

Medication Assisted Treatment/ Withdrawal Management

The federal Substance Abuse and Mental Health Services Administration (SAMHSA) recognizes Medication-Assisted Treatment (MAT) as the use of medications accompanied by counseling, for the treatment of substance use disorders. Research shows that MAT is effective in treating substance use disorders and can help people to sustain recovery. For more information on MAT for youth and young adults, see the American Academy of Pediatrics Policy Statement. Length of treatment is determined by the prescribing medical professional and based on individual treatment goals. To find prescribers in your community, contact:

The Massachusetts Substance Use Helpline
Toll-free: 1-800-327-5050 | HelplineMA.org

Watch for the Warning Signs:

If you have seen some of these changes in your teen, they might be using alcohol or other drugs.

1. A change in mood
2. Sleeping more than usual
3. Shows less interest in school, friends, or activities
4. Quality of schoolwork is worse, or they are skipping school
5. New friends you haven't met
6. Money is missing, or objects have disappeared from the house
7. Talking about parties where drugs and alcohol are being used
8. Breaking rules or acting angry

Some of these behaviors are normal for adolescents, but if you think your child may be using alcohol or other drugs, have a calm and supportive talk with them and get help. Getting help early is the key to protecting your teen's health.

Parent and Family Support

Learn to Cope is a non-profit support network that offers education, resources, peer support, and hope for parents and family members coping with a loved one addicted to opiates or other drugs.

Peer Support: 1-508-801-3247 | www.learn2cope.org

Allies in Recovery is an online learning platform for families whose loved one is struggling with drugs or alcohol.

www.alliesinrecovery.net

Take the Next Step.

The Massachusetts Department of Public Health (MDPH) is committed to keeping children and teens healthy. Most health insurance will cover the services listed in this directory. In other cases, MDPH may cover the costs. Don't let the cost of treatment stop you from calling for help.

Massachusetts Department of Public Health

Bureau of Substance Addiction Services
Office of Youth and Young Adult Services
250 Washington Street, 3rd Floor
Boston, Massachusetts 02108
1-617-624-5111 | mass.gov/dph/bsas
youthinfo.bsas@mass.gov
TTY: 1-888-448-8321

HOPE IS HERE. GET HELP.
TOLL-FREE:
1-800-327-5050



A QUICK GUIDE TO Substance Use Services for Young People



From The Bureau of Substance Addiction Services' Office of Youth and Young Adult Services at the Massachusetts Department of Public Health





TREATMENT & SUPPORT IN MASSACHUSETTS FOR Young People Needing Help with Alcohol, Marijuana, or other Drug Use

Outpatient Counseling (ages 13-24)

The Massachusetts Department of Public Health, Bureau of Substance Addiction Services supports and licenses outpatient providers to offer individual, group, or family therapy for alcohol, marijuana, and other drugs. Some outpatient providers have specialized training and certification in offering substance use and behavioral treatment for youth and young adults, such as the Adolescent Community Reinforcement Approach (A-CRA). There are more than 30 A-CRA sites across the state. For more information, contact:

The Massachusetts Substance Use Helpline
Toll-free: 1-800-327-5050
HelplineMA.org/for-parents

Youth Detoxification & Stabilization (ages 13-20)

These services are short-term, co-ed residential programs that provide youth ages 13-20 with assessment, treatment, supervision, and medical monitoring to help with detoxification and behavioral stabilization. Staff make referrals to appropriate aftercare services, supports, and resources for young people and their families. The length of stay varies based on treatment needs. Services are generally covered by most insurance carriers.

MYR
(Motivating Youth Recovery)
(male and female ages 13-17)
Worcester | 1-508-860-1244

Youth Residential Treatment (ages 13-17)

Residential programs are intended for youth ages 13-17* that have not been able to address their substance use problems in programs, such as outpatient counseling or support groups. These programs are single gender but have capacity to serve transgender youth. Services include assessment, substance use treatment, therapeutic groups covering a variety of topics, life skills enhancement, vocational/educational support, recovery support, parent/caregiver support, and aftercare planning. The length of stay varies based on treatment needs. Residential treatment is supported by insurance and, in some cases, funding from the Bureau of Substance Addiction Services.

**Some 18 year olds are admitted based on developmental appropriateness.*

Goodwin House
(male ages 13-17)
Chicopee | 1-413-316-1642
Toll-free: 1-844-CHD-HELP
(1-844-243-4357)



Transition Age Youth and Young Adult Residential Treatment (ages 16-25)

These residential programs provide a nurturing, structured, and safe environment for young people ages 16-25 in an alcohol and drug-free residential treatment setting. Programs are single gender but serve transgender young adults. Average length of stay depends on individual treatment and recovery goals. Services include assessment, substance use treatment, mental health counseling referrals, case management and coordination, therapeutic groups covering a variety of topics, life skills enhancement, vocational/educational support, recovery support, parent/caregiver support, and aftercare planning.

Cornerstone Recovery
(female ages 18-25)
Ware | 1-413-758-4050

Cushing Houses
(separate houses for male
and female ages 16-20)
Boston | 1-617-269-2933

Ridgewood GRIT (co-occurring)
(male ages 18-26)
Springfield | 1-844-642-9355

Recovery High Schools (ages 14-21)

Recovery high schools are public high schools for youth ages 14-21 that provide an appropriate, alcohol and drug free environment to meet the educational needs of students recovering from substance use disorder. Each serves roughly 30-50 students and offers curricula consistent with Massachusetts State Standards, MCAS testing, and requirements of the student's school district. They provide small class sizes, individual attention, licensed counseling support, and daily groups which allow students to process issues related to their education and recovery. Students with a substance use disorder can attend a recovery high school by choice, as a referral is not required.

William J. Ostiguy High School
Boston | 1-617-348-6070

North Shore Recovery High School
Beverly | 1-978-922-3305

Liberty Preparatory Academy
Springfield | 1-413-750-2484

Megan's House
(female ages 18-26)
Lowell | 1-978-455-6973

Pegasus House
(female ages 18-25)
Lawrence | 1-978-687-4257

Spectrum Residential
(male ages 18-25)
Westborough | 1-508-898-1570

Independence Academy
Brockton | 1-508-510-4091

Rockdale Recovery High School
Worcester | 1-508-538-9102