

Substance Use

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The [Massachusetts Substance Use Helpline](#) is a statewide, public resource for finding substance use treatment and recovery services. Helpline services are free and confidential. Trained specialists will help you understand the treatment system and your options. Call **1-800-327-5050** (8am - 10pm Mon-Fri; 8am - 6pm weekends).

Virtual Support Groups and Hotlines

RESOURCE TYPE	LINKS AND INFORMATION
Virtual Recovery Support Groups	<p>Alcoholics Anonymous Intergroup – Supports individuals in their recovery from alcoholism</p> <p>Cocaine Anonymous – Supports individuals in their recovery from cocaine and other mind-altering substances</p> <p>In The Rooms - Hosts video meetings for Alcoholics Anonymous, Narcotics Anonymous, and many other recovery fellowships</p> <p>LifeRing Secular Recovery – Emphasizes the positive, practical present-day and embraces what works for each individual</p> <p>Marijuana Anonymous – Supports individuals in their recovery from marijuana addiction</p> <p>Narcotics Anonymous (New England Chapter) - Supports individuals in their recovery from narcotics</p> <p>Recovery Dharma – Leverages meditation, Buddhist teachings, and support on the path to sobriety and peace</p> <p>SMART Recovery - Teaches methods designed to empower change and a healthy lifestyle</p> <p>The Massachusetts Organization for Addiction Recovery (MOAR) and the Substance Abuse and Mental Health Services Administration (SAMHSA) both maintain a lists of virtual recovery support meetings.</p>
Mobile Apps for Recovery	<p>Connections – a free smartphone app built to support individuals in recovery</p> <p>Recovery Path – a free smartphone app for people in recovery that allows for in-app connection with healthcare providers and care teams, sponsors and mentors, and family and friends</p> <p>Sober Grid – a mobile sober community with a free personalized resource for tracking and sharing progress with others in the community</p> <p>For additional mobile app ideas, visit the Grayken Center for Addiction at Boston Medical Center</p>

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RESOURCE TYPE	LINKS AND INFORMATION
National Helplines	<p>SAMHSA's National Helpline Specializes in referrals to treatment and offers information 1-800-662-4357 (<i>talk</i>, 24/7) 1-800-487-4889 (TTY)</p> <p>Disaster Distress Helpline Specializes in crisis counseling and support 1-800-985-5990 (<i>talk</i>, 24/7) Text TalkWithUs to 66746</p>
Support for Parents, Caregivers, Friends, and Families	<p>Al-Anon Family Groups – Supports friends and family members of individuals who have an alcohol use condition</p> <p>Herren Project – Supports loved ones of individuals with a substance use condition; groups are led by licensed clinicians</p> <p>Learn to Cope – Offers peer support for parents and family members of loved ones with opioid use conditions</p> <p>Partnership for Drug-Free Kids - Helpline specialists and specially trained parent coaches offer resources and online support</p> <p>SMART Recovery Family – Provides significant others with coping strategies and tools to support their loved one</p>

Additional Tips and Resources

TOPIC	LINKS AND INFORMATION
Resources for Individuals in Recovery during COVID-19	<p>The Yale Program in Addiction Medicine has released guidance for patients engaged in substance use treatment.</p> <p>Massachusetts Substance Use Helpline has information on Social Distancing and Implications for Active Recovery from Addiction.</p> <p>The Massachusetts Organization for Addiction Recovery (MOAR) has compiled a list of resources for the recovery community during the COVID-19 response.</p> <p>Boston Medical Center's Grayken Center for Addiction has curated COVID-19 recovery resources including virtual support groups, recovery apps, and family support meetings.</p> <p>The Shatterproof Foundation has a blog post on coping with COVID-19 and social distancing as a person in long-term recovery.</p> <p>Free support and virtual exercise classes are available through The Phoenix.</p>

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TOPIC	INFORMATION AND RESOURCE LINKS
Harm Reduction	<p>Yale's COVID-19 Harm Reduction Guidance gives information on steps to take to protect yourself during the COVID-19 response.</p> <p>The Harm Reduction Coalition also offers tips for safer drug use during COVID-19.</p> <p>Information on overdose prevention and naloxone is available from the Massachusetts Substance Use Helpline.</p>
For Veterans	<p>Make the Connection has a collection of videos of Veterans talking about their personal experiences with problems with drugs and problems with alcohol.</p> <p>The VA also has a page that lists many options for substance use treatment programs, services, and resources available to veterans.</p>

FAQs

I want to start medication assisted treatment for opioid use. Is that possible during the COVID-19 response?

Yes! Call the [Massachusetts Substance Use Helpline](#) at 800-327-5050 for help starting treatment.

Massachusetts has released [guidance that allows the use of telemedicine \(video or phone\) technology](#) in place of in-person medical evaluation for new prescriptions of buprenorphine and other controlled substances. Additional state [guidance requires Opioid Treatment Programs \(OTPs\) to continue admitting new patients](#) during the COVID-19 response.

I'm already engaged in treatment with an Opioid Treatment Program (OTP). How can I continue treatment during COVID-19?

Massachusetts has issued [guidance to help support people getting treatment at OTPs](#) during this time by expanding the availability of Take Home doses. All patients at OTPs with Take Home doses must have a lockable container and written instructions on protecting their medication from theft and exposure to children or animals. Individuals who are unable to physically travel to the OTP may designate someone else to pick up their medication for them. Please contact your provider for more information.

My provider's offices are closed, or I would rather not go in person. How can I get care during this time?

While the state is in the process of reopening, many providers are still available to provide services using telehealth. Contact your health care provider to discuss the phone or video options available for your needs. If you are not currently seeing a provider, call the MA Substance Use Helpline (1-800-327-5050) or [find a provider with available openings here](#).

Most insurers, MassHealth, and the Group Insurance Commission are covering medically necessary telehealth services (including telephone and live video) from in-network providers. To understand your health insurance benefits and any changes related to COVID-19, please contact your health plan. Click [here to read the Governor's order related to telehealth coverage](#) and [here to read the MassHealth All Provider Bulletin](#) related to telehealth coverage. MassHealth will continue to offer enhanced access to telehealth for its members [at least through December 31, 2020](#). If you are concerned about your ability to access the Internet, please see the "Information on Internet and Insurance" resources section for information about free and low-cost options.

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I heard that there will some changes to group treatment and day treatment programs as part of Phase 3 Reopening. What do I need to know?

In Phase 3, in-person group behavioral health treatment may resume, and six feet of separation is required between all people (both participants and staff). The Governor recommends that telehealth and individual therapy be prioritized over group therapy when clinically appropriate.

Day programs such as DMH Clubhouse Services, Independent Living Centers, Intensive Outpatient Programs (IOPs), Psychiatric Day Treatment Programs, Psychiatric Partial Hospital Programs, Recovery Learning Communities (RLCs), and Structured Outpatient Addiction Programs (SOAP), may also resume in-person services during Phase 3.

[Click here to read slides](#) on Health and Human Services' reopening approach.

Providers must engage individuals and their families with a Risk/Benefit Discussion Tool to determine if the benefits of returning to the program outweigh the risks. Services will operate at reduced capacity and modified scheduling to allow for proper social distancing and infection control.

Information on Insurance and Internet

TOPIC	RESOURCE LINKS
Insurance Information	MassHealth Massachusetts Health Connector Group Insurance Commission Private Insurance: please visit your insurer's website
Telephone and Internet Connectivity	Options for free or low-cost wireless and WiFi are listed here. Here is additional information about how broadband and telephone providers are responding during COVID-19.