

## Treatment for Adults

### FAMILY INTERVENTION PROGRAMS

**Adcare Hospital**, Karen MacDonald, 508-873-2385

**Gosnold on Cape Cod**, 774-313-0662

**Lynch Wellness Professional Group**, Norwell, Dan Lynch, 781-878-7111

### COURT-MANDATED TREATMENT - "Section 35"

Family members may civilly commit an unwilling loved one to treatment when certain criteria are met. For more information on the Section 35 process, contact the Court Clinician at the District Court serving the residence of your loved one (Hingham, Plymouth, Brockton or Quincy).

### ADULT TREATMENT- DETOX/Acute Treatment Services (ATS)

Find below a *partial list* of state- licensed treatment providers in our area. Treatment options may include Medication-Assistance. Different levels of care available. Call to confirm services. A full, searchable state list is available on [www.helplinema.org](http://www.helplinema.org), and same-day updates are available by calling the Helpline at 800 327-5050.

**Andrew House** – Detox & Dual Diagnosis, Stoughton, 781 232-5506 or 781 232-5501

**Gosnold** – Services vary by location including Falmouth, Stoughton, 508 540- 6550

**High Point Treatment Center** – Brockton, 508-436-2011

**High Point Treatment Center** –Plymouth (Dual Diagnosis) 508-224-7701

**Phoenix House** – Quincy, 617-934-1136, Detox and CSS

**Spectrum Men's Detox and CSS**, Weymouth, 781 331-3709; and Westborough

Women's 508-898-1570

### OUTPATIENT & IOP

**Arbour Counseling** Norwell 781 871-6550

**Bay State Community Services** Quincy 617 471-8400

**Gosnold** Stoughton and other locations, 508 540- 6550

**South Bay Mental Health** Brockton and other locations, 508-580-4691

### MEDICATION-ASSISTED TREATMENT

Available through a variety of providers including Clean Slate in Plymouth and Spectrum in Weymouth. You may search for providers by zip code at: [Suboxone.com](http://Suboxone.com). Vivitrol available through some primary care physicians, as well as Gosnold, Nova Psychiatric in Quincy (781 479-4545), South Shore Wellness and Renewal in Weymouth (891 812-2701), others.

### ADULT STEP-DOWN (post-detox) -

#### CLINICAL STABILIZATION SERVICE (CSS) & Transitional Support (TSS)

**High Point Treatment Center** (CSS) Brockton, 800-734-3444; [www.hptc.org](http://www.hptc.org)

**Phoenix House** (Detox & CSS) – Quincy, 617-934-1136

**Spectrum** Weymouth (Men's CSS) 781 331-3709; Westborough (Women's CSS) 508-898-1570; [www.spectrumhealthsystems.org](http://www.spectrumhealthsystems.org)

**New Hope** Transitional Support Service (TSS), Weymouth, 617-878-2550  
[www.baycove.org](http://www.baycove.org)

### ADULT RECOVERY HOMES

Search listing of Certified Sober Homes <https://mashsoberhousing.org>

## Treatment for Adolescents and Young Adults

The ideal starting point for determining the appropriate course of treatment is a **Comprehensive Assessment** by a specialist. The following youth programs offer assessment, treatment, and case management for families:

**ARMS Program at MGH - Addiction Recovery Management Service, Boston** (for ages 14-26)

617 643-4699

[www.addictionanswers.com](http://www.addictionanswers.com)

**ASAP at Children's - Adolescent Substance Abuse Program, Boston**

617 355-2727

<http://www.childrenshospital.org>

**Catalyst Clinic at Boston Medical Center, Boston**

New clinic provides access to a wide range of services including primary care, behavioral health, and support resources for patients up to age 25 and families. Primary care doctor must be at BMC.

617 414-6655

<https://www.bmc.org/catalyst-clinic>

**McLean Hospital, Belmont**

Intake 617-855-3505

The assessing clinician from any of the programs listed above will provide the treatment directly, or make referrals to the appropriate level of care.

Families may also make direct referrals to state-licensed providers of ADOLESCENT DETOX AND STABILIZATION; ADOLESCENT RESIDENTIAL/INPATIENT TREATMENT PROGRAMS; OUTPATIENT/COMMUNITY-BASED levels of care, and ADOLESCENT/YOUNG ADULT RECOVERY HOMES:

**Youth Central Intake & Care Coordination**

Confidential information and direct referrals to state programs.

617 661-3991, 866-705-2807

There are many out-of-state providers that accept private insurance or private-payment for adolescents and young adults. Please check with an addiction counselor for additional options.

#### **Do you have a loved one that is using alcohol or drugs?**

Family members can learn skills that are proven to reduce their loved one's substance use, improve their own well-being, and over time, help their loved one begin treatment. It's called the CRAFT Approach. An online training platform is available through Allies in Recovery. Use your Massachusetts zip code to create a free private account at:

[www.alliesinrecovery.net](http://www.alliesinrecovery.net)

## ONGOING SUPPORT RESOURCES

**ALCOHOLICS ANONYMOUS:** 12 -Step peer support programs for addiction to alcohol or drugs. [www.aaboston.org](http://www.aaboston.org); **NARCOTICS ANONYMOUS:** [www.nerna.org](http://www.nerna.org)  
A new **AlaTeen Meeting** started in Fall 2017! Sundays, 7:00-8:00pm at Glastonury Abbey in Hingham. Current participants' age range is 13-17, all welcome. Please check details here: [www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)

### **GOSNOLD REACHING OUT FAMILY MEETING**

Substance use affects the whole family unit. Free education and support for family members and concerned significant others to understand addiction, treatment options, and stages of recovery. Small group meetings are facilitated by a clinician from Gosnold. **Sundays from 11:00am-12:30pm** at The Scituate Senior Center, 27 Brook Street, Scituate, MA 02066. Park in rear/First Parish Rd. All towns are welcome.

**LEARN TO COPE** - Peer support for families affected by opiates, alcohol and other substances. Weekly meetings are led by parents and/or young people in recovery from addiction. Free confidential Narcan training available at all meetings. Join 24-hour message board at [www.learn2cope.org](http://www.learn2cope.org). **Thursday nights in Hanover, 7:00-8:30 pm.** South Shore Vocational Technical High School, 476 Webster Street, meeting is in the Brass Lantern Restaurant.

**ADDICT IN THE FAMILY** - Educational support group for families living with a loved one's addiction, which is facilitated by individuals in recovery, often alumni of The Plymouth House 12-Step Retreat. Participants may ask questions, and gain fellowship with other families. **Thursday nights in Duxbury, 6:30-7:30pm.** Miramar Retreat Center, 121 Parks Street, Duxbury.

**AdCare Family Services Information and Support Group** - Open to anyone concerned about a family member or friend's use of alcohol or drugs. **6:00pm. 1st and 3rd Thursday of the month** at the Quincy Outpatient Office, 1419 Hancock Street, Suite 201.

**RECOVERY HIGH SCHOOL** - INDEPENDENCE ACADEMY, 460-R Belmont Street, Brockton. Students may be eligible to attend this free, public recovery high school. 508 510-4091. Contact Ryan Morgan, Principal: [rmorgan@nrcollab.org](mailto:rmorgan@nrcollab.org); <http://iarecoveryhs.org/>

**OPIOID OVERDOSE PREVENTION** - Nasal Narcan is saving lives by reversing opioid overdoses. To obtain free nasal Narcan and learn how you can save the life of a family member or friend, 1) attend a Learn to Cope meeting, or 2) contact Manet Community Health Centers 857-939-4108. Narcan is also available to potential bystanders without a prescription at all RiteAid, Walgreen's & CVS Pharmacies in Massachusetts, as well as Health Mart pharmacies in Hingham, Hull, and North Scituate. It is recommended to call ahead for the standing-order prescription option.

**South Shore Peer Recovery** Peer-to-peer recovery support organization. Help for families and individuals seeking and sustaining recovery. Free support groups, acupuncture, meditation and Drop In treatment help at 50 Cole Parkway 2<sup>nd</sup> floor, Scituate Harbor. 781-378-0453; Visit [www.southshorepeerrecovery.com](http://www.southshorepeerrecovery.com) to sign up for emails.



## Substance Use Treatment Providers on the South Shore

Contact any of the following  
services for assistance navigating resources:

### **Massachusetts Substance Abuse Helpline**

The MA Bureau of Substance Abuse Services helpline can help anyone access detox and other licensed treatment in Massachusetts. Services are available Monday through Friday, 8:00 am to 10:00 pm, Saturday and Sunday from 9:00 am to 5:00 pm.

[www.helplinema.org](http://www.helplinema.org)  
800 327-5050

### **Individual Counseling Referrals**

Residents of Scituate have access to a free mental health match service. Contact Interface to find an outpatient provider for adults, children and families. William James Interface Referral Service  
888 244-6843 x1411

### **Scituate Drop In Center**

The South Shore Peer Recovery office in Scituate Harbor hosts a Drop In Center every Saturday from 9:00am-12:00pm. Friends, family members, and individuals from all communities are welcome to meet with a trained Peer Support Specialist or professional treatment provider regarding treatment, insurance, sober housing, recovery supports, or any questions related to substance use disorders. On the first Saturday of each month, a Health Promotion Advocate from Manet Community Health will be on hand for opioid overdose prevention training and naloxone kits. All services are free and confidential. South Shore Peer Recovery, 50 Cole Parkway, 2<sup>nd</sup> floor, Scituate Harbor.

**Every Saturday from 9:00am – 12:00pm**  
[www.southshorepeerrecovery.com](http://www.southshorepeerrecovery.com)  
781 378-0453