Resources and Information for Substance Use Treatment and Recovery
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.

People who get treatment and stick with it can stop using drugs. Medicines and therapy can be used to treat drug addiction.

TREATMENTS

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.

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.

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.

These services are located within the community and include:

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

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
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/.
OUTPATIENT COUNSELING SERVICES

Psychiatrists, advanced practice nurses, psychologists and licensed therapists provide our outpatient services. Medication management is provided. Group therapies for specific age groups will aid in your recovery. Includes education, group counseling, and strategies to help with your recovery. Locations include:

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