

Treatment Resources for Substance Use Disorders

The treatment of substance use disorders can be very complex; there are many levels of care and the treatment network can be challenging to navigate. Substance use disorders are chronic and require long term treatment and a continuum of care. There is no one treatment that is ideal for everyone; treatment must be individualized to the person's specific needs and will often include involvement in additional services to support other challenges that they face, such as services for mental health issues, vocational needs, housing needs, medical care, and legal concerns. Below is a list of some local treatment programs in Essex County and the greater Boston area. This is not intended to be a comprehensive list of all programs. For additional resources, you may contact:

- Massachusetts 24/7 Helpline:
 - <http://www.mass.gov/eohhs/gov/departments/dph/programs/substance-abuse/>
 - Or call (800) 327-5050
 - TTY Users (800) 720-3480

- Treatment Locator: <http://helpline-online.com/>
 - This is a web based treatment locator, including types of services by location
 - Select "Find a Treatment Center", then
 - Select a Service Category
 - Select One or More Services
 - Choose Area Search Type
 - Click Search

- Learn to Cope: <http://learn2cope.org/>
 - This is a support network that offers education, resources, peer support, and hope to parents and family members coping with a loved one addicted to opiates or other drugs. Also included is the provision of information on overdose, overdose prevention, and opioid overdose reversal training on the use of nasal naloxone.
 - Peer to Peer Parent Support Group Every Thursday, 7-8:30pm, Salem Hospital, Davenport Conference Room 102A. Cost: Free
 - Visit website for list of additional resources.

THE FOLLOWING INFORMATION IS CURRENT AS OF MARCH 2015

Levels of Care and Local Resources for Substance Use Disorders

OUTPATIENT TREATMENT – Outpatient treatment is provided in an office setting by professionals specializing in substance use disorders that includes assessment, participation in regularly scheduled individual, group, or family therapy, often in conjunction with participation in self-help groups. Services are typically available to individuals who are dealing with co-occurring substance use and mental health disorders.

1. **Project COPE, an affiliate of Bridgewell** - www.bridgewell.org
66 Silsbee St., Lynn, MA
Phone: (781) 581-9270, ext. 4107 for receptionist
2. **Eliot Community Human Services** - www.eliotchs.org
95 Pleasant St., Lynn, MA
Phone: (781) 581-4460
3. **South Bay Mental Health – Lynn** - www.southbaymentalhealth.com
181 Union St., Suite J, Lynn, MA
Phone: (781) 244-1950
4. **South Bay Mental Health – Salem** - www.southbaymentalhealth.com
35 Congress St., Suite 214, Salem, MA
Phone: (978) 542-1951
5. **Lahey Health Behavioral Services** - www.lchealth.org
800 Cummings Center, Suite 266T, Beverly, MA
Phone: (978) 921-1190
6. **North Shore Medical Center Salem Hospital** – www.nsmc.partners.org
81 Highland Ave., Salem
(978) 354-4550

INTENSIVE OUTPATIENT TREATMENT - Intensive outpatient services (including partial hospitalization programs) are provided by professionals specializing in substance use disorders and include regularly scheduled sessions in a structured program with a minimum of 9 treatment hours per week. Day and evening programs are available. This level of care is typically recommended for individuals who have a higher likelihood of relapse without close monitoring and support who may lack a supportive environment, but are able to manage their recovery with enhanced structure and support

1. **Lahey Health Behavioral Services** - www.lchealth.org
800 Cummings Center, Suite 266T, Beverly, MA
Phone: (978) 921-1190
2. **Bayridge Hospital Partial Hospitalization Program** (for individuals with co-occurring psychiatric diagnoses and substance use disorders)
60 Granite St., Lynn, MA
Phone: (781) 599-9200

MEDICATION ASSISTED OPIOID TREATMENT (METHADONE, SUBOXONE, AND VIVITROL) -

Methadone and Suboxone treatment is generally provided in outpatient settings and includes both dosing monitored by medical personnel, regular drug testing, and behavioral health care. Vivitrol is a once monthly injection used to reduce cravings associated with alcohol and opiate addiction. It is most effectively provided in conjunction with behavioral health services

Methadone

- 1. Habit OPCO – Lynn - www.habitopco.com**
11 Circle Avenue, Lynn, MA
Phone: (781) 595-2413
- 2. Lahey Health Behavioral Services - www.lchealth.org**
111 Middleton Road, Danvers, MA
Phone: (800) 323-2224
- 3. Community Substance Abuse Centers (CSAC)**
172 Newbury St., Peabody, MA
Phone: (978) 535-9190
- 4. Spectrum Health Systems - www.spectrumhealthsystems.org**
184 Broadway, Suites 17 & 18, Saugus, MA
Intake: (800) 464-9555, ext. 1161

Suboxone

- 1. Lynn Community Health Center (also Vivitrol) - www.lchcnet.org**
280 Union St., 2nd floor, Lynn, MA
Phone: (781) 780-4984
- 2. Salem Family Health Center (also Vivitrol) - www.nschi.org**
47 Congress St., Salem, MA
Phone: (978) 744-8388
- 3. North Shore Medical Center Salem Hospital – www.nsmc.partners.org**
81 Highland Ave., Salem
(978) 354-4550
- 4. Peabody Family Health Center (also Vivitrol) - www.nschi.org**
89 Foster St., Peabody, MA
Phone: (978) 532-4903

Vivitrol

- 1. Psychiatric Associates of Lynn**
170 Oxford St., Lynn, MA
(781) 268-2200
- 2. HKD Treatment Options – info@hkdreatmentoptions.com**
84 Highland Ave., Salem
Phone: (978) 744-2999

DETOXIFICATION PROGRAMS – Detox programs last anywhere from 3-7 days. Detox centers provide care to minimize physical withdrawal symptoms and to keep individuals safe while stopping alcohol or other drug use. Programs offer different detox medications and ideally will incorporate counseling and group therapy during detox to help with the psychological distress that the individual may experience as well. These programs will also work with people to find post-detox treatment programs or to create a follow up treatment plan. Detox only removes the drug from someone’s system and is not “treatment” for a substance use disorder or mental illness. Detox may also be provided on an outpatient basis

- 1. Lahey Health Behavioral Services – Danvers Treatment Center** – www.lchealth.org
111 Middleton Road, Danvers, MA
Phone: (978) 777-2121
- 2. Lahey Health Behavioral Services – Tewksbury Treatment Center** - www.lchealth.org
365 East St., Tewksbury, MA
Phone: (978) 259-7000
- 3. Lahey Health Behavioral Services – Boston Treatment Center** - www.lchealth.org
784 Rear Massachusetts Ave., Boston, MA
Phone: (800) 763-5363
- 4. Dimock Detox** - www.dimock.org
41 Dimock St., Roxbury, MA
Phone: (617) 442-9661

POST DETOX OR TRANSITIONAL SUPPORT SERVICES (TSS) – Formerly referred to as “holding programs”, post-detox or transitional programs are *for individuals who have completed a detox*. They are short-term residential programs that accept people from detox facilities. Caseworkers make referrals to other programs such as halfway houses and assist residents in getting to interviews for placement at other programs. Also referred to as stabilization, the goals of the programs are to provide short-term clinical and support services, maximizing the potential for successful recovery, and providing the client with an understanding and acceptance of the need for continued treatment to prevent relapse.

- 1. Lynn Transitional Support Services** - www.lchealth.org
100-110 Green St., Lynn, MA
Phone: (781) 593-9434
- 2. Tewksbury Transitions (Men only)** - www.lchealth.org
365 East St., Tewksbury, MA
Phone: (978) 851-8776
- 3. New Hope Transitional Support Services** - www.baycove.org
61 Redfield Rd., South Weymouth, MA
Phone: (617) 878-2550
- 4. Women’s Hope Transitional House (Women only)**
12 Chamblet St., Dorchester, MA
Phone: (617) 442-7800

CLINICAL STABILIZATION SERVICES (CSS) – Clinical stabilization services provide short term residential treatment, stabilization and comprehensive discharge planning for clients who either do not qualify for medically monitored detoxification or have already completed detox. The program includes a comprehensive assessment, treatment planning, individual and group counseling, health education and monitoring, aftercare planning and follow up. Length of stay ranges from 14-30 days

1. **Post Detox Step Down – Clinical Stabilization** - www.lchealth.org
111 Middleton Rd., Danvers, MA
Phone: (800) 323-2224

THERAPEUTIC COMMUNITY (TC) – Therapeutic communities are highly structured programs, typically for 6 to 12 months, but sometimes longer. Individuals in this type of program include those with relatively long histories of drug dependence, involvement in serious criminal activities, and seriously impaired social functioning. The focus of the TC is on the re-socialization of the individual to a drug-free, crime-free lifestyle

1. **Meridian House** - www.northsuffolk.org
408 Meridian St., East Boston, MA
Phone: (617) 569-6050

HALFWAY HOUSE OR RESIDENTIAL PROGRAMS – These programs are long term (about 6-9 months) residential substance use treatment programs. They offer housing, meals, and meetings in a safe and structured community environment with the goal of having each resident work on his or her recovery and learn the skills needed to establish a better quality of life. All halfway houses include drug testing and case management services and many allow individuals to work or seek work while in the program. Some programs are gender specific. **Note: These programs rarely take people “from the street”. They must be referred directly from a TSS, post-detox, or CSS facility to ensure they are medically cleared.**

1. **Project COPE, an affiliate of Bridgewell** - www.bridgewell.org
(Women only; includes beds for pregnant and postpartum women and their infants)
66 Johnson St., Lynn, MA
Phone: (781) 584-8490
2. **Ryan House (Men and Women)** - www.lchealth.org
100-110 Green St., Lynn, MA
Phone: (781) 598-1270
3. **Lowell Recovery House (Men and Women)** - www.lowellhouseinc.com
102 Appleton St., Lowell, MA
Phone: (978) 459-3371
4. **Link House (Men only)** - www.linkhouseinc.org
37 Washington St., Newburyport, MA
Phone: (978) 462-7341
5. **Salvation Army (Men and Women)** - www.salvationarmyusa.org
209 Broadway, Route 1, Saugus, MA
Phone: (781) 231-0803

SOBER HOUSING – Sober housing provides a longer stay than a halfway house with less structure, while maintaining a sober and safe living environment. Sober housing serves as the interim between the halfway house and returning to an individual’s former life or full independent living. Sober housing often requires drug testing, house meetings, 12 step meetings, and involvement in outpatient counseling; overnight guests are not allowed and there is a weekly pay system. **Note: Sober housing is not regulated and it should be noted that not all facilities offering “sober housing” are safe. Research on available sober housing environments is strongly advised. The facilities included on this list are known to include the elements listed above.**

1. **Bridgewell** - www.bridgewell.org
534 Essex St., Lynn
Phone: (781) 599-3646

2. **Rise Above**
53 Lawrence St., Salem (**Women only**)
110 Eastern Ave., Lynn (**Men only**)
Contact: Nicole White (781) 771-8199 or Justin (781) 389-5579

3. **Sober Crossings**
292 Chestnut St., Lynn
Contact: Scott or John (888) 762-3703 or (781) 780-3807

4. **Inn Transition (Families)** - www.cahns.org
42 Washington St., Peabody
Phone: (978) 531-9951

5. **Grace House (Men only)** – <http://gracehouselynn.com>
181 North Common St., Lynn
Phone: (781) 913-2913

ADOLESCENT SERVICES – Outpatient and inpatient services are available for youth dealing with substance use disorders or related high risk behaviors. A printable full statewide Youth and Young Adult Substance Use Services Directory is available at

<http://www.mass.gov/eohhs/docs/dph/substance-abuse/oyyas-directory-print.pdf>

- 1. Outpatient : Lahey Health Behavioral Services - www.lchealth.org**
800 Cummings Center, Suite 266T, Beverly, MA
Phone: (978) 921-1190

- 2. Youth Stabilization and Detoxification Programs**
The Castle (Clean and Sober Teens Living Empowered) – www.hptc.org
Highpoint Treatment Center, Brockton, MA
Phone: (508) 638-6000

- 3. Youth Residential Treatment Programs**
 - (1) Lahey Health Behavioral Services - www.lchealth.org**
Danvers, MA
Phone: (866) 705-2807
 - (2) Pegasus House (Females, ages 18-25)**
Psychological Center, Lawrence, MA
Phone: (978) 687-4257

HARM REDUCTION PROGRAMS – These programs are based on a Commitment to public health and human rights. Harm reduction accepts, for better or for worse, that licit and illicit drug use is part of our world and works to minimize the harmful effects on individuals and the community. Harm reduction does not attempt to minimize or ignore the real and tragic harm and danger associated with licit and illicit drug use. Harm reduction services play a crucial role in the continuum of care for individuals who are using or experiencing relapse and keeps individuals connected to care and support them throughout their process. Services provided by all harm reduction programs include:

- HIV testing/Hepatitis C testing/STI testing
 - Overdose Education and Naloxone (Narcan) distribution
 - HIV and Hepatitis C risk reduction supplies
 - Referrals to substance use treatment and transportation
 - Risk reduction counseling for substance users
 - Resources for families and loved ones of substance users
- 1. Healthy Streets Outreach Program (also provide proper syringe disposal, medical case management, and referral to medical care and mental health care)**
100 Willow St., 2nd floor, Lynn, MA
Phone: (339) 440-5633

 - 2. Boston Needle Exchange Program (also provide syringe exchange)**
Boston Public Health Commission - 775 Albany St., 1st floor, Boston, MA
Phone: (617) 534-3976

 - 3. Cambridge Needle Exchange Program (also provide syringe exchange)**
359 Green St., Cambridge, MA
Phone: (617) 599-0246