

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.



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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 617-726-0059

Shannon Lundin, LSWA

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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

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 impatient 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

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 (Community Health Links)	Worchester	(508) 860-1244	
SSTAR	Fall River	(508) 679-5222	none
The CASTLE – Clean And Sober Teens 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 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 Half-day appts. (617) 355-2727	24
Community Care Services:	Taunton Attleboro	(508) 821-7777 (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 (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 Revere Chelsea	(888) 294-7802 (781) 980-9221	none 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 (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 (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 South Shore Mental Health	Lowell Quincy	(978)459-3371 (617) 847-1950
SSTAR	Fall River	(508) 324-7763 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 (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 Option #1	M/F
Lahey Behavioral Health Services	Danvers	(978) 777-2121 Option #1	M/F
Casa Esperanza	Roxbury	(617) 445-7411 Option 5#1	M

CASPAR House I & II	Somerville	(617) 623-5277 (617) 776-6036	M
Channing House	Worcester	(508) 755-8088	M
Charlestown Recovery House	Charlestown	(617)24 2-0088	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 (800) 345-3552	24/7
Andrew House	Shattuck Hospital, 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 (800) 468-4358	24/7
Brattleboro Retreat	Brattleboro VT	(802) 257-7785 (800) RETREAT	24/7
Lahey Behavioral Health Services	Boston	(617) 247-1001 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 (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 (508) 540-6550	24/7
HighPoint Treatment Center, Inc.	Brockton Plymouth	(800) 734-3444 (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 (508) 898- 1570	24/7
SSTAR	Fall River	(508) 324-7763 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	Worchester	(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	Worchester	(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	Worchester	(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 Ex-514	M/F
North Cottage Program	Norton	(508) 285-2701	M

Pathway House, GAAMA, Inc.	Gardner	(978) 632-4574 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 Ex-226	M/F
Shattuck Shelter	Jamaica Plain	(617) 971-3229 (617)288-3906	M/F
South Shore Recovery Home	Quincy	(617) 773-7023	M
Stepping Stone	Fall River	(508) 674-2788 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 (617) 661-9391	W & C
Faith House	Worcester	438-5625 (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 (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 (Room 5 Addictions Services)	Boston	(617) 534-5554
Lahey Behavioral Health Services	Danvers	(978) 777-2121
Community Substance Abuse Centers	Chelsea Woburn	(617) 889-8779 (781) 933-0700
Habit Management – Boston CTC	Boston Brockton Lynn Lawrence	(617) 442-1499 (508) 589-6300 (781) 795-2413 (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) MGH	Boston Charlestown West End	(617) 355-2727 (617) 724-8160 (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 Framingham	978-772-1846 508-935-0746
Amesbury Psychological Center	Amesbury	978-388-5700
Arbour Counseling	Malden Rockland Woburn	781-322-1503 781-871-6550 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 Centerville Falmouth	508-584-5190 800-444-1554 ***
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 Salem	781-592-3058 978-745-8890
NSMHA	Chelsea East Boston Revere	617-889-3300 617-569-3189 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



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
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

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

American Liver Foundation: 800-465-4837 www.liverfoundation.org

ARCH: 781-485-6477 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 316 Huntington Ave	Boston	617-296-1390	3-5 days 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 3 Bigelow Street	Cambridge	617-491-6055	W
Chardon St. Shelter Temp Home of Women & Children 41 New Chardon St	Boston	617-523-2337	W & children
City of Boston Emer. Shelter Commission 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 sober referral by Pine St. 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 617-371-1800	Sober-Military Serv
Pilgrim Church Shelter 540 Columbia Rd	Dorchester	617-436-2588 617-282-0456	M
Pine Street Inn Shelter	Boston	617-482-4944 617-892-9100	M/W
Project Hope Sisters of the Assumption 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 617-892-7917 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 112 Southampton St 14 Chapel St.	Boston	617-534-6100	M
St. Patrick's Shelter 270 Washington St.	Somerville	617-625-1290	W
St. Ambrose Family Inn Catholic Charities 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 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 house- hold under 19
Casa Nueva Vida 63 Glen Rd	Jamaica Plain	617-524-6332	W&C only
Crittenton Hastings House 10 Pershore Rd	Brighton	617-782-7600	
Hestia House 200 Trapelo Rd	Waltham	781-893-6948	W&C only boys up to 9
Hildebrand Family Self Help Center	Cambridge	617-491-5752	Families no males over 18

Lifehouse 145 Stoughton St & 654 Columbia Rd.	Dorchester	617-265-7700	families no males over 14
Mary's House/Bristol Lodge Fam Shelter 62 Church St.	Waltham	781-647-9957	family shelter
Metro Boston Housing Partnership 569 Columbus Ave.	Boston	617-859-0400	family shelter
Millennium House 16 Mayfair St.	Roxbury	617-438-0081	Family, no males over 15
Nazareth House 9 Regent St.	Roxbury	617-541-0100	no boys over 16, 1 family member must be HIV+
Queen of Peace 40 Quincy St.	Dorchester	617-288-4182	W&C boys under 5
Re-Vision House 38 Fabyan St.	Dorchester	617-825-8642	W&C only
Sojourner House 85 Rockland St.	Roxbury	617-442-0590	Family shelter
SPIN (Serving People in Need) 248 S. Common	Lynn	781-598-9417	
Temp Home for Women & Children 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. Malden & Everett	Anthony: (617) 406-7589
Sober Surroundings	East Boston Malden Somerville Lowell	(877) 281-0328
The Chase Community	270 Union St. Lynn	(781) 595-0990 M/W
Rise Above	110 Eastern Ave Lynn	(781) 771-8199
Fester Reentry	117 Eutaw St. East Boston	Jodi Fester: (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 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.*

