

Resources on Substance Use Disorder

Shared by South Shore Peer Recovery and Scituate FACTS

South Shore Peer Recovery

Scituate center and new location in North Weymouth in the South Shore Bank Building. Offer a variety of free supports for family members, and individuals in or seeking recovery. 12- step meetings also acupuncture, meditation, spirituality and opportunities to volunteer and socialize. Find the printable PDF of groups linked at the top of the website! Sign up for Newsletter here: <https://southshorepeerrecovery.org/newsletter/>

Highlights from SSPR:

CRAFT Group – 8 week skills and support for family member who have a loved one reluctant to consider treatment or addressing their problematic use. SO GOOD! Group started May 3rd, a new one will start in the Fall! Anyone in MA can participate in a self-guided video version through www.Alliesinrecovery.net!

Individual Peer Support – free ‘coaching’ program. Work with a trained peer to connect to treatment and support services!

Scituate FACTS

Community based organization focused on youth substance use prevention. An effective coalition model to address problems together. Sign up for newsletter here: <https://www.scituatefacts.org/coalition-newsletter>

Highlights from FACTS:

Guiding Good Choices – 4 week skills group for parents of 9-15 year olds to learn strategies to prevent substance use initiation/problems. All evidence based. Offered throughout the year, and non-residents are welcome to participate.

Community Meetings – open to all, learn more about our strategies. Next one is June 5th at 6:30 pm at Scituate Town Library.

Getting Help for adolescents/young adults:

South Shore Peer Recovery can be helpful, but almost always recommend starting with a comprehensive evaluation by a provider with specialty in youth addiction (not a generalist because effective early intervention is paramount).

Link to SS resource sheet at the top of “Get Help” page: <https://www.scituatefacts.org/gethelp>

Fentanyl: Excellent videos and talking points from A Song for Charlie organization
- <https://www.thenewdrugtalk.org/>

Organized some more resources here: <https://www.scituatefacts.org/fentanyl>

Recovery Research Institute:

Based out of MGH, learn more about the science of recovery and how most people do recover!
Sign up for their “Bulletin” at the bottom of the page <https://www.recoveryanswers.org/>.