



CAPE COD HEALTHCARE



Resources and Information
for Substance Use
Treatment and Recovery



EMERGENCY NUMBERS

Massachusetts Substance Abuse Helpline	1-800-327-5050
Bay Cove Cape & Islands Crisis Intervention Team	1-800-981-4357
National Suicide Prevention Line	1-800-273-8255
Samaritans Statewide Crisis Helpline	1-877-870-4673
Veterans Crisis Line	1-800-273-8255
Domestic Violence/Sexual Assault Line	1-800-439-6507
Poison Control	1-800-222-1222

The **Massachusetts Substance Abuse Information and Education Helpline** provides:

- Free and private information
- Referrals for alcohol abuse
- Referrals for drug abuse
- Referrals for substance abuse problems

The **Helpline** gives you up to date information for treatment services in Massachusetts.

The services are available:

- Monday-Friday from 8:30 am to 10:00 pm
- Saturday and Sunday from 9:00 am to 5:00 pm
- Language Interpreters are free if needed

1-800-327-5050 or www.helpline-online.com

WHAT IS ADDICTION?

According to the National Institute on Drug Abuse, addiction is a brain disease that causes you to continue taking drugs, even when you know it causes harm. **Addiction can be treated.** People who get treatment and stick with it can stop using drugs. Medicines and therapy can be used to treat drug addiction.

TREATMENTS

Acute Treatment Services (ATS)

These are detoxification (detox) programs with 24-hour nursing care. A medical director also consults on your care. This program guides you through your withdrawal from alcohol and other drugs and helps reduce your withdrawal symptoms. You usually stay for 3 to 5 days.

Clinical Stabilization Services (CSS)

This service is for someone leaving detox that needs short-term inpatient rehabilitation. You will not need medical detox services. You usually stay for 2 to 3 weeks.

Transitional Support Services (TSS)

These are live-in programs for those in need of further care after detox. You stay in a TSS program while waiting to enter long-term live-in care. You usually stay for 3-4 weeks.

Outpatient Services: Medication Assisted Treatment and Counseling

These services are located within the community and include:

- Medication Assisted Treatment including Suboxone, Methadone and Vivitrol
- Counseling
- Self-help/mutual support groups



DETOXIFICATION & INPATIENT TREATMENT

Facilities located in Southeastern MA

- Gosnold on Cape Cod
200 Ter Heun Drive, Falmouth, MA 02540 | Phone: 800-444-1554
- High Point Treatment Center - Brockton
30 Meadow Brook Rd, Brockton, MA 02301 | Phone: 800-734-3444
- High Point Treatment Center - Plymouth
1233 State Road, Plymouth, MA 02360 | Phone: 800-233-4478
- STARR Inpatient Detox
386 Stanley Street, Fall River, MA 02720 | Phone: 800-937-3610

Additional Facilities in MA

- AdCare Hospital
107 Lincoln Street, Worcester, MA 01609 | Phone: 800-345-3552
- Andrew House Detox
170 Morton Street, South Boston, MA 02130 | Phone: 617-479-9320
- Arbour Health Systems
49 Robinwood Ave., Jamaica Plain 02130 | Phone: 617-522-4400
- Baldpate Hospital
83 Baldpate Road, Georgetown, MA 01835 | Phone: 978-352-2131
- Caritas NORCAP Detox Program
71 Walnut Street, Foxboro, MA 02035 | Phone: 800-331-2900
- Community Healthlink
12 Queen Street, Worcester, MA 01610 | Phone: 508-860-1200
- Dimock Center
41 Dimock Street, Roxbury, MA 02119 | Phone: 617-442-9661

For additional information, please visit www.helpline-online.com
or call 1-800-327-5050.

- Emerson Hospital Addiction Services
133 Old Road to Nine Acre Corner, Concord, MA 01742
Phone: 978-287-3516
- Lahey Health Behavioral Services - Boston
784 Rear Massachusetts Avenue, Boston, MA 02118
Phone: 800-763-5363
- Lahey Health Behavioral Services Danvers Treatment Center - Detox
111 Middleton Road, Danvers, MA 01923 | Phone: 800-323-2224
- Lahey Health Behavioral Services Tewksbury Treatment Center
365 East Street, Tewksbury, MA 01876 | Phone: 978-259-7000
- McGee Recovery Center at Berkshire Medical Center
725 Main Street, Pittsfield, MA 02102 | Phone: 413-445-9228
- New England Recovery Center
153 Oak Street, Westborough, MA 01581 | Phone: 844-800-6372
- Phoenix House
43 Old Colony Avenue, Quincy, MA 02171 | Phone: 617-934-1136
- Spectrum ATS Weymouth
861 Main Street, Weymouth, MA 02190 | Phone: 781-331-3709
- St. Elizabeth's Hospital
736 Cambridge St., Brighton, MA 02130 | Phone: 617-789-2574
- Veteran's Center for Addiction Program
200 Springs Road c/o NE Health Care, Bedford, MA 01730
Phone: 781-687-2275

For additional information, please visit www.helpline-online.com
or call 1-800-327-5050.

DUAL DIAGNOSES TREATMENT

- Arbour Health Systems
49 Robinwood Avenue Jamaica Plain, MA 02130
Phone: 617-522-4400
- Bournewood Hospital
300 South St. Chestnut Hill, MA 02467
Phone: 617-469-0300 x309
- Carlson Recovery Center
471 Chestnut Street, Springfield, MA 01107
Phone: 413-733-1431
- Harrington Recovery Services at Webster
340 Thompson Road, Webster, MA 01550
Phone: 508-949-8905
- McLean Hospital—Various Programs
115 Mill Street, Belmont, MA 02478
Phone: 800-333-0338
- Pembroke Hospital
199 Oak St, Pembroke, MA 02359
Phone: 781-829-7000
- Providence Behavioral Health Hospital
1233 Main Street, Holyoke, MA 01040
Phone: 413-536-5111

For additional information, please visit www.helpline-online.com
or call 1-800-327-5050.



MEDICATION ASSISTED TREATMENT

- Community Health Center of Cape Cod
Locations in Bourne, Mashpee and Falmouth
Phone: 508-477-7090
Primary care, behavioral health services and Medication Assisted Treatment
- Duffy Health Center
Located at 94 Main Street, Hyannis and serves all of Barnstable County
Phone: 508-771-9599
Primary care, behavioral health services and Medication Assisted Treatment
- Gosnold on Cape Cod
1185 Falmouth Road, Centerville
Phone: 800-444-1554
*Outpatient counseling for individuals, groups and families
Medication Assisted Treatment*
- Habit OPCO
Locations in South Yarmouth and Wareham
Phone: 508-398-5155
Medication Assisted Treatment
- Harbor Community Health Center
Locations in Hyannis and Plymouth
Phone: 508-778-0900
Primary care, behavioral health services and Medication Assisted Treatment
- Outer Cape Health Services
Locations in Harwich, Orleans, Provincetown and Wellfleet
Phone: 508-349-3131
Primary care, behavioral health services and Medication Assisted Treatment

For additional information, please visit www.helpline-online.com
or call 1-800-327-5050.



OUTPATIENT COUNSELING SERVICES

Cape Cod Healthcare Centers for Behavioral Health

To schedule an appointment, call 508-790-3360, press #3.

Psychiatrists, advanced practice nurses, psychologists and licensed therapists provide our outpatient services. Medication management is offered to ensure drugs are being used as prescribed. Individual and group therapies for specific age groups will aid in your recovery.

- Hyannis Clinic: 460 West Main Street, Hyannis, MA 02601
- Harwich Clinic: 525 Long Pond Drive, Harwich, MA 02645

For more information on our services visit:

www.capecodhealth.org/care-treatment/behaviorial-health.

Gosnold on Cape Cod

Central Intake: 800-444-1554, press option #2.

Gosnold offers in-depth outpatient services and Structured Outpatient Addiction Programs (SOAP) in all their Cape clinics. SOAP treatment includes education, group counseling and strategies to help with your recovery. Locations include:

- 200 Ter Heun Drive, Falmouth
- 1185 Falmouth Road, Centerville
- 179 Route 6A, Orleans

Other services available on Cape Cod are listed at:

www.barnstable.ma.networkofcare.org/mh/.

RECOVERY SUPPORT PROGRAMS

The Cape Cod Intergroup of Alcoholics Anonymous

For resources and a schedule of meetings, visit www.capecodaa.net or call 508-775-7060.

New England Region Narcotics Anonymous

For resources and a schedule of meetings, visit www.nerna.org or call 1-866-NA-HELP-U.

PIER Recovery Center in Hyannis

209 Main Street, Hyannis, MA Phone: 508-827-6150

Free services include support from others who have recovered from addiction and also group support to help prevent relapse. Social events are also held. Computers are available to help with finding a job, housing and other services in the community.

For Mothers and Pregnant Women:

Moms Do Care Program at Cape Cod Healthcare

This program can assist you with prenatal care and substance use treatment. Support by other moms who have recovered from addiction is also offered. Women must be at least 18 years of age and a resident of Cape Cod to enroll. Please call 508-280-6597 for more information.

Mothers Helping Mothers

This is a support group for pregnant and postpartum women struggling with emotional issues that are part of addiction and recovery. Free childcare is provided. Meetings are held weekly in Falmouth and Hyannis. Visit: www.mairni.org or call 508-274-1391 for more information.

SUPPORT FOR FAMILIES

Al-Anon Family Groups

For resources and information about meetings, please call 508-366-0556 or visit www.al-anon.org.

Adult Children of Alcoholics

For resources and information, please call 310-534-1815 or visit www.adultchildren.org.

Gosnold Weekly Family Support Groups

Substance use affects the whole family unit. Gosnold offers support for family members to understand addiction, treatment options, and stages of recovery. Gosnold Family Support Groups are held at various locations across Cape Cod. For more information, call 1-844-558-HELP or visit www.gosnold.org/families/support-groups/.

Learn to Cope

Support from families who have been affected by drugs and alcohol is offered. Meetings are weekly. You will learn how to handle an overdose and also how to give Narcan. Visit: www.learn2cope.org or call 508-738-5148.

Parents Supporting Parents

These support groups educate and strengthen families coping with addiction. Visit: www.parentsfightingaddiction.com or call 508-846-5731.



ADDITIONAL HEALTH RESOURCES

Opioid Overdose Prevention

Naloxone, also known as Narcan, is a medicine used to reverse an opioid overdose. It can save a person's life.

Narcan can be obtained without a prescription at all Cape Cod Healthcare pharmacies. Pharmacies are located at Cape Cod Hospital, Falmouth Hospital, and Fontaine Outpatient Center in Harwich and Stoneman Outpatient Center in Sandwich. Other pharmacies also carry Narcan. Insurance plans usually cover the cost with a co-payment. Narcan is available free through MassHealth.

Other local organizations that provide overdose education and Narcan at no-cost:

- AIDS Support Group of Cape Cod at their Falmouth, Hyannis and Provincetown locations. For more information, please visit www.asgcc.org and phone numbers below.
- Learn To Cope meetings listed at www.learn2cope.org or call 508-738-5148.

Hepatitis and HIV Testing

Confidential and free Hepatitis C, HIV and sexually transmitted disease testing is available by appointment or walk in at the following AIDS Support Group locations:

- 65b 2nd floor, Town Hall Square, Falmouth | Phone: 774-763-6656
- 428 South Street, Hyannis | Phone: 508-778-1954
- 336 Commercial Street, Provincetown | Phone: 508-487-8311



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