

Naloxone Overdose Reversal

In an emergency, where can I access Narcan for overdose reversal?

Call 911, the Reading Fire Department administers Naloxone in the event of an opioid overdose.

Will I get in trouble if I call 911? Mass passed the Good Samaritan law to protect those calling for help in an emergency.

<http://www.moarrecovery.org/>

What if I have a loved one that could overdose in the future? Go to a pilot Narcan site to get training and a Narcan kit at

<http://odprevention.org/for-family-friends/getting-narcan/> OR

Attend a Learn 2 Cope meeting to get training and a reversal kit at

<http://www.learn2cope.org/>

What can I do if I have a loved one/friend that's addicted to opioids? There are 12 step fellowships that are available and welcome friends/family at <http://www.nar-anon.org/naranon/taxonomy/term/50>

What is Naloxone aka Narcan? A drug used to counter the effects of opioid overdose, such as heroin.

Drug Testing*

Reading Health Center: *ON* site urine collection (unsupervised)

Call for instructions at 781-944-6644

20 Pond Meadow Drive, Reading, MA

*More testing sites listed@

www.edline.net/pages/ReadingPublicSchools/Community/RCASA

Post-Treatment High School (Substance Abuse and Dual Diagnosis)

Northshore Recovery High School www.nsedu.org/page14.html

Info for Parents/Families

U.S. Substance Abuse & Mental Health Services News

<http://www.samhsa.gov/>

National Families in Action

www.nationalfamilies.org/find-treatment.html

The Partnership at Drug Free

www.timetotalk.org or <http://www.drugfree.org>

The Partnership For A Drug Free America www.justthinktwice.com

National Institute on Drug Abuse www.drugabuse.gov

National Alliance on Mental Health www.namimass.org



**Reading
Coalition
Against
Substance
Abuse**

Helpful Substance Abuse Resources for Youth & Families

Not sure where to start?

Julianne DeAngelis, CADC-II, LADC-I
RCASA Outreach Coordinator
Reading Police Department
15 Union St, 2nd floor, Reading
(781) 942-6756

jdeangelis@ci.reading.ma.us

or

Sara M. Burd, MS, RDT

District Leader of Social Emotional Learning

Office of Learning and Teaching

Reading Public Schools

62 Oakland Rd, Reading

(781) 670-2851

sara.burd@reading.k12.ma.us

These resources can also be accessed at

www.edline.net/pages/ReadingPublicSchools/Community/RCASA

Insurance eligibility

Health Care For All: www.hcfama.org, 617-350-7279
Most insurers provide a phone number on the back of the membership card to get more information on which behavioral health services/programs are allowed.

State Hotline

Call 1-800-327-5050 or visit MA Substance Abuse Education and Information Helpline
<http://www.helpline-online.com/>

Outpatient Counseling (local area)

- Riverside Outpatient Center (mental health counseling services)- Wakefield, 781-246-2010, www.riversidecc.org
 - Hallmark Health (Community Counseling Services)- Melrose/Medford/Malden, 781-979-3315, <http://www.hallmarkhealth.org/Behavioral-Health/Psychiatric-Services.html>
 - Arbour Counseling- Woburn/Malden, 781-322-1503, www.arbourhealth.com/counseling.htm
 - Lahey Health Behavioral Services- 1-978-968-1700, www.nebhealth.org
 - South Bay Mental Health- Malden/N. Reading locations, Liz Yoder, 1-978-542-1951, <http://www.southbaymentalhealth.com>
 - Psychological Care Associates- Stoneham 781-646-0500, www.psychologicalcareassociates.org
 - Riverway Counseling Associates- Medford, 781-395-1560, www.riverwaycounseling.net
 - Counseling Services of Greater Boston, Wakefield, 781-916-9591 ext. 102, www.csqboston.com
 - CASPAR- Somerville, 617-628-3850, www.casparinc.org
 - Team Coordinating Agency, Inc.- Wilmington, 978-694-9997, www.teamca.net
 - Right-Turn-Arlington, MA, 781-646-3800, www.right-turn.org (including adolescent assessments)
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Substance Abuse and Dual Diagnosis Interventionists

- Association of Intervention Specialists
www.associationofinterventionspecialists.org
 - Woody Geissmann, Arlington, MA, 781-646-3800
www.right-turn.org
 - Danny Lynch, Norwell, MA, 781-878-9809
www.lynchwellness.com
 - Robert Montgomery, Woburn, MA, 781-938-1138
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Local Support Groups

- Al-Anon/Alateen- For friends & family (anonymity is the spiritual foundation of our program). Meetings are free on Sundays, 4 pm @ Reading Police station. For info, call (508) 366-0556 or ldcofma@aol.com
 - Families Anonymous- Medford, 800-736-9805, www.familiesanonymous.org
 - Learn to Cope- For parents and family, www.learn2cope.org
 - Parents Helping Parents, Parents Anonymous, and Parental Stress Line- 800-632-8188, www.parentshelpingparents.org
 - AA Young People Meetings- Meetings at St. Charles in Woburn (Sat-12 noon) and First Baptist in Stoneham (Fri.-8 pm), www.aaboston.org
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Substance Abuse & Mental Health Treatment

The following 2 sites allow you to search by city, state and region for treatment programs.

- Substance Abuse Treatment Locator, www.findtreatment.samhsa.gov/ or call SAMHSA's 24-Hour Toll-Free Treatment Referral Helpline at 1-800-662-HELP (1-800-662-4357).
 - Mental Health Services Locator www.mentalhealth.samhsa.gov/databases
 - Dept. of Health and Human Services/info and treatment finder: www.mentalhealth.gov
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In-Patient Substance Abuse and Mental Health Services

Some units may not have adolescent beds, please ask when calling or work with your primary care provider or counselor to access detox or in-patient behavioral health resources.

- Children's Hospital Adolescent Substance Abuse Program-617-355-2727, www.childrenshospital.org
 - Whidden Hospital-Everett, 617-591-4227, www.challiance.org/whidden
 - McLean Hospital-Belmont, 617-855-2000, www.mclean.harvard.edu
 - Bournwood-Brookline, 800-468-4358, www.bournwood.com
 - Baldpate- Georgetown, 978-352-2131 (requires crisis team evaluation prior to admission)
 - Adcare Health System- 1-800-ALCOHOL www.adcare.com
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Other types of treatment:

Executive Home Detox- 1-888-933-8699,
www.executivehomedetox.com/