

# Charlestown Treatment Resource Guide

*This booklet is an effort to increase access to addictions treatment services for Charlestown residents and their families.*

*We support and encourage each individual's and family's effort to seek help for addiction, at any level of treatment.*

*Charlestown has a very strong and enduring recovery community, so reach out...support is here.*

*We hope this guide is helpful in your process of healing and recovery.*



## **Sarah Coughlin MSW, LICSW, LADC-I**

Sarah Coughlin, LICSW is the Director of the Charlestown Substance Abuse Coalition. She oversees the work of the Coalition to provide prevention programs and to offer treatment resources for individuals with substance use disorders in Charlestown. Sarah previously served as the Coalition's Youth Prevention Director for two years. Prior to joining CSAC, Sarah was the District Based Clinical Social Worker at A1 Police Station providing therapy and clinical case management services to at-risk teenagers and families. Sarah received her Bachelors in Social Work degree from Providence College and her Masters in Social Work degree from Boston College. [Scoughlin1@partners.org](mailto:Scoughlin1@partners.org) 617-726-0059

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Charlestown Substance Abuse Coalition

## Principles of Treatment

1. NO single treatment is the right treatment for all individuals!!
2. Successful treatment takes a constant, consistent commitment and is a long-term PROCESS. There is no single or short-term solution or “Quick Fix”!
3. Treatment may not always be accessible when one is seeking help, be patient and persistent.
4. Treatment programs are voluntary, except those that are Court ordered (see Section 35A) Both can be effective. Remember if a patient decides to leave a voluntary placement, they will not be able to take them back right away. Ask about their policy upon admittance.
5. Effective treatment addresses the multiple needs of the individual, not just substance use. Counseling, individual and support groups are also crucial to successful treatment for addiction.
6. A “Treatment Plan” identifies problems and issues, goals, and ways to meet goals. Plans should be reviewed often and changed as necessary, according to needs.
7. Family, significant others, and children are part of one’s treatment process. They should also seek support because addiction and recovery is a stressful situation for all.
8. Recognize and be honest about the effects of individual’s environment has on their substance use, and risk of relapse. When an individual returns home, be sure that support systems are in place, others are understanding and supportive in their recovery.
9. Staying in treatment for a significant period of time, following the treatment plan and going through the phases of recovery are critical and reduce the risk of relapse.
10. Transitioning from one phase of treatment to the next can be a vulnerable time when people can drop out of treatment. Supporting individuals during these vulnerable transition periods is very important.
11. Medications are an important part of treatment for many people with addiction.
12. Detoxification is only the first step, and by itself does not tend to change addictive behaviors. Detoxification is not treatment; it is the first step in preparation for treatment.
13. Detox & other programs should provide access to medical & mental health services.
14. Unfortunately, recovery from drug addiction can be a long-term process that may not be successful the first time, but may require multiple attempts at recovery and treatment. Stay strong and encourage commitment. Remember that with courage, strength, love and support lives can change!

## **Treatment Programs:**

**Detoxes:** Short-term (5-7 day stay) will alleviate or rid the body of the chemical dependence. Use medically supervised withdrawal and patients leave drug-free. (Must be medically cleared of other concerns prior to admittance.)

**Rehabs:** detoxification and therapeutic support program in a hospital, 1-2 weeks, usually private insurance, or self-pay, but few free care beds.

**Holdings and Transitional Support Services:** short-term residential with structured environments, post-detox. Accessed directly from detox centers, until a bed in residential is available. Do not accept anyone in need of medical supervision.

**Residential Rehabilitation and Half Way or Sober Houses:** Group homes, stay for 3, 6 or 12 months. Begin to reengage in activities, school, work, etc. Therapy and self help groups are usually part of the treatment plan and often run on site.

**Outpatient:** Many types including weekly or biweekly therapy sessions, Intensive outpatient (a few hours a day, 3-5 days per week) : individual, group, family therapy.

**Medication Assisted Treatments:** Licensed Outpatient clinics which dispense Methadone, Buprenorphine (Suboxone), and Vivitrol to be used as effective maintenance programs for individuals with addiction involving opioids.

**Aftercare Ongoing (Support and Self Help):** these include AA, NA, AL-Anon, Al-A-Teen that have meetings daily and weekly.

**Assessment Counseling:** Assessment meeting takes an hour with a specialist who gathers information about the individual's situation; helps identify and plan the most appropriate treatment path with the highest rate of success for the individual. Helps support and guide through the treatment process, and engage the family.

## **Highly suggested:**

- Encourage the patient to sign a "Release of Information" waiver for family and other supportive individuals. Remember that without written consent programs will comply with confidentiality laws.
- Ask how the program works, rules and regulations, policies and procedures, and consequences.
- *Remember: Families are a large part of the solution and can be involved in treatment. Medical and Mental Health Services are also key.*
- Ask program staff for advice!! Programs are staffed 24 hours a day. If, for instance, the patient calls and asks you to send money, what should you do?

## **Insurance and Making phone calls:**

It is important to check your insurance, on the back of your card is a # for Mental Health/Substance Abuse services, they will find placements. Most insurance offers coverage for 30 day inpatient programs and 12 outpatient sessions.

**If you don't have insurance:** Many facilities have free care beds, always ask.

**Sign Up for MassHealth if possible:** Applications can be done online, at a Clinic, Hospital, or MassHealth Member Services at 1-800-841-2900. To do so you will need Proof of Income. Boston Medical Center Health NET Plan is available for Mass Health Medicaid patients. For more information call 1-800-792-4355, or [www.bmchp.org](http://www.bmchp.org)

## **Section 35 A: Court Ordered Treatment:**

This “permits the courts to involuntarily commit someone whose alcohol or drug use puts themselves or others at risk.” Any family member concerned for the safety and health of their addicted relative can go to a court’s clinic and present the severity of the issue. If the court deems that the individual is in serious danger of hurting himself or others, they will mandate that person to substance abuse treatment, legally, for up to 90 days. (Usually men are placed at the Bridgewater, and women are placed at Framingham if there is no bed availability within section 35 program MATC for men and WATC for women).

For more information call Charlestown Court House at 617-242-1230. Massachusetts General Law Chapter 123, section 35 permits individuals to petition the courts to involuntary commit family members to an inpatient treatment program when their alcohol/drug use puts themselves or others at risk: “A LIFELINE for those concerned about a loved one’s ADDICTION.”

Get FREE LEGAL ASSISTANCE with Section 35 petitions.

Contact: SECTION 35 HELPLINE

(844)843-6221 or [HelpUs@MassBar.org](mailto:HelpUs@MassBar.org)

# Symptoms of Opioid Use:

Small, pinpoint pupils, being very tired, nodding off, or passing out, apathy

# Symptoms of Withdrawal from Opioids:

|   |                           |                   |
|---|---------------------------|-------------------|
| Nausea, vomiting                                    | Lack of appetite          | Seizures          |
| Dizzy, lack of balance, confused (May appear drunk) | Violent , angry outbursts | Insomnia          |
| Hot and cold flashes                                | Irritable                 | Cold, clammy skin |
| Lack of concentration                               | Bone and muscle aches     | Diarrhea          |

# Symptoms of Opioid Overdose:

- Won’t wake up, non-responsive to physical or verbal cues.
- Blue lips or fingernails.
- Clammy cold skin.
- Snoring or gurgling sounds.
- Seizures or convulsions.
- Slow breathing (less than 10 breaths a minute is very serious)

If an individual is severely sedated, is experiencing shortness of breath, passing out, seizing or vomiting, call 911- EMS or get to a hospital. Always check for combination of drugs ingested. **Do Not Let Them Try To Sleep It Off.**

# Opioid Overdose Prevention & Reversal:

Naloxone (also known as Narcan®) is a medication called an “opioid antagonist.” It is a safe, effective medication that reverses the effects of an opioid overdose within minutes. It can be given as a nasal spray or an injection and anyone can be trained to administer it. No one should die from an overdose. For training and more information, please contact Shannon Lundin at 617-320-9058 or go to the MGH Outpatient pharmacy and speak with a pharmacist.

# If an Individual is Actively Using:

**Detoxification Programs** May need medical clearance.

**Things to know when you call:** Be patient!! It often takes more than one phone call to get someone admitted to a Detox. The best time of day to access a bed is first thing in the morning. Be courteous and persistent, call more than one program & call more than once. Don’t go it alone!! Have someone with you for support

**Have the following available:**

- Identification (Driver's license or Mass I.D)
- Insurance card or information
- Paper and pen, (write down the places you called, who you spoke with, and any instructions)
- Remember to ask about Free Care Beds if you do not have insurance

**They will also want to know some basic information:**

- Any medications that are currently prescribed
- Medical history of physical or psychological illness
- Any court dates or legal matters pending
- History of your alcohol or drug use, for how long
- Last time you used and how much

**Note:** Detox Programs take patients when they are actively using, while rehabs, half ways, holding and residential will only take patients when they are not using.

**It is important to remember the “Continuum of Care:”**

Detox → Transitional Support Services → Residential Treatment Program →  
Half Way House → Outpatient Treatment → Self-Help & Support Groups

## Adolescent Detox

| Name   | Town       | Phone          | Cut off age |
|--|------------|----------------|-------------|
| Arbour Hospital  |            | (617) 390-1320 | 17          |
| Arbour-Hospital 24 hr access line                      |            | (800) 222-2237 |             |
| Bournewood Hospital                                    | Brookline  | (800) 468-4358 | 18          |
| Caritas Norcap Lodge                                   | Foxboro    | (508) 543-1873 | none        |
| Community Health Link                                  | Worcester  | (508) 860-1200 | 18          |
| Gosnold- Thorne Counseling                             | Falmouth   | (508) 548-7118 | 17 & up     |
| Motivating Youth Recovery<br>(Community Health Links)  | Worcester  | (508) 860-1244 |             |
| SSTAR  | Fall River | (508) 679-5222 | none        |
| The CASTLE – Clean And Sober Teens<br>Living Empowered | Brockton   | (508) 638–6000 |             |
| Westwood Lodge   | Westwood   | (781) 762-7764 | 18          |

## Adolescent Residential

| Name                     | Town          | Phone                          | Cut off age | Gender |
|--------------------------|---------------|--------------------------------|-------------|--------|
| Lahey Behavioral Health  | Danvers       | (978) 739-7601                 | 16          | M/F    |
| Bournewood Hospital      | Brookline     | (617) 468-4358                 | 17          | M/F    |
| Bridge Over Troubled Wtr | Boston        | (617) 423-9575                 | 18          | M/F    |
| Cushing House            | South Boston  | (617) 269-2933                 | 20          | M/F    |
| Emerson House: Gosnold   | West Falmouth | (508) 540-1554<br>800-444-1554 |             | F      |
| High Point Treatment     | Plymouth      | (508) 224-7701                 | 18          | M      |
| Lowell House Inc         | Lowell        | (978) 454-2997                 | 18          | M      |
| McLean – East House      | Belmont       | (617) 855-2852                 |             |        |
| Phoenix East             | Haverhill     | (508) 373-1181                 | 17          | M      |
| Phoenix Academy          | Springfield   | (413) 739-2440                 | 18          | M      |
| Project Rebound- V O A   | North Quincy  | (617) 773-0722                 | 17          | M      |
| Road Back                | Attleboro     | (508) 222-5817                 |             | M/F    |
| Team Coordinating Agency | Haverhill     | (978) 373-1181                 | 18          | M/F    |



|  |                                  |   |            |
|--|----------------------------------|---|------------|
| Arbour/HRI Hospital  | Brookline                        | (617) 731-3200                                      | none       |
| Assebet Human Services   | Acton                            | (978) 897-4446                                      | 18         |
| Bay Cove - ASAP Outpatient   | Chelsea                          | (617) 884-6829                                      | 21         |
| Beacon Clinic  | Greenfield                       | (413) 773-4444                                      | 18         |
| Boston Medical Center IOP  | Boston                           | (617) 534-4222                                      | none       |
| Boston Center  | Allston                          | (617) 783-9676                                      | 18         |
| B.U. Adol. Trauma & S.A. Treatment                                       | Boston                           | (617) 353-9610                                      | 21         |
| Caritas Norcap Lodge   | Foxboro                          | (508) 543-1873                                      | none       |
| CASPAR   | Somerville                       | (617) 623-2080                                      | 21         |
| Center for Behavioral Health   | Holyoke Hosp                     | (413) 534-2500                                      | none       |
| Children's Hosp. Boston Center for Adolescent & Substance Abuse Research | Boston                           | (617) 355-5433<br>Half-day appts.<br>(617) 355-2727 | 24         |
| Community Care Services:   | Taunton<br>Attleboro             | (508) 821-7777<br>(508) 222-7525                    | 18         |
| Dimock Community Adolescent Program                                      | Roxbury                          | (617) 442-8800                                      | 18         |
| Genesis  | Framingham                       |   |            |
| Greater Lawrence MH Center   | Lawrence                         | (978) 683-3128                                      | none       |
| JRI Health – Sidney Borum Jr. Community Health Center                    | Boston                           | (617) 457-8140                                      | 18         |
| LUK Crisis Center  | Framingham                       | (978) 829-2248                                      |            |
| Mass. Dept. of Public Health   |                                  | (617) 661-3991<br>(866) 705-2807                    | 18         |
| MGH-Add.Rec.Mgt.Serv (ARMS)  | Boston                           | (617) 643-4699                                      | 25         |
| MGH- C'town Health Center  | Charlestown                      | (617) 724-8200                                      | none       |
| Mount Auburn Hospital  | Cambridge                        | (617) 499-5052                                      | 18         |
| North River Counseling   | Marshfield                       | (781) 834-7433                                      | none       |
| North Suffolk Mental Health  | East Boston<br>Revere<br>Chelsea | (888) 294-7802<br>(781) 289-9221                    | none<br>18 |

|                                      |               |                 |      |
|--------------------------------------|---------------|-----------------|------|
|                                      |               |                 |      |
| Somerville Mental Health Association | Somerville    | (617) 623-3278  | 18   |
| South Boston Collaborative Center    | Boston        | (617) 534-9500  |      |
| South Shore Mental Health            | Quincy        | ( 617) 847-1950 | none |
| St. Elizabeth’s Hospital             | Allston       | (617) 562-5370  | none |
| Step, Inc.                           | North End     | (617) 720-STEP  | none |
| Volunteers of America                | Jamaica Plain | (617) 522-8086  | none |

## **Assessment and Outpatient (Adult)**

|   |                  |  |
|---|------------------|--|
| AdCare Hospital                           | Worcester        | (508) 799-9000<br>(800) 252-6465       |
| AdCare Outpatient Office                  | Boston           | (617) 227-2622                         |
| Arbour Hospital- Psych Services           | Brookline        | (617) 731-3200                         |
| Arbour/ARC                                | Woburn           | (781) 932-8424                         |
| Bay Cove - ASAP Outpatient                | Chelsea          | Admin (617) 884-6829                   |
| Bay Cove Treatment Center                 | Boston           | (617) 371-3030                         |
| Boston Medical Center PAATHS              | Boston           | (617) 534-4219                         |
| Caritas Norcap Lodge                      | Foxboro          | (508) 543-1873                         |
| Dimock Community Health Ctr.              | Roxbury          | (617) 442-8800 x1311<br>(617) 442-9661 |
| Gosnold-Thorne Counseling                 | Falmouth         | (508) 548-7118                         |
| High Point Treatment Center               | Plymouth         | (508) 224-7701                         |
| MGH- West End Clinic                      | Boston           | (617) 724-5600                         |
| McLean's Hospital                         | Belmont          | (617) 855-2000                         |
| Mount Auburn Hospital                     | Cambridge        | (617) 499-5051                         |
| North Suffolk Mental Health               | East Boston      | (617) 569-7310                         |
| North River Counseling                    | Marshfield       | (781) 834-7433                         |
| Lowell House<br>South Shore Mental Health | Lowell<br>Quincy | (978)459-3371<br>( 617) 847-1950       |
| SSTAR                                     | Fall River       | (508) 324-7763<br>800 937-3610         |
| St. Elizabeth's Hospital                  | Brighton         | (617) 789-2574                         |
| Team Coordinating Agency                  | Haverhill        | (978) 373-1181                         |
| Tri-City Mental Health                    | Medford          | (781) 306-4808                         |
| Volunteers of America                     | Jamaica Plain    | (617) 522-8086                         |

|  |           |                |
|--|-----------|----------------|
| Thayer Detox Center                      | Worcester | (508) 860-1200 |
| Veteran's Center for Addiction Program   | Bedford   | (781) 687-2275 |
| Veteran's Center for Addiction Treatment | Brockton  | (508) 583-4500 |
| Westwood Lodge                           | Westwood  | (781) 762 7764 |

### **Hospital Based Services**

|   |            |                                 |
|---|------------|---------------------------------|
| Boston Medical Center Project ASSERT        | South End  | (617)414-4388<br>(617) 247-1101 |
| Cambridge Hospital                          | Cambridge  | (617) 665-1000                  |
| Emerson Hospital                            | Concord    | ER(978) 287-3690                |
| Faulkner Hospital - Addictions              | Boston     | (617) 983-7711                  |
| Massachusetts General Hospital              | Boston     | (617) 726-2000                  |
| Somerville Hospital                         | Somerville | (617) 591-4226                  |
| St. Elizabeth's Hospital                    | Brighton   | (617) 562-5370                  |
| Comprehensive Alcohol and Addiction Program |            | (617) 789- 2574                 |

### **Residential (Adult)**

|                                  |              |                              |     |
|----------------------------------|--------------|------------------------------|-----|
| Anchor House                     | Plymouth     | (508) 746-6654               | M   |
| Answer House- Middlesex H. S.    | South Boston | (617) 268-7124               | M   |
| Berkshire Council                | Pittsfield   | (413) 499-2756               | F   |
| Bridge House                     | Framingham   | (508) 872-6194               | M   |
| Bournewood Hospital              | Newton       | (617) 469-0300<br>Option #1  | M/F |
| Lahey Behavioral Health Services | Danvers      | (978) 777-2121<br>Option #1  | M/F |
| Casa Esperanza                   | Roxbury      | (617) 445-7411<br>Option 5#1 | M   |

|                                  |              |                                  |     |
|----------------------------------|--------------|----------------------------------|-----|
| CASPAR House I & II              | Somerville   | (617) 623-5277<br>(617) 776-6036 | M   |
| Channing House                   | Worcester    | (508) 755-8088                   | M   |
| Charlestown Recovery House       | Charlestown  | (617) 242-0088                   | M   |
| Community Health Link            | Worcester    | (508) 860-1200                   | M/F |
| Ethos I Residential House        | Springfield  | (413) 733-1472                   | M/F |
| First Academy                    | Roxbury      | (617) 427-1588                   | M   |
| First Hispanic Academy           | Dorchester   | (617) 265-5852                   | M   |
| Gandara Addiction Recovery Prog. | Springfield  | (413) 781-2234                   | M   |
| Gavin House                      | South Boston | (617) 268-5517                   | M   |
| Stephen Miller House- Gosnold    | W. Falmouth  | (508) 540-6550                   | M   |

## Detox

|                                  |                                     |                                  |      |
|----------------------------------|-------------------------------------|----------------------------------|------|
| AdCare Hospital                  | Worcester                           | (508) 799-9000<br>(800) 345-3552 | 24/7 |
| Andrew House                     | Shattuck Hospital,<br>Jamaica Plain | 617-479-9320                     | 24/7 |
| Arbour Hospital                  | Jamaica Plain                       | (617) 522-4400 x204              | 24/7 |
| Arbour-Fuller Hospital           | Sth Attleboro                       | (508) 761-8500                   | 24/7 |
| Baldpate Hospital                | Georgetown                          | (978) 352- 2131                  |      |
| Bournewood Hospital              | Brookline                           | (617) 469-0300<br>(800) 468-4358 | 24/7 |
| Brattleboro Retreat              | Brattleboro VT                      | (802) 257-7785<br>(800) RETREAT  | 24/7 |
| Lahey Behavioral Health Services | Boston                              | (617) 247-1001<br>1-800-763-5363 |      |

|  |                      |  |      |
|--|----------------------|--|------|
| Lahey Behavioral Health Services         | Danvers              | (800) 323-2224                         |      |
| Caritas Norcap Lodge                     | Foxborough           | (508) 543-1873                         |      |
| Carlson Recovery Center                  | Springfield          | (413) 225-2540                         |      |
| Catholic Charities Detox                 | Brockton             | (508) 584-9210                         |      |
| Community Health Link                    | Worcester            | (508)-860-1200                         |      |
| Dimock Community Health Center           | Roxbury              | (617) 442-8800 x1311<br>(617) 442-9661 |      |
| Emerson Hospital- Addictions             | Concord              | (978) 287-3520                         |      |
| Faulkner Hospital- Addictions            | Boston               | (617) 983- 7711                        | 24/7 |
| Gosnold Treatment Center                 | Falmouth             | 1 800-444-1554<br>(508) 540-6550       | 24/7 |
| HighPoint Treatment Center, Inc.         | Brockton<br>Plymouth | (800) 734-3444<br>(800) 327-5050       |      |
| Melrose-Wakefield Hospital               | Melrose              | (781) 979-3334                         | 24/7 |
| NORCAP Detox Program                     | Foxboro              | (800) 331-2900                         |      |
| Pembroke Hospital                        | Pembroke             | (781) 829-7000                         | 24/7 |
| Providence Behavioral Health             | Holyoke              | (800) 274-7724                         | 24/7 |
| Spectrum Health Systems                  | Westborough          | 1 800 366-7732<br>(508) 898- 1570      | 24/7 |
| SSTAR                                    | Fall River           | (508) 324-7763<br>1 800 937-3610       | 24/7 |
| St. Elizabeth's Hospital- SECAP          | Brighton             | (617) 789-2574                         | 24/7 |
| Thayer Detox Center                      | Worcester            | (508) 860-1200                         |      |
| Veteran's Center for Addiction Program   | Bedford              | (781) 687-2275                         |      |
| Thayer Detox Center                      | Worcester            | (508) 860-1200                         |      |
| Veteran's Center for Addiction Program   | Bedford              | (781) 687-2275                         |      |
| Veteran's Center for Addiction Treatment | Brockton             | (508) 583-4500                         |      |
| Westwood Lodge                           | Westwood             | (781) 762-7764                         |      |

## Residential (Adult) Continued

|                                    |             |                          |     |
|------------------------------------|-------------|--------------------------|-----|
| Harmony House                      | New Bedford | (508) 992-8948           | M   |
| Hector Reyes House                 | Worcester   | (508) 459-1805           | M   |
| Hello House- Volunteers of America | Boston      | (617) 262-7142           | M   |
| High Point                         | Plymouth    | (508) 224-7701           | M/F |
| Hope House                         | Boston      | (617)971-4323            | M   |
| Hurley House                       | Waltham     | (781) 891-4323           | M   |
| Interim House                      | Dorchester  | (617) 265-2636           | M   |
| Jeremiah's Inn                     | Worcester   | (508) 755-6403           | M   |
| John Ashford Link House            | Newburyport | (978) 462-7341           | M   |
| Dimock/John Flowers Recovery House | Roxbury     | (617) 442-8800           | M   |
| Keenan House                       | Pittsfield  | (413) 499-2756           | M/F |
| Linda Fay Griffin House            | Worcester   | (508) 755-8990           | M/F |
| Lowell House Inc                   | Lowell      | (978) 459-3871           | M/F |
| Marathon House                     | Springfield | (413) 733-2178           | W   |
| McLean Residence at the Brook      | Waltham     | (888) 515-9699           |     |
| Miller House                       | Falmouth    | (508) 540-6550           | M   |
| Meridian House-North Suffolk M. H. | East Boston | (617) 569-6050           | M/F |
| My Sister's House- Baystate Md. Ct | Springfield | (413) 733-7891           | M/F |
| New Victories- Victory Programs    | Boston      | (617) 825-6088<br>Ex-514 | M/F |
| North Cottage Program              | Norton      | (508) 285-2701           | M   |

|  |               |                                 |     |
|--|---------------|---------------------------------|-----|
| Pathway House, GAAMA, Inc.             | Gardner       | (978) 632-4574<br>Option #1     | M   |
| Pegasus                                | Lawrence      | (508) 687-4257                  | W   |
| Phoenix House                          | Springfield   | (413) 733-2178                  | M/F |
| Project Turnabout                      | Weymouth      | (781) 749-6320                  | M   |
| Opportunity House- Baystate Med. Ctr.  | Springfield   | (413) 739-4732                  | M   |
| Rehabilitation and Health(East Boston) | Boston        | (617) 569-2089                  | M/F |
| Ryan House                             | Lynn          | (781) 593-9434<br>Ex-226        | M/F |
| Shattuck Shelter                       | Jamaica Plain | (617) 971-3229<br>(617)288-3906 | M/F |
| South Shore Recovery Home              | Quincy        | (617) 773-7023                  | M   |
| Stepping Stone                         | Fall River    | (508) 674-2788<br>Option-#1     | M   |
| Sullivan House                         | Jamaica Plain | (617) 524-4416                  | M   |
| The Alternative-Rehab. & Health        | East Boston   | (617) 569-8222                  | M   |
| Victory House- Victory Programs        | Boston        | (617) 262-5032                  | M   |



## **Female Residential (Adult)**

|                           |               |                                  |          |
|---------------------------|---------------|----------------------------------|----------|
| Edwina Martin House       | Brockton      | (508) 583-0493                   | W        |
| Emerson House             | West Falmouth | (508) 583-0493                   | W, W & C |
| Entre Familia- IHR        | Mattapan      | 534-2922<br>(617) 661-9391       | W & C    |
| Faith House               | Worcester     | 438-5625<br>(508) 438-5626       | W& C     |
| Gandara Residential       | Holyoke       | (413) 540-9881                   | W & C    |
| GROW Program              | Cambridge     | (617) 661-6020                   | W        |
| H.A.R.T. House – CAB      | Tewksbury     | (978) 851-0969                   | W & C    |
| Hello House               | Dorchester    | (617) 471-6616                   | W        |
| Latinas y Ninos-Casa Esp  | Roxbury       | (617) 445-1104                   | W & C    |
| Monarch House             | New Bedford   | (508) 992-0800                   | W        |
| My Sisters House          | Springfield   | (413) 733-7891<br>(413) 272-1868 | W        |
| New Victories-Victory Prg | Boston        | (617) 825-6088                   | W & C    |
| Pegasus House             | Lawrence      | (978) 687-4257                   | W & C    |
| Project Cope Woman's Pr.  | Lynn          | (781) 581-9270                   | W & C    |
| Serenity House            | Hopkinton     | (508) 435-9040                   | W & C    |
| Sheehan Women's Program   | Tewksbury     | (978) 640-0840                   |          |
| Shepherd House-Victory P  | Boston        | (617) 288-3906                   | W        |
| Spectrum                  | Westboro      | (508) 870-5555                   | W & C    |
| Spiritus House            | Tewksbury     | (978) 866-9030                   | W&C      |

|                        |               |                |       |
|------------------------|---------------|----------------|-------|
| Womanplace- CASPAR,    | Cambridge     | (617) 661-6020 | W     |
| Women's Hope           | Jamaica Plain | (617) 442-0048 | W     |
| Woman's- New Day       | Somerville    | (617) 628-8818 | W & C |
| Wrap House - Highpoint | New Bedford   | (508) 997-7175 | W     |
| Woman's View           | Lawrence      | (978) 687-1658 | W     |

**W=Women | W&C= Women & Children | M= Male | F= Female**

### **Methadone Clinics**

|  |  |  |
|--|--|--|
| Addiction Treatment Centers of New England (ATC)       | Brighton                               | (617) 254-1271 x 126   |
| BayCove Human Services                                 | North End                              | (617) 371-3030   |
| Boston Medical Center<br>( Room 5 Addictions Services) | Boston                                 | (617) 534-5554   |
| Lahey Behavioral Health Services                       | Danvers                                | (978) 777-2121   |
| Community Substance Abuse Centers                      | Chelsea<br>Woburn                      | (617) 889-8779<br>(781) 933-0700                                     |
| Habit Management – Boston CTC                          | Boston<br>Brockton<br>Lynn<br>Lawrence | (617) 442-1499<br>(508) 589-6300<br>(781) 795-2413<br>(978) 687-6300 |
| H.A.R.T House – CAB – women                            | Tewksbury                              | (617) 661-3991   |
| North Charles Institute                                | Somerville                             | (617) 661-5700   |
| Roxbury Community Health Center, Inc.                  | Jamaica Plain                          | (617) 541-3670   |
| Veterans Affairs Medical Center                        | Boston                                 | (617) 248-1010   |

## **Suboxone Programs**

|  |                                   |  |
|--|-----------------------------------|--|
| Boston Medical Center                              | Boston                            | (617) 534-4212                                     |
| CAB-Outpatient Treatment Program                   | Danvers                           | (978) 777-2121                                     |
| Children's Hospital – Caesar (24 and under)<br>MGH | Boston<br>Charlestown<br>West End | (617) 355-2727<br>(617) 724-8160<br>(617) 724-5600 |
| North Suffolk Mental Health                        | Chelsea                           | (617) 912-7700                                     |
| Somerville Hospital                                | Somerville                        | (617) 591-4490                                     |
| Spectrum Outpatient                                | Westborough                       | (508) 854-3320                                     |
| Tri City Mental Health Center                      | Medford                           | (781) 306-4808                                     |

## **Clinical Stabilization/Step Down Services (CSS)**

|                             |               |              |
|-----------------------------|---------------|--------------|
| Gosnold Post Detox          | Falmouth      | 800-444-1554 |
| High Point, Serenity Inn    | Brockton      | 800-734-3444 |
| High Point Stabilization    | Plymouth      | 800-233-4478 |
| The Hope Center             | Springfield   | 413-301-9500 |
| Northeast Behavioral Health | Danvers       | 800-323-2224 |
| Passages                    | Worcester     | 508-860-1142 |
| Pine Street Inn (male only) | Jamaica Plain | 617-983-0351 |
| Spectrum (male only)        | Weymouth      | 781-331-3709 |
| SSTAR                       | New Bedford   | 508-324-7763 |
| Women's Renewal             | Roxbury       | 617-442-8800 |

## **Intensive Outpatient Treatment (IOP)**

|   |                                     |  |
|---|-------------------------------------|--|
| Adcare Hospital                           | Worcester                           | 800-345-3552                                 |
| Addiction Treatment Center of New England | Brighton                            | 617-254-1271                                 |
| Advocates Community Counseling            | Ayer<br>Framingham                  | 978-772-1846<br>508-935-0746                 |
| Amesbury Psychological Center             | Amesbury                            | 978-388-5700                                 |
| Arbour Counseling                         | Malden<br>Rockland<br>Woburn        | 781-322-1503<br>781-871-6550<br>781-932-8424 |
| Baldpate Hospital                         | Georgetown                          | 978-352-2131                                 |
| Bay State Community Services              | Quincy                              | 617-471-8400                                 |
| Beacon Programs                           | Greenfield                          | 413-773-4444                                 |
| The Brien Center                          | Pittsfield                          | 413-499-0412                                 |
| Cambridge Health Alliance                 | Somerville                          | 617-591-6051                                 |
| Caritas NORCAP Lodge                      | Foxborough                          | 508-698-1117                                 |
| Center for Behavioral Health              | Holyoke                             | 413-534-2627                                 |
| Clinical & Support Options                | Florence                            | 413-586-8550                                 |
| Community Healthlink                      | Worcester                           | 508-860-1121                                 |
| Dimock Substance Abuse Treatment          | Roxbury                             | 617-442-8800                                 |
| Emerson Hospital                          | Concord                             | 978-287-3520                                 |
| Gandara Center                            | Springfield                         | 413-736-0395                                 |
| George B. Wells Center for Recovery       | Southbridge                         | 508-765-9167                                 |
| Gosnold Counseling Center                 | Brockton<br>Centerville<br>Falmouth | 508-584-5190<br>800-444-1554<br>""           |
| High Point                                | New Bedford                         | 508-992-1500                                 |
| Lowell House                              | Lowell                              | 978-459-8656                                 |
| Lowell Community Health Center            | Lowell                              | 978-937-9448                                 |
| Martha's Vineyard Community Services      | Vineyard Haven                      | 508-693-7900                                 |
| Mass General Addiction Services           | Boston                              | 617-643-4699                                 |
| McLean at Naukeag                         | Ashburnham                          | 800-230-8764                                 |
| NEBH                                      | Lynn<br>Salem                       | 781-592-3058<br>978-745-8890                 |
| NSMHA                                     | Chelsea<br>East Boston<br>Revere    | 617-889-3300<br>617-569-3189<br>781-289-9331 |
| North River Counseling                    | Marshfield                          | 781-871-6550                                 |

|                               |             |              |
|-------------------------------|-------------|--------------|
|                               |             |              |
| Phoenix House Academy         | Springfield | 413-739-2440 |
| Project COPE                  | Lynn        | 781-581-9270 |
| Providence Behavioral Health  | Holyoke     | 800-274-7724 |
| The Psychological Center      | Lawrence    | 978-685-1337 |
| St. Elizabeth's               | Cambridge   | 617-789-2574 |
| Sloan Clinic                  | Springfield | 413-794-5555 |
| SSTAR Ambulatory Services     | Fall River  | 508-679-5222 |
| Team Coordinating Agency      | Haverhill   | 978-373-1181 |
| Veteran's Addiction Services  | Bedford     | 800-838-6331 |
| Whittier Street Health Center | Roxbury     | 617-427-1000 |



### **New Health Substance Use Disorder Program**

The Substance Use Disorder Program at New Health is a collaborative approach to treatment that incorporates our doctors, nurses, behavioral health professionals, social workers and recovery coaches. Working together, our team will meet with each program member to insure that the specific needs of each member are being met and maximize success along the path to better health and wellness, both physically, and mentally. Our program is comprised of three main components:

- Opioid replacement therapy
- Counseling Services
- Structured addiction treatment program

Treatment will include regular meetings with New Health doctors and nurses who will track your medical well-being during the course of the program. Program members have access to the behavioral health team at no extra cost; this ensures that each patient receives any mental and emotional help support necessary. We also employ a recovery coach who can assist members in the program along the path to recovery. NEW Health will also be hosting alcoholics' anonymous meetings to help those who struggle with alcohol addiction as well. To get started, call us at **857-238-1100**, or visit us at [newhealthcharlestown.org](http://newhealthcharlestown.org).



**MGH Monument Street Counseling Center**  
**76 Monument Street, Suite 1R Charlestown, MA 02129**  
**Hours: Monday through Friday, 8:30 AM – 5:00 PM**  
**(Evening Hours by Appt)**  
**To schedule an appointment, call 617-643-5020.**

The services at the MGH Monument Street Counseling Center cover a wide range of issues, including:

- Substance use disorders – adults and adolescents (for child mental health issues call 617-724-8200)
- Anger management
- Anxiety/worry
- Depression/mood changes
- Domestic Violence
- Family Conflicts
- Fears and Phobias
- Grief and loss
- Panic attacks
- Stress management
- Medication management
- Resource assistance

Monument Street Counseling Center services are provided by clinical social workers, a psychiatric nurse practitioner and a resource specialist. To apply you must be a Charlestown resident or have an established primary care physician at the Charlestown HealthCare Center.

Accepted insurance: (if your insurance is not listed, please call to see whether we can accept it).

- Mass Health
- Neighborhood Health
- Network Health
- MBHP
- Blue Cross/Blue Shield
- Tufts
- Medicare



**Addiction Recovery Management Service (ARMS):**

*A Program of Massachusetts General Hospital's Department of Psychiatry.  
Serving young adults between the ages of 15 and 25, and their families*

**About ARMS:**

The Addiction Recovery Management Service (ARMS) specializes in supporting teenagers and young adults between the ages of 15 and 25, and their families, as they deal with their substance-related problems. It has been found that adolescents who enter treatment are more likely to achieve long-term sobriety than those who enter as adults, and the earlier they enter, the more effective the treatment will be. Our highly-skilled, multidisciplinary team of clinicians, clinical psychiatrists and masters-level social workers is trained to work with youth and families and provide an individualized, all-encompassing plan for recovery.

**Treating the Whole Family:**

The core of the ARMS program is a unique set of Recovery Support Services, which are provided by masters-level clinicians who serve as Recovery Coaches. Our patients and their families are each assigned their own Recovery Coach. We work with the whole family, treating any coexisting issues that may be present and supporting family members to overcome any stigma or shame they may feel.

Contact for more information and to schedule an appointment:

**617-643-4699 • [armsmgh@partners.org](mailto:armsmgh@partners.org)**

**151 Merrimac Street 5th floor Boston, MA 02114**

**The West End Clinic Addiction Services Massachusetts General:**

As an outpatient facility for those with alcohol, drug and other addictive behaviors, the Clinic also treats co-occurring mental health disorders.

Contact the Case Manager for Initial Assessment Appointments:

**Case Manager: 617-726-7753 • Clinic: 617-726-2712**

**Hours: Monday – Friday 8:30 AM - 5:00 PM**

**16 Blossom Street Boston, MA 02114**



**MGH Charlestown Health Center:  
Hepatitis C Clinic & Chronic Disease Program**

**Hepatitis C Clinic in Adult Medicine on Fridays 12:30 – 4 pm**

For appointments or more information contact:

Sonia Burgos, Patient Advocate: 781-485-6138 · [sburgos1@partners.org](mailto:sburgos1@partners.org)

Dr. James Morrill: 617-724-8310

**Hepatitis C** is an infectious disease caused by a virus making the liver swell and stop working properly. It can be passed from person to person through contact with an infected person's blood by the following ways:

- Sharing needles
- Getting pricked with an infected needle
- Having sex with an infected person
- Being born to a mother with Hepatitis C
- Getting a tattoo or piercing with dirty tools

**Symptoms:** feeling tired, feverish, nausea, stomach pain, diarrhea, no appetite, dark urine, light stool or yellowish skin tone.

**NOTE: Many people with Hepatitis C do not have any symptoms**

*If you have these symptoms or risk factors: talk to your doctor*

*Hepatitis C can be identified by a simple blood test*

**How you can protect yourself and others?**

- If you inject drugs: Use your own needles, do not share needles, Always use clean needles
- If you have to touch anyone's blood: wear gloves
- If you have sex: always use a latex condom
- If you get a tattoo or piercing: use clean tools
- Don't use an infected person's personal items that could have blood on it

**Massachusetts DPH:** 617-983-6800 [www.masshepc.org](http://www.masshepc.org)

**American Liver Foundation:** 800-465-4837 [www.liverfoundation.org](http://www.liverfoundation.org)

**ARCH:** 781-485-6477 [www.ARCH-MGH.org](http://www.ARCH-MGH.org)



## Shelters

|  |             |              |                     |
|--|-------------|--------------|---------------------|
| 1740 Washington Street Shelter   | Boston      | 617-536-7211 | Sober M/W           |
| Albany Street Shelter 240 Albany Street                                | Cambridge   | 617-661-0600 | M/W                 |
| Betty's Place Berkeley Street  | Boston      | 617-482-1126 | W                   |
| Boston Family Shelter 656 Mass. Ave.                                   | Boston      | 617-261-8108 | M/W                 |
| Boston Night Center 31 Bowker St.                                      | Boston      | 617-788-1003 | M/W                 |
| Boston YMCA Emerg. Shelter<br>316 Huntington Ave                       | Boston      | 617-296-1390 | 3-5 days<br>sober M |
| Bristol Lodge Men's Shelter 27 Lexington St                            | Waltham     | 781-893-0108 | Sober M             |
| Bristol Lodge Women's Shelter 205 Bacon St                             | Waltham     | 781-893-0108 | Sober W             |
| Cambridge Salvation Army 109 School St.                                | Cambridge   | 617-547-3400 | M                   |
| Camb YWCA Emergency Family Shelter<br>3 Bigelow Street                 | Cambridge   | 617-491-6055 | W                   |
| Chardon St. Shelter Temp Home of Women &<br>Children 41 New Chardon St | Boston      | 617-523-2337 | W & children        |
| City of Boston Emer. Shelter Commission<br>1 City Hall Plaza           | Boston      | 617-635-4507 | M/W                 |
| Cross Street Family Shelter 59 Cross St.                               | Somerville  | 617-776-6661 | M/W                 |
| Crossroads Family Shelter 56 Havre St.                                 | East Boston | 617-567-5926 |                     |
| Families in Transition 316 Huntington Ave                              | Boston      | 617-927-8290 |                     |

|   |               |  |   |
|---|---------------|--|---|
| Father Bill's 38 Broad St                                 | Quincy        | 617-770-3314                                 | M/W   |
| First Church Shelter 11 Garden St                         | Cambridge     | 617-661-1873                                 |   |
| Heading Home 99 Bishop Richard Allen Dr                   | Cambridge     | 617-864-8140                                 | Families/DTA                                      |
| Holy Family Shelter 1 Lingard St.                         | Dorchester    | 617-445-8461                                 | 6 months<br>sober<br>referral by<br>Pine St.<br>M |
| Just A Start House 16 Butler Dr                           | Somerville    | 617-776-8353                                 | Adolescent  |
| Kingston House 39 Kingston St.                            | Boston        | 617-428-8819                                 | M/W   |
| My Brother's Table 98 Willow St.                          | Lynn          | 781-595-3224                                 | M/W   |
| NE Shelter for Homeless Vets 17 Court St                  | Boston        | 617-248-9400<br>617-371-1800                 | Sober-<br>Military Serv                           |
| Pilgrim Church Shelter 540 Columbia Rd                    | Dorchester    | 617-436-2588<br>617-282-0456                 | M   |
| Pine Street Inn Shelter                                   | Boston        | 617-482-4944<br>617-892-9100                 | M/W   |
| Project Hope Sisters of the Assumption<br>45 Magnolia St. | Boston        | 617-442-1180                                 |   |
| Rosie's Place   | Boston        | 617-442-9322                                 | W   |
| Second Home 9 Codman Park                                 | Roxbury       | 617-427-4244                                 |   |
| Shattuck Shelter 170 Morton St.                           | Jamaica Plain | 617-971-3229<br>617-892-7917<br>617-892-7942 | M/W   |
| Shelter Inc. 109 School St.                               | Cambridge     | 617-547-1885                                 | M/W   |
| Somerville Homeless Coalition Adult Shelter               | Somerville    | 617-623-3534                                 | M/W   |
| Southampton   | Boston        | 617-534-6100                                 | M   |

|   |            |                          |             |
|---|------------|--------------------------|-------------|
| 112 Southampton St<br>14 Chapel St.                         |            |                          |             |
| St. Patrick's Shelter 270 Washington St.                    | Somerville | 617-625-1290             | W           |
| St. Ambrose Family Inn Catholic Charities<br>25 Leonard St. | Dorchester | 617-288-7675             | M/W         |
| United Homes Adult Shelter 540 Columbia Rd                  | Dorchester | 617-265-4515             | M 18+       |
| University Lutheran Shelter 66 Winthrop St.                 | Cambridge  | 617-876-3256<br>Option-5 | M           |
| Wayside Inc. 1323 Broadway                                  | Somerville | 617-776-3377             | Adolescents |
| Women Unit Shelter 363 Albany St.                           | Cambridge  | 617-482-4944             | W           |
| Woods Mullen Shelter 784 Mass. Ave.                         | Boston     | 617-534-7101             | W           |
| Boston Rescue Mission                                       |            | 617-338-9000             |             |

### Family Shelters

|  |               |              |                                       |
|--|---------------|--------------|---------------------------------------|
| Bridge House 24 Baker St.                        | Lynn          | 781-593-3898 | Family shelter                        |
| Children's Services of Roxbury 504 Dudley        | Roxbury       | 617-445-6655 | no head of<br>house-<br>hold under 19 |
| Casa Nueva Vida 63 Glen Rd                       | Jamaica Plain | 617-524-6332 | W&C only                              |
| Crittenton Hastings House 10 Pershire Rd         | Brighton      | 617-782-7600 |                                       |
| Hestia House 200 Trapelo Rd                      | Waltham       | 781-893-6948 | W&C only<br>boys up to 9              |
| Hildebrand Family Self Help Center               | Cambridge     | 617-491-5752 | Families no<br>males over 18          |
| Lifehouse 145 Stoughton St<br>& 654 Columbia Rd. | Dorchester    | 617-265-7700 | families no<br>males over 14          |

|   |            |              |   |
|---|------------|--------------|---|
| Mary's House/Bristol Lodge Fam Shelter<br>62 Church St. | Waltham    | 781-647-9957 | family shelter  |
| Metro Boston Housing Partnership<br>569 Columbus Ave.   | Boston     | 617-859-0400 | family shelter  |
| Millennium House 16 Mayfair St.                         | Roxbury    | 617-438-0081 | Family, no<br>males over 15                               |
| Nazareth House 9 Regent St.                             | Roxbury    | 617-541-0100 | no boys over<br>16, 1<br>family<br>member must<br>be HIV+ |
| Queen of Peace 40 Quincy St.                            | Dorchester | 617-288-4182 | W&C boys<br>under 5                                       |
| Re-Vision House 38 Fabian St.                           | Dorchester | 617-825-8642 | W&C only  |
| Sojourner House 85 Rockland St.                         | Roxbury    | 617-442-0590 | Family shelter  |
| SPIN (Serving People in Need)<br>248 S. Common          | Lynn       | 781-598-9417 |   |
| Temp Home for Women & Children<br>41 New Chardon St.    | Lynn       | 617-720-3611 | W&C only  |
| Tri-City Family Shelter 254 Broadway                    | Malden     | 781-322-9119 | Family shelter  |

## **Men's Sober Houses**

|                     |   |                                |
|---------------------|---|--------------------------------|
| Serenity House      | Mt Vernon St.<br>Malden &<br>Everett          | Anthony: (617) 406-7589        |
| Sober Surroundings  | East Boston<br>Malden<br>Somerville<br>Lowell | (877) 281-0328                 |
| The Chase Community | 270 Union St.<br>Lynn                         | (781) 595-0990<br>M/W          |
| Rise Above          | 110 Eastern Ave<br>Lynn                       | (781) 771-8199                 |
| Fester Reentry      | 117 Eutaw St.<br>East Boston                  | Jodi Fester:<br>(857) 204-5872 |

## **Women's Sober Houses**

|                   |   |                         |
|-------------------|---|-------------------------|
| Women in Recovery | East Boston                                 | Janet: (617) 957-7173   |
| Clean Slate       | Somerville                                  | Marilyn: (781) 838-0463 |
| Rise Above        | 110 Eastern Ave Lynn<br>47 Acorn St. Malden | (781) 771-8199          |

## **Rape & Sexual Assault Resources**

|   |                |
|---|----------------|
| Boston Area Rape Crisis Center            | (617) 492-7273 |
| Beth Israel Rape Crisis Intervention      | (617) 735-3337 |
| Boston City Hospital Victim Care Services | (617) 534-4376 |
| Domestic Violence Ended (DOVE)            | (617) 471-1234 |

|   |                |
|---|----------------|
| Emerge (for teen boys and men who have been abused) | (617) 547-9870 |
| MGH-Haven Program (Domestic Violence)               | (617) 724-0054 |
| Safelink  | (877) 785-2020 |

## **Crisis Resources**

|  |                |
|--|----------------|
| Battered Women's Hotline                 | (617) 661-7203 |
| Boston Police Domestic Violence Unit     | (617) 343-4350 |
| MGH Charlestown (mental health services) | (617) 724-8200 |
| Disabled Abuse                           | 1-800-922-2275 |
| Adults with Disabilities                 | 1-800-726-9009 |
| Elderly Abuse                            | 1-800-922-2275 |
| National Youth Crisis Line               | 1-800-448-4663 |
| Samaritans Suicide                       | (617) 247-0220 |
| Parental Stress Line                     | 1-800-632-8188 |
| Parents Anonymous                        | 1-800-882-1250 |

## **Basic Needs & Benefit Information**

### **Office of Children, Youth and Family Services**

#### **Division(s):**

Department of Transitional Assistance

#### **Local Offices:**

600 Washington St. #4, Boston 617-348-8400

1010 Mass Ave, Roxbury 617-989-2220

300 Ocean Ave, Revere 781-286-7800

**Food Stamp Program:** 1-800-249-2007

### **Department of Children & Family Services**

#### **(Formerly Department of Social Services)**

24 Farnsworth St Boston, 02210

617-748-2373

### **Department of Youth Services Central Office**

27 Wormwood St. Boston, 02210

617-727-7575

### **Office for Refugees and Immigrants**

18 Tremont St.

Boston, 02108

617-727-7888

### **Social Security Administration**

1-800-772-1213

#### **Local Office:**

O'Neill Federal Bldg. Room 148

10 Causeway St. Boston, 02222

**Disability Determination Office**

100 Chauncy St  
Boston, MA 02111

*(If you have already filed an application for disability benefits or if you are a medical provider, you can mail medical information here)*

**Mass Health Customer Service Center & Provider Information**

1-800-841-2900

**Mass Health Enrollment Centers:**

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

**Massachusetts Behavioral Health Partnership**

(Manages mental health and substance abuse services for Mass Health members)  
1-800-495-0086

**W.I.C. Women, Infants, & Children Nutrition Program**

Boston 1-800-942-1007

**Food Pantries**

Boston Housing Authority, 76 Monument St  
Charlestown Harvest on the Vine, 49 Vine Street  
St. Catherine’s Hall, Charlestown, MA 617-242-1750

|  |                                  |
|--|----------------------------------|
| Emergency Medical Services               | 911 state overdose for EMS       |
| Charlestown Recovery House Detox Hotline | (617) 242-2500                   |
| HelpLine MDPH, BSAS                      | 1-800-327-5050                   |
| BPHC - Central Intake Unit               | (617) 534-5554                   |
| The Mayor’s Health Line                  | 1-800-847-0710 or (617) 534-5050 |
| Medicaid/MassHealth                      | 1-800-682-1062 or 1-800-841-2900 |
| Addiction Help Line: Emerson Hosp        | 1-(978) 287-3515                 |



|  |                |
|--|----------------|
| Ask-A-Nurse                            | 1-800-544-2424 |
| Poison Hotline                         | 1-800-222-1222 |
| Parental Stress Hotline                | 1-800-632-8188 |
| Samariteens                            | (617) 247-0220 |
| BEST Team: emergency psychiatry        | 1-800-981-HELP |
| BPD Confidential Drug Activity Hotline | 617 343-4879   |
| Boston Police Department Area A-1      | 617 343-4240   |
| Community Service Office               | 617 343-4627   |
| Boston School Police                   | 617 635-8000   |
| Boston Housing Authority Police        | 617 423-1212   |
| MGH- C'town Health Center              | 617 724-8160   |
| MGH Counseling                         | 617 724-8200   |
| JF Kennedy Family Service Center       | 617-241-8866   |
| Teen Help                              | (800) 673-0701 |
| Families Anonymous                     | (800) 736-9805 |
| Alcoholics Anonymous                   | (617) 426-9444 |
| Narcotics Anonymous                    | (866) 624-3578 |

|   |                         |
|---|-------------------------|
| Al-Anon                                   | (781) 834-5300          |
| Family Support Group - C-Town Court       | (617) 242-1273          |
| Children of Alcoholism & Substance Abuse  | (617) 227-4183          |
| Robert F. Kennedy Children's Action Corp. | Contact Maureen McGlame |

## **Open Meetings in Charlestown**

### **Sundays :**

*10:00AM* DAT club 586 Rutherford Ave. (AA-MEN)

*12:00PM* 586 Rutherford Ave (OPEN-AA)

*7:00PM* A-15 Police Station, 20 Vine St. (OPEN-AA)

### **Mondays:**

*12:00PM* 586 Rutherford Ave (Open-AA)

*7:00PM* St. John's 20 Devens St. (Young People-AA)

*7:00PM* Constitution Inn Navy Yard (WOMEN-AA)

*8:00PM* 586 Rutherford Ave (N.A. Open)

### **Tuesdays:**

*12:00PM* 586 Rutherford Ave. (OPEN-AA)

*7:00PM* 586 Rutherford Ave.(MEN-AA)

*8:00PM* St Johns 20 Devens St (BIG BOOK-AA)

### **Wednesdays:**

*12:00PM* 586 Rutherford Ave. (OPEN-AA)

*5:00PM* 73 High St. (OPEN-AA)

*6:30PM* 586 Rutherford Ave. (BEGINNERS-AA)

*7:00PM* 336 Main St. (WOMEN-AA)

*7:00PM* Teamsters Bldg 544 Main St. (MENS-AA)

*8:00PM* First Church 10 Green St. (DAA)

### **Thursdays:**

*12:00PM* 586 Rutherford Ave (OPEN-AA)

*7:00PM* Kent School 50 Bunker Hill St (SPEAKER-AA)

*7:00PM* 336 Main Street (AL-ANON)

*8:00PM* St. Johns 20 Devon's St. (STEP)

### **Fridays:**

*12:00PM* 586 Rutherford Ave (OPEN-AA)

*7:00PM* 586 Rutherford Ave. (DISCUSSION-AA)

### **Saturdays:**

*10:00AM* MGH-Charlestown Health Center 73 High St (WOMEN-AA)

*12:00PM* 586 Rutherford Ave. (OPEN-AA)

*7:15PM* 586 Rutherford Ave. (OPEN-AA)



# The Charlestown Family Support Circle

*“Our mission is to provide supportive services to Charlestown youth and families that are at risk or in need of support, to ensure all Charlestown youth are able to develop and grow to reach their full potential”*

**The Charlestown Family Support Circle (CFSC)** is a community resource, which provides clinical case management services to at risk youth and their families as well as families who are in need of support. The Family Support Circle Clinician is the central referral point for Charlestown families and residents, who have children and youth between the ages of 7-14 years old. The Family Support Circle Clinician will work with families to determine their needs and then provide families' referrals to appropriate services and treatment. Additionally, the Family Support Clinician will remain with families until they are connected to community resources while also providing a consistent, ongoing, community support. If you are interested in hearing more about this resource or would like to refer a youth or family to the program, please contact the Family Support Circle Clinician at the number below.

**Phenice Zawatsky, LICSW**, and Family Support Circle Clinician, oversees the Charlestown Family Support Circle. The program is designed to identify and intervene with at-risk youth and their families as well as improve the connection among Charlestown service providers to support local youth and families. Phenice comes to Charlestown Substance Abuse Coalition (CSAC) from Youth Villages-Germaine Lawrence Campus in Arlington, where she was a Clinical Supervisor and Family Clinician working with at risk youth, adolescents, young children and their families. She also worked at the Department of Children and Family Services in Los Angeles, CA. She received her Bachelor's in Psychology from the University of Massachusetts, Boston and her Masters in Social Work from the University of Southern California.

## **Overcoming Addiction Groups**

### **Arlington**

ArlingtonOvercomingAddiction.com

### **Cambridge**

CambridgeOvercomingAddiction.com

### **Everett**

EverettOvercomingAddiction@gmail.com

### **Malden**

MaldenOvercomingAddiction.com

### **Medford**

MedfordOvercomingAddiction.com

### **Methuen**

MethuenOvercomingAddiction.com

### **Somerville**

SomervilleOvercomingAddiction@gmail.com

### **Watertown**

WatertownOverComingAddiction.com





*Many thanks to all who helped put this  
valuable community resource together.*

