

HELPFUL RESOURCES for Substance Use Disorders

Finding Substance Abuse & Mental Health Treatment

Massachusetts Substance Abuse Education & Info Helpline
M-F 8am-10pm, Sat/Sun 9am-5pm • 800-327-5050
www.helpline-online.com

Substance Abuse & Mental Health Treatment (SAMHSA)
24-Hour Treatment Referral Helpline • 800-662-4357
www.findtreatment.samhsa.gov

Mental Health Services Locator
www.mentalhealth.samhsa.gov/databases

U.S. Dept. of Health and Human Services Info & Treatment Finder
www.mentalhealth.gov

Local Outpatient Counseling

Riverside Outpatient Center Wakefield • 781-246-2010
www.riversidecc.org

Counseling Associates • Medford • 781-395-1560
www.riverwaycounseling.net

Hallmark Health • Melrose–Medford–Malden • 781-979-3315
www.hallmarkhealth.org/Behavioral-Health/Psychiatric-Services

Counseling Services of Greater Boston • Wakefield • 781-916-9591x102
www.csqboston.com

Arbour Counseling • Woburn–Malden • 781-322-1503
www.arbourhealth.com/counseling

CASPAR • Somerville • 617-628-3850
www.casparinc.org

Lahey Health Behavioral Services • 978-968-1700
www.nebhealth.org

Team Coordinating Agency, Inc. • Wilmington • 978-694-9997
www.teamca.net

Psychological Care Associates • Stoneham • 781-646-0500
www.psychologicalcareassociates.org-Riverway

Right-Turn • Arlington • 781-646-3800 (adolescent assessments)
www.right-turn.org

The Guidance Center Outpatient Services
Somerville • 617.284.5130 • Intake Line: 617.284.5131
www.guidancctr.org

South Bay Mental Health • Malden–N. Reading • Liz Yoder
978-542-1951
www.southbaymentalhealth.com

Substance Abuse & Dual Diagnosis Interventionists

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

Substance Misuse & Mental Health Support

Institute for Health & Recovery
The SAFE Project works with young people ages 13–24, and their families who are experiencing legal, medical, emotional, or personal problems as a result of substance use.
617-661-3991 • www.healthrecovery.org/projects/safe-project

Most insurers provide a phone number on the back of the membership card to get more info on which behavioral health services are allowed.

Or use the resource below to learn more...

Health Care For All • www.hcfama.org • 617-350-7279



**Reading
Coalition
Against
Substance
Abuse**

Not sure where to start?

Julianne DeAngelis, CADC-II, LADC-I
RCASA Outreach Coordinator
Reading Coalition Against Substance Abuse
781-942-6756 • jdeangelis@ci.reading.ma.us

Erica McNamara, MPH, CPS
RCASA Director
Reading Coalition Against Substance Abuse
781.942.6793 • emcnamara@ci.reading.ma.us

Sara M. Burd, MS, RDT
District Leader of Social Emotional Learning
Reading Public Schools
781-670-2851 • sara.burd@reading.k12.ma.us

FAQS ABOUT NALOXONE OVERDOSE REVERSAL

1. **What is Naloxone aka Narcan?** A drug used to counter the effects of opioid overdose, such as heroin.
2. **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.
3. **Will I get in trouble if I call 911?** Massachusetts passed the Good Samaritan law to protect those calling for help in an emergency. www.moarrecovery.org
4. **What if I have a loved one that could overdose in the future?** Visit a Walgreen's Pharmacy (covered by insurance, no Rx needed) to get a Narcan kit, go to a pilot Narcan site to get training and a kit at www.odprevention.org OR Attend a Learn 2 Cope meeting to get training and a reversal kit at www.learn2cope.org
5. **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 www.nar-anon.org

These resources can also be accessed @
<http://bit.ly/rcasa>

In-Patient Substance Abuse & Mental Health Services

Please ask when calling or work with your primary care provider or counselor to access detox or in-patient behavioral health resources (some units may not have adolescent beds)

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

Bournewood • Brookline • 800-468-4358 • www.bournewood.com

Baldpate- Georgetown • 978-352-2131 (requires crisis team evaluation prior to admission)

Adcare Health System • 1-800-ALCOHOL www.adcare.com

Home-based Treatment

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

Local Support Groups

Al-Anon/Alateen- For friends & family (anonymity is the spiritual foundation of our program). Meetings are free. Learn more @ 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 • Parental Stress Line • 800-632-8188 • www.parentshelpingparents.org

AA Young People Meetings @ St. Charles in Woburn (Sat-12 noon) & First Baptist in Stoneham (Fri.-8 pm) • www.aaboston.org

INFO FOR PARENTS & FAMILIES

U.S. Substance Abuse & Mental Health Services News www.samhsa.gov • National Families in Action www.nationalfamilies.org • Partnership for Drug Free Kids www.drugfree.org • National Institute on Drug Abuse www.drugabuse.gov • National Alliance on Mental Health www.namimass.org

Drug Testing
Reading Health Center • 781-944-6644
More testing sites listed @ <http://bit.ly/rcasa>



Post-Treatment High School
Substance Abuse & Dual Diagnosis
Northshore Recovery High School • www.nsedu.org