



The Massachusetts Alliance for Sober Housing (MASH) exists to ensure and promote critical management, operational, and ethical standards of sober homes, as well as to promote technical assistance to new and existing homes.

MASH's recovery values emphasize health, home, purpose, and community. Successful sober homes establish and reinforce healthy lifestyles, provide a safe and stable place to live, conduct meaningful activities, and build relationships and social networks for support. Through a network of certified sober housing and empirically based recovery principles, MASH's goal is to help create and foster these safe living environments for those with SUD.

What Is A Sober Home?

"Sober Home" is a broad term describing a sober, safe, and healthy living environment that promotes recovery from alcohol and other drugs. They are sober living environments, meaning that residents are expected to abstain from alcohol and illegal drug use. At a minimum, Sober Homes offer peer-to-peer recovery support. Some are not very structured and are more appropriate for those who have an established recovery program and simply desire to live in an alcohol/drug free environment with other sober people to help support their recovery efforts.

All Sober Homes are NOT alike!

Other Sober Homes have greater structure with more rules, perhaps a curfew, one or more weekly in-house meetings, encourage referrals to outpatient/use mental health providers in the local community, etc. Before considering a Sober Home, it is important to think about your needs. It is always a good idea to visit a Sober Home before committing to live there.

781-472-2624
www.MASHsoberhousing.org

Education and Vocational Assistance

MassAbility is a government agency responsible for Vocational Rehabilitation Services, Community Services, and eligibility determination for the Social Security Disability Insurance (SSDI) and the Supplemental Security Income (SSI) federal benefits programs.

Higher Education Opportunities In Massachusetts

Competition in today's labor market frequently requires advanced training, including a two- or four-year college degree. If it makes good sense, a vocational plan for rehabilitation based on college training may be developed.

Alternatives For Funding Your Education

MassAbility has programs such as PASS to help pay for an education or vocational training. Contact MassAbility at 1-800-245-6543. Call to find out where the nearest Massachusetts Rehab Office is near you.

Other Education and Career Support Resources

Future Works in Springfield	413-858-2800
Workforce Central in Worcester	508-799-8000
Jewish Vocational Services in Boston	617-399-3131
Mass Hire	Worcester: 508-799-1600
	Southbridge: 508-765-6430

One-Stop Career Centers are government-funded job centers that help workers find jobs and help employers find workers. One-Stop Career Centers serve all regions of Massachusetts. One-Stop Career Centers have job listings, career counseling services, job search workshops, workforce readiness training, information about job training grants and loans, and other employment-related services for job seekers. The Centers offer job posting, candidate screening, job fairs, tax information, and other services for employers.

Department of Career Services: 617-626-5300
American Job Center Helpline: 1-877-872-5627

Recovery Rights
Under the Americans with Disabilities Act

Were you denied a job because you take a legally prescribed medication? Was a prescription medication taken from you or were you denied medical treatment by the correctional system?

You Have Rights!

People in recovery from substance use disorders are considered "people with disabilities" under the Americans with Disabilities Act (ADA). The ADA is a comprehensive federal civil rights law that prohibits discrimination in all aspects of life based on disability. The New England ADA Center is here to help you learn about your rights. It is a free resource funded by US Health and Human Services to answer your questions anonymously and confidentially, explain your rights under the ADA, and point you to resources to help you overcome discrimination.

1-800-949-4232
ADAinfo@NewEnglandADA.org
www.NewEnglandADA.org

Criminal Offender Record Information (CORI)

CORI stands for Criminal Offender Record Information

- A criminal record, or CORI, is created for a person from the moment he or she is arrested by the police, to the time he or she is arraigned and processed through various criminal justice agencies.
- By law, various public and private agencies, social services agencies, employers, and housing providers have or can get access to a CORI.

CORI Sealing Information

- Obtain a copy of your criminal record.
- With a Massachusetts driver's license or a Massachusetts ID card, request your CORI online or mail a notarized CORI request form to the Department of Criminal Justice Information Services (DCJIS) with a money order for $25. If you are a person of low-income, the fee can be waived if you send in an Affidavit of Indigency.
- Visit www.gbls.org/self-help/cori for forms.
- A criminal record can usually be sealed for a misdemeanor after 3 years and for a felony after a 7-year waiting period.

Have a CORI? Create a CORI Support Package!

Gather recent letters from social workers, employers, probation officers, parole officers, landlords and clergy attesting to your good character as evidence of using support for a new life as you look for jobs and housing.

Letters need to explain:

- Most serious convictions on the criminal record
- Recent activity demonstrating a commitment to positive change
- Strengths and skills of the ex-offender
- Why the record should not stand in the way

Be Proactive and Persistent

Greater Boston Legal Services: 617-371-1234

Legal Aid Programs

The Massachusetts Legal Assistance Corporation was established 30 years ago to ensure that low-income people with critical, non-criminal legal problems would have access to legal information, advice, and representation. The programs below are funded by MLAC and offer legal advice and representation to low-income Massachusetts residents with civil legal problems involving issues such as domestic violence, housing, income maintenance, health care, etc.

Boston College Legal Assistance Bureau	Newton	617-552-0248
Center for Law and Education	Boston	617-451-0855
Center for Public Representation	Easthampton	413-586-6024
Children's Law Center of Massachusetts	Lynn	781-581-1977
Community Legal Aid	Multiple Sites	855-252-5342
De Novo Center for Justice & Healing	Cambridge	617-661-1010
Disability Law Center	Boston	617-723-8455
Greater Boston Legal Services	Boston	617-371-1234
Massachusetts Advocates for Children	Boston	617-357-8431
Massachusetts Law Reform Institute	Boston	617-357-0700
Metro West Legal Services	Framingham	508-620-1830
Northeast Legal Aid	Lowell	978-458-1465
National Consumer Law Center	Boston	617-542-8010
Neighborhood Legal Services	Lynn	781-599-7730
Prisoners' Legal Services	Boston	617-482-2773
South Coastal Counties Legal Services	Fall River	508-676-5022



Quick medical help can save a life when someone has an overdose. But some people worry about getting arrested or charged with drug possession. The Good Samaritan Law in Massachusetts protects a person having an overdose and the people who help.

This law provides protection from arrest and prosecution for drug possession by encouraging someone who sees a friend or stranger overdose to seek emergency medical help. The goal is to save lives and protect people, so call 911 right away.

For more information about the Massachusetts Good Samaritan Law, go to: www.mass.gov/maketherightcall

Good Samaritan Law: Quick Facts

- **911 Good Samaritan Law does not interfere with law enforcement** efforts to assess the scene of an overdose for public safety.
- Studies show over **50%** of people interviewed reported they **did not call 911 during an overdose due to their fear of police involvement.**
- More deaths occur in private settings, where people are less likely to call 911 due to fear of police involvement. Bystanders are more likely to call for help in overdoses that occur in public settings than in private settings, such as homes or hotels.
- In 2008, community assessments were done in Brockton, Cambridge, Charlestown, Fall River, Gloucester, Jamaica Plain/Roxbury, Lowell, Lynn, New Bedford, Revere, Springfield, and Worcester. **Fear of police involvement was the major reason given for not calling 911**, a leading contributing cause of fatal overdoses in Massachusetts.
- As part of a DPH overdose prevention project, between November 2007 and November 2015, at least **38,000 persons were trained to prevent, recognize, and respond to an opioid overdose and administer naloxone (Narcan®).** Within that time frame, DPH documented reversal of over 5,800 potentially fatal overdoses.
- In 2008, the US Conference of Mayors unanimously urged all state governments to adopt emergency **"Good Samaritan" laws**.
- **Massachusetts is one of 45 states and the District of Columbia that now have a Good Samaritan Law**. Except Kansas, Maine, Oklahoma, Texas, and Wyoming, every state in the United States has a drug overdose Good Samaritan Law in place.

Registry of Vital Records and Statistics (2010), Oxycontin Heroin Commission Report (2009)

Darke, S., Ross, J., and Hall, W. (1996). Overdose among heroin users in Sydney, Australia: II. Responses to overdose. Addiction, 91(3), 413-417.

Davidson, P. J., Ochoa, K. C., Hahn, J. A., Evans, J. L., and Moss, A. R. (2002). Witnessing Heroin-related overdoses: the experiences of young injectors in San Francisco. Addiction, 97, 1511 1516.

Tracy, M., Markham Piper, T., Ompad, D., Bucciarelli, A., Coffin, P., Vlahov, D., Galea, S. (2005). Circumstances of witnessed drug overdoses in New York City: implications for intervention. Drug and Alcohol Dependence 79 181-190.

Pollini, R., McCall, L., Mehta, S., Celentano, D., Vlahov, D., Starthdee, S. (2006). Response to Overdose among Injection Drug Users. American Journal of Preventive Medicine

Banta-Green CJ, Kuszler PC, Coffin PO, Schoeppe JA. Washington's 911 Good Samaritan Drug Overdose Law - Initial Evaluation Results. Alcohol & Drug Abuse Institute, University of Washington, November 2011.

Programs Focused on Health and Racial Equity

BSAS Supported Black and Latinx Career Education Services through increased investments in the Black Addiction Counselor Education (BACE) and Latinx Addiction Counselor Education (LACE) programs through the AdCare Educational Institute

BACE

Della Blake, M.Ed. at drblake@bace-aei.org

LACE

Haner Hernández, Ph.D., CPS, CADCII, LADC1 at hanerhernandez@aol.com

Other Culturally Sensitive Resources

For Latinx Males:
Cuisine Arts Training provided by Café Reyes in Worcester
Contact: Aaron Mendel at amendel@charter.net

Outpatient Counseling or Recovery:
Support Out for Good in Dorchester
Contact: Christopher Conway at 617-271-8766

Commonwealth Mental Health & Wellness Center in Roxbury & Lynn
Contact: Leah Randolph at 617-506-8188

African Diaspora Mental Health Association in Springfield
Contact: Garry Porter or David Lewis at 413-266-2207

Torchlight Recovery Support for Communities of Color in Dorchester
Contact: info@torchlightrecovery.org or call 617-465-1299

Massachusetts Black Alcoholism and Addiction Council (MBAC)
Contact: Leah Randolph at Positivele@aol.com

The Village (Afrocentric cultural, learning & healing center) in Worcester
Contact: 774-253-5682 // www.facebook.com/TheVillageWorcester

Mattakeeset Tribe
Contact: www.mattakeeset.com

Mashpee Wampanoag Tribe
Contact: www.mashpeewampanoagtribe-nsn.gov

Latin American Health Alliance (LAHA)
Contact: Aaron Mendel at amendel@charter.net

Asian Women for Health
Contact: www.asianwomenforhealth.org

Gay Lesbian – Legal Advocates and Defenders (GLAD)
Contact: www.glad.org

LGBTQ2S+ Resources
Contact: www.mass.gov/find-lgbtq-resources

LGBTQ2S+ Resources for Older Persons
Contact: www.lgbtagingcenter.org/resources/resources.cfm?st=MA

Boston Alliance of Gay, Lesbian, Bisexual and Transgender Youth (BAGLY)
Contact: www.bagly.org/resourcesforyouth

Recovery-Based Re-Entry Services for Black And Latino Men

Recovery-Based Re-Entry Services for Black and Latino Men, a pilot program for Black and Latino men leaving incarceration, are in the process of being provided by the following agencies:

Fathers' Uplift	Dorchester	617-708-0870	www.fathersuplift.org
Casa Esperanza	Roxbury	617-445-1123	www.casaesperanza.org
Legendary Legacies	Worcester	774-701-9134	www.legendlegacy.org
Greater Lawrence Family Health Center	Lawrence	978-686-0090	www.glfhc.org
Lynn Community Health Center	Lynn	781-581-3900	www.lynnchc.org
Lives Are Meant to be Changed	Boston	857-230-7058	www.livesaremeanttobechanged.org

Culturally Specific Treatment for Latinx Population

Casa Esperanza	Roxbury	617-445-1123	www.casaesperanza.org
Gandara Center	Statewide	877-733-4187	www.gandaracenter.org
Entre Familia	Mattapan	617-534-2922	www.boston.gov/government/cabinets/boston-public-health-commission/mental-and-emotional-health/entre-familia
Hector Reyes	Worcester	508-459-1801	www.lahaworc.org
New North Citizens Council	Springfield	413-746-4885	www.newnorthcc.org

Hotline and Helpline Information

Disabled Person's Abuse Hotline	800-426-9009
Social Security Disability Insurance (SSDI)	800-772-1213
Gay Men's Domestic Violence Project	800-832-1901
The Network/La Red	617-695-0877
SAMHSA- Substance Abuse Mental Health Administration	877-726-4727
The Massachusetts Substance Use Helpline	800-327-5050
Providing Access to Addictions Treatment, Hope and Support	855-494-4057
Child-at-Risk Hotline	800-792-5200
Massachusetts Law Reform Institute	617-357-0700
Massachusetts Commission Against Discrimination	617-727-3990
Massachusetts Commission for the Blind	617-727-5550
Massachusetts Rehabilitation Commission	800-245-6543
Safe Link Domestic Violence Hotline	877-785-2020
Elder Abuse Hotline & Website	800-922-2275
Massachusetts Executive Office of Elder Affairs	800-243-4636
Food Source Hotline/Project Bread	800-645-8333
Gay, Lesbian, Bisexual and Transgender Helpline	888-340-4528
Hepatitis C Hotline	888-443-4372
AIDS Action Hotline	800-235-2331
SafeSpot	800-972-0590
The Trevor Project	866-488-7386

Health Care for All	800-272-4232
MassHealth Enrollment Center	888-665-9993
Massachusetts Behavioral Health Partnership	800-495-0086
Social Security Administration	800-772-1213
Commonwealth Connector	877-623-6765
Regional Center for Poison Control and Prevention	800-222-1222
Jane Doe - Sexual Assault	617-248-0922
Try-To-Stop Tobacco Resource	800-879-8678
Samaritans	877-870-4673
Mayor's Youthline – Teens	617-635-2240
Teens in Action	617-482-4243
Massachusetts Department of Veterans Affairs	800-827-1000
Llamanos Statewide Spanish Helpline	800-223-5001
Parental Stress Line	800-632-8188
Samariteens	800-252-8336
Youth Hotline "Hurt"	617-773-4878
MA Commission for the Deaf and Hard of Hearing	617-740-1600
Women, Infants and Children	800-942-1007
National Institute on Alcohol Abuse and Alcoholism	301-443-3860
Mental Health Crisis Hotline	988
Attorney General's Consumer Advocacy & Response Division- Consumer Hotline	617-727-8400

Contact Us

Phone

Speak with a Consumer Specialist (617) 727-8400
Available 8am to 4pm, Monday through Friday. Mass relay dial 7-1-1 and connect via main number.

Call us in Boston (617) 727-2200

Call us in New Bedford (508) 990-9700

Call us in Springfield (413) 784-1240

Call us in Worcester (508) 792-7600

Massachusetts Substance Use Helpline

Are you or a loved one suffering from substance use disorder?

The Massachusetts Substance Use HELPLINE | 800-327-5050 HelplineMA.org

Websites to Help You Navigate Services

Massachusetts Organization for Addiction Recovery
MOAR
Join the Voices for Recovery!

www.MOAR-recovery.org

rize massachusetts

www.rizema.org

HOPE IS HERE.

The Massachusetts Substance Use HELPLINE
HelplineMA.org · 800.327.5050

www.helplinema.org

CAREERS OF SUBSTANCE

www.careersofsubstance.org

Collegiate Recovery Programs

ARHE
ASSOCIATION OF RECOVERY IN HIGHER EDUCATION

www.collegiaterecovery.org/crps-crcs/

Veteran Resources

SOLDIER ON

https://www.wesoldieron.org/outreach

Recovery Coach Support

Places for recovery coaches and recovery coach supervisors to learn, engage, and grow.

RECOVERY EDUCATION COLLABORATIVE

www.massrec.org

CHOICE Recovery Coaching
Because YOU CAN

www.choicerecoverycoaching.org/

Transportation Resources

wheels of hope

Wheels of Hope provides free, safe, and confidential transportation to people in the Merrimack Valley seeking treatment.

Call: 800-327-5050
Website: helplinema.org

Hope For Holyoke

Highway to Hope provides the Holyoke community free, safe, confidential transportation services for rides to detox, residential treatment, sober housing, and 7 days of medication-assisted treatment (MAT)/medications for opioid use disorder (MOUD) support within Hampden County.

Call: 413-561-1020

Sober Shuttle, Inc
The "CLEAN" Machine
Messengers of Hope

A strictly volunteer service offering transportation for certain treatment or court-related needs.

Call: 617-460-0584
Website: www.sobershuttle535.com

Note: BSAS has added a few more transportation services in the Berkshires and Worcester County

Recovery Month



September is Recovery Month

National Recovery Month (Recovery Month), which started in 1989, is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

SAMHSA aims to increase public awareness surrounding mental health and addiction recovery. In the years since Recovery Month launched, SAMHSA has timed announcements of initiatives and grant funding during Recovery Month, while collaborating with private and public entities to celebrate individuals during their long-term recoveries.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

Massachusetts Organization for Addiction Recovery

MOAR

Join the Voices for Recovery!

MOAR is a grassroots organization started by volunteers on behalf of people in recovery and their families.

The mission of **MOAR** 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. **MOAR** envisions a society where addiction is treated as a significant public health issue and recovery is recognized as valuable to all our communities.

Massachusetts Organization for Addiction Recovery (MOAR)

105 Chauncy St, Floor 8
Boston, MA 02111

Phone: 617-423-6627
www.moar-recovery.org

@moarrecovery

Rev. August 2026

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