

# Charlestown Treatment Resource Guide

*This booklet is an effort to increase access to addictions  
treatment services for Charlestown residents  
and their families.*

*We support and encourage each individual's and family's  
effort to seek help for addiction, at any level of treatment.*

*Charlestown has a very strong and enduring recovery  
community, so reach out...support is here.*

*We hope this guide is helpful in your process  
of healing and recovery.*

**CSAC**  
a ray of hope



charlestown  
substance abuse  
coalition



*Updated January 1, 2010*

# Principles of Treatment

1. **NO single treatment is the right treatment for all individuals!!**
2. **Successful treatment takes a constant, consistent commitment and is a long-term PROCESS. There is no single or short-term solution or “Quick Fix”!**
3. Treatment may not always be accessible when one is seeking help, **be patient and persistent.**
4. Treatment programs are voluntary, except those that are Court ordered (see Section 35A) Both can be effective. Remember if a patient decides to leave a voluntary placement, they will not be able to take them back right away. Ask about their policy upon admittance.
5. Effective treatment addresses the multiple needs of the individual, not just drug abuse. Counseling, individual and support groups are also crucial to successful treatment for addiction.
6. A “Treatment Plan” identifies problems and issues, goals, and ways to meet goals. Plans should be reviewed often and changed as necessary, according to needs.
7. Family, significant others, and children are part of one’s treatment process. They should also seek support because addiction and recovery is a stressful situation for all.
8. Recognize and be honest about the effects of individual’s environment has on their drug abuse, and risk of relapse. When an individual returns home, be sure that support systems are in place, others are understanding and supportive in their recovery.
9. Staying in treatment for a significant period of time, following the treatment plan and going through the phases of recovery are critical to his/her recovery and reduces the risk of relapse.
10. Transitioning from one program to another is the most critical, and is usually when one decides to stay or drop out of treatment.
11. Medications to reduce withdrawal symptoms are an important part of treatment, and in combination with therapy. **They do not necessarily need to be taken indefinitely.**
12. Medication detoxification is only the first step, and by itself does not tend to change addictive behaviors. **Detoxification is not treatment; it is the first step in preparation for treatment.**
13. Detox & other programs should provide access to medical & mental health services.
14. Unfortunately, recovery from drug addiction can be a long-term process that may not be successful the first time, but may require multiple attempts at recovery and treatment. So stay strong and encourage commitment time and time again. Remember that with courage, strength, love and support lives can change!

## **Treatment Programs:**

**Detoxes:** short-term (5-7 day stay) will alleviate or rid the body of the chemical dependence. Use medically supervised withdrawal and patients leave drug-free. (Must be medically cleared of other concerns prior to admittance.)

**Rehabs-** detoxification and therapeutic support program in a hospital, 1-2 weeks, , usually private insurance, or self-pay, but few free care beds.

**Holdings and Transitional Support Services-** short-term residentials with structured environments, post-detox. Accessed directly from detox centers, until a bed in residential is available. Do not accept anyone in need of medical supervision.

**Residential Rehabilitation and Half Way or Sober Houses:** Group homes, stay for 3, 6 or 12 months. Begin to reengage in activities, school, work, etc. Therapy and self help groups are usually part of the treatment plan and often run on site.

**Outpatient:** Many types including weekly or biweekly therapy sessions, Intensive outpatient (a few hours a day, 3-5 days per week), or Methadone maintenance programs. Individual, group, family therapy.

**Aftercare Ongoing (Support and Self Help):** these include AA, NA, AL-Anon, Al-A-Teen, that have meetings daily and weekly.

**Assessment Counseling:** Assessment meeting takes an hour with a specialist who gathers information about the individual's situation, helps identify and plan the most appropriate treatment path with the highest rate of success for the individual. Helps support and guide through the treatment process, and engage the family.

## **Highly suggested:**

- Encourage the patient to sign a "Release of Information" waiver for family and other supportive individuals. Remember that without written consent programs will comply with confidentiality laws.

- Ask how the program works, rules and regulations, policies and procedures, and consequences.

- Remember: Families are a large part of the solution and can be involved in treatment. Medical and Mental Health Services are also key.

- Ask program staff for advice!! Programs are staffed 24 hours a day. If, for instance, the patient calls and asks you to send money, what should you do?

## **Insurance and Making phone calls:**

It is important to check your insurance, on the back of your card is a # for Mental Health/Substance Abuse services, they will find placements. Most insurance offers coverage for 30 day inpatient programs and 12 outpatient sessions.

**If you don't have insurance:** Many facilities have free care beds, always ask.

**Sign up for MassHealth if possible.** Applications can be done online, at a Clinic or Hospital or MassHealth Member Services at 1- 800-841-2900.

To do so you will need: **Proof of income.**

Boston Medical Center Health NET Plan is available for MassHealth Medicaid patients. For more information call 1-800-792-4355, or [www.bmchp.org](http://www.bmchp.org)

## Symptoms of opiate use

Small, pinpoint pupils, being very tired, nodding off, or passing out, apathy

## Symptoms of withdrawal from opiates

Nausea, vomiting	Lack of appetite	Seizures
Dizzy, lack of balance, confused (May appear drunk)	Violent , angry outbursts	Insomnia
Hot and cold flashes	Irritable	Cold, clammy skin
Lack of concentration	Bone and muscle aches	Diarrhea

## Symptoms of an opiate overdose

- Won't wake up, non-responsive to physical or verbal cues.
- Blue lips or fingernails.
- Clammy cold skin.
- Snoring or gurgling sounds.
- Seizures or convulsions.
- Slow breathing (less than 10 breaths a minute is very serious)

If an individual is severely withdrawing and experiencing shortness of breath, passing out, seizing or vomiting, call 911- EMS or get to a hospital. Always check for combination of drugs ingested.

**(Do Not Let Them Try To Sleep It Off)**

If an individual is actively using:

**Detoxification Programs** May need medical clearance.

**Things to know when you call: Be patient!!**

Often takes more than one phone call to get someone admitted to a Detox. The best time of day to access a bed is first thing in the morning. Be courteous and persistent, call more than one program & call more than once. Don't go it alone!! Have someone with you for support

**Have the following available:**-Identification (Driver's license or Mass I.D.

-Insurance card or information -Paper and pen, (write down the places you called, who you spoke with, and any instructions)-Remember to ask about Free Care Beds if you do not have insurance

**They will also want to know some basic information:**

-Any medications that are currently prescribed-Medical history of physical or psychological illness-Any court dates or legal matters pending-History of your alcohol or drug use, for how long-Last time you used and how much

**Note:** Detox Programs take patients when they are actively using, while rehabs, half ways, holding and residentials will only take patients when they are not using.

It is important to remember the **"Continuum of Care"**

Detox ⇔ Transitional Support Services ⇔ Residential Treatment Program ⇔ Half Way House ⇔ Outpatient Treatment ⇔ Self-Help & Support Groups

## Adolescent Detox

Name	Town	Phone	Cut off age
Charlestown Recovery House	Charlestown	(617) 242-0088	24/7
Arbour Hospital Arbour-Hospital 24 hr access line		(617) 390-1320 (800) 222-2237	17
BourneWood Hospital	Brookline	(800) 468-4358	18
Brattleboro Retreat	Brattleboro VT	(802) 257-7785 (800)RETREAT	18
Caritas Norcap Lodge	Foxboro	(508) 543-1873	none
Community Health Link	Worcester	(508) 860-1200	13-17 (18)
Dimock Community Health Center	Roxbury	(617) 442-1867	none
Gosnold- Thorne Counseling	Falmouth	(508) 548-7118	17 & up
High Point Treatment Center	Plymouth	(508) 224-7701	none
Somerville Hospital Adolescent Unit Intake	Somerville	(617) 665-1572	18
South Shore Mental Health	Quincy	(617) 847-1950	none
SSTAR	Fall River	(508) 679-5222	none
Westwood Lodge	Westwood	(781) 762-7764	18

## Adolescent Residential

Name	Town	Phone	Cut off age	Gender
CAB Adolescent Residential	Danvers	(978) 739-7601	16	M/F
BourneWood Hospital	Brookline	(617) 468-4358	17	M/F
Brattleboro Retreat	Brattleboro, VT	(802) 257-7785 (800) 738-7328	17	M/F
Bridge Over Troubled Wtr	Boston	(617) 423-9575	18	M/F
Cushing House	South Boston	(617) 269-2933	20	M/F
Emerson House: Gosnold	West Falmouth	(508) 540-1554 800-444-1554		F
Ethos I Residential House	Springfield	(413) 733-1472	18	M
High Point Treatment	Plymouth	(508) 224-7701	18	M
Lowell House Inc	Lowell	(978) 459-8656	18	M
M DPH- Central Intake	Cambridge	(617) 661-3991 (866) 705-2807	17	M/F
Miller House: Gosnold	Falmouth	(508) 540-6550 800-444-1554	17	M
Phoenix East	Haverhill	(508) 373-1181	17	M
Phoenix House	Springfield	(413) 733-2178	18	M
Project Cope	Lynn	(260) 563- 3490	18	M/F
Project Rebound- V O A	North Quincy	(617) 773-0722	17	M
Road Back	Attleboro	(508) 222-5817		M/F
Team Coordinating Agency	Haverhill	(978) 373-1181	18	M/F

## Adolescent Info - Assessment and Outpatient

Name	Town	Phone	Cut off age
Arbour Counseling Services	Woburn	(781) 932-8114	none
Arbour/HRI Hospital	Brookline	(617) 731-3200	none
Assebet Human Services	Acton	(978) 897-4446	18
Bay Cove - ASAP Outpatient	Chelsea	(617) 884-6829	21
Beacon Clinic	Greenfield	(413) 773-4444	18
Boston Medical Center IOP	Boston	(617) 534-4222	none
Boston Center	Allston	(617) 783-9676	18
B.U. Adol. Trauma & S.A. Treatment	Boston	(617) 353-9610	21
Cab Health & Recovery Services	Salem	(978) 740-1580	18
Caritas Norcap Lodge	Foxboro	(508) 543-1873	none
CASPAR	Somerville	(617) 628-3850	21
Center for Behavioral Health	Holyoke Hosp	(413) 534-2500	none
Children's Hosp. Boston Center for Adolescent & Substance Abuse Research	Boston	(617) 355-5433 Half-day appts. (617) 355-2727	24
Community Care Services:	Taunton Attleboro	(508) 821-7777 (508) 222-7525	18
Dimock Community Services Corp. IOP	Roxbury	(617) 442-1867	18
Greater Lawrence MH Center	Lawrence	(978) 683-3128	none
JRI Health	Boston	(617) 457-8140	18
Mass. Dept. of Public Health		(617) 661-3991 (866) 705-2807	18
MGH-Add.Rec.Mgt.Serv (ARMS)	Boston	(617) 643-4699	25
MGH- C'town Health Center	Charlestown	(617) 724-8200	none
Mount Auburn Hospital	Cambridge	(617) 499-5052	18
North River Counseling	Marshfield	(781) 834-7433	none
North Suffolk Mental Health	East Boston Revere	(617) 569-7310 (781) 289-9331	none 18
Somerville Mental Health Association	Somerville	617) 623-3278	18
South Shore Mental Health	Quincy	( 617) 847-1950	none
St. Elizabeth's Hospital	Allston	(617) 562-5370	none
Step, Inc.	North End	(617) 720-STEP	none
Volunteers of America	Jamaica Plain	(617) 522-8086	none

## Assessment and Outpatient (Adult)

AdCare Hospital	Worcester	(508) 799-9000 (800) 345-3552
AdCare Outpatient Office	Boston	(617) 227-2622
Arbour Hospital- Psych Services	Brookline	(617) 731-3200
Arbour/ARC	Woburn	(781) 932-8424
Bay Cove - ASAP Outpatient	Chelsea	Admin (617) 884-6829
Bay Cove Treatment Center	Boston	(617) 371-3030
Boston Medical Center	Boston	(617) 534-5554
Caritas Norcap Lodge	Foxboro	(508) 543-1873
Dimock Community Health Ctr.	Roxbury	(617) 442-8800 x1311 (617) 442-9661
Gosnold-Thorne Counseling	Falmouth	(508) 548-7118
High Point Treatment Center	Plymouth	(508) 224-7701
John F. Kennedy Family Service Center	Charlestown	(617) 241-8866
MGH- West End Clinic	Boston	(617) 724-5600
McLean's Hospital	Belmont	(617) 855-2000
Mount Auburn Hospital	Cambridge	(617) 499-5051
North Suffolk Mental Health	East Boston	(617) 569-7310
North River Counseling	Marshfield	(781) 834-7433
South Shore Mental Health	Quincy	( 617) 847-1950
SSTAR	Fall River	(508) 324-7763 800 937-3610
STEP, Inc.	North End	(617) 720- STEP
St. Elizabeth's Hospital	Brighton	(617) 789-2574
Team Coordinating Agency	Haverhill	(978) 373-1181
Tri-City Mental Health	Medford	(781) 306-4808
Volunteers of America	Jamaica Plain	(617) 522-8086

\* Charlestown Resources

## Detox (Adult)

Charlestown Recovery House Hotline	Charlestown	(617) 242-2500	24/7
AdCare Hospital	Worcester	(508) 799-9000 (800) 345-3552	24/7
Arbour Hospital	Jamaica Plain	(617) 522-4400 x204	24/7
Arbour-Fuller Hospital	Sth Attleboro	(508) 761-8500	24/7
Baldpate Hospital	Georgetown	(978) 352- 2131	
* BayCove Human Services	Long Island	(617) 471-9600 (617) 479-9320	
Bournewood Hospital	Brookline	(617) 469-0300 (800) 468-4358,	24/7
Brattleboro Retreat	Brattleboro VT	(802) 257-7785 (800) RETREAT	24/7
CAB- Boston Treatment Center (River Street Detox)	Boston	(617) 247-1001 1-800-763-5363	
CAB Health and Recovery Detox	Danvers	(978) 777-2121 (800) 323-2224	
Caritas Norcap Lodge	Foxboro	(508) 543-1873	
Carlson Recovery Center	Springfield	(413) 794-5555	
Catholic Charities Detox	Brockton	(508) 584-9210	
Community Health Initiatives	Tewksbury	(978) 858-0533	
Dimock Community Health Center	Roxbury	(617) 442-8800 x1311 (617) 442-9661	
Emerson Hospital- Addictions	Concord	(978) 287-3520	
Faulkner Hospital- Addictions	Boston	(617) 983- 7711	24/7
Gosnold Treatment Center	Falmouth	1 800-444-1554 (508) 540-6550	24/7
HighPoint Treatment Center, Inc.	Plymouth	(ATS) (508) 224-7701 (800) 327-5050	
Melrose-Wakefield Hospital	Melrose	(781) 979-3334	24/7
NORCAP Detox Program	Foxboro	(800) 331-2900	
Pembroke Hospital	Pembroke	(781) 829-7000	24/7
Providence Hospital	Holyoke	(413) 539-2980	24/7
Spectrum Health Systems	Westborough	1 800 366-7732 (508) 898- 1570	24/7
SSTAR	Fall River	(508) 324-7763 1 800 937-3610	24/7
St. Elizabeth's Hospital- SECAP	Brighton	(617) 789-2574	24/7
Thayer Detox Center	Worcester	(508) 860-1200	
Westwood Lodge	Westwood	(781) 762-7764	24/7

## Hospital Based Services

Boston Medical Center Project ASSERT	South End	(617)414-4388 (617) 247-1101
Cambridge Hospital	Cambridge	(617) 665-1000
Emerson Hospital	Concord	ER(978) 287-3690
Faulkner Hospital - Addictions	Boston	(617) 983-7711
* Massachusetts General Hospital	Boston	(617) 726-2000
Somerville Hospital	Somerville	(617) 591-4226
St. Elizabeth's Hospital Comprehensive Alcohol and Addiction Program	Brighton	(617) 562-5370 (617) 789- 2574

## Residential (Adult)

Access Program	Cambridge	(617) 666-9947	M/F
Anchor House	Plymouth	(508) 746-6614	M
Answer House- Middlesex H. S.	South Boston	(617) 268-7124	M
* Bay Cove Human Services	Long Island	(617) 471-9600	M/F
Berkshire Council	Pittsfield	(413) 499-2756	F
Bridge House	Framingham	(508) 872-6194	M
BourneWood Hospital	Newton	(617) 469-0300	M/F
CAB Danvers	Danvers	(978) 777-2121	M/F
Casa Esperanza	Roxbury	(617) 445-7411	M
CASPAR House I & II	Somerville	623-5277 776-6036	M
Channing House	Worcester	(508) 755-8088	M
Crozier House – Catholic Charities	Worcester	(518) 798-0191	M
First Academy	Roxbury	(617) 427-1588	M
First Algonquin	Dorchester	(617) 265-3639	M
First Hispanic Academy	Dorchester	(617) 265-5852	M
Gandara Addiction Recovery Prog.	Springfield	(413) 781-2234	M
Gavin House	South Boston	(617) 268-5517	M
Stephen Miller House- Gosnold Gosnold Transitional Services	W. Falmouth Cataumet	(508) 540-6550 (800) 444-1554	M M/F
Granada	Allston	(617) 254-2923	M/F
Eastern Middlesex Resid. Rehab	Malden	(781) 321-2600	M
Ethos I Residential House	Springfield	(413) 733-1472	M/F
Hamilton House	Boston	(617) 288-1584	M
Harbor Light Center	Boston	(617) 536-7469	M/F

## Residential (Adult) (cont.)

Harmony House	New Bedford	(508) 992-8948	M
Hello House- Volunteers of America	Boston	(617) 262-7142	M
High Point	Plymouth	(508) 224-7701	M/F
Hope House	Boston	(617) 267-4673	M
Hurley House	Waltham	(781) 891-4323	M
Interim House	Dorchester	(617) 265-2636	M
John Ashford Link House	Newburyport	(978) 462-7341	M
John Flowers Recovery House	Roxbury	(617) 442-8800	M
Keenan House	Pittsfield	(413) 499-2756	M/F
Linda Fay Griffin House	Worcester	(508) 755-8990	M/F
Lowell House Inc	Lowell	(978) 459-8656	M/F
Marathon House	Springfield	(413) 733-2178	W
Meridian House-North Suffolk M. H.	East Boston	(617) 569-6050	M/F
My Sister's House- Baystate Md. Ct	Springfield	(413) 733-7891	M/F
New Victories- Victory Programs	Boston	(617) 825-6088	M/F
North Cottage Program	Norton	(508) 285-2701	M
Pathway House, GAAMA, Inc.	Gardner	(978) 623-4574	M
Pegasus	Lawrence	(508) 687-4257	W
Phoenix Center	Somerville	(617) 666-9947	
Phoenix House	Springfield	(413) 733-2178	M/F
Project Turnabout	Hingham	(781) 749-6320	M
Protis House	Dorchester	(617) 825-2212	M
Opportunity House- Baystate Med. Ctr.	Springfield	(413) 739-4732	M
Rehabilitation and Health	Boston	(617) 569-2089	M/F
Ryan Rehabilitation Center- CAB	Lynn	(781) 598-1270	M/F
Shattuck Shelter	Jamaica Plain	(617) 971-3229	M/F
South Shore Recovery Home	Quincy	(617) 773-7023	M
Stepping Stone	Fall River	(508) 674-2788	M
Sullivan House	Jamaica Plain	(617) 524-4416	M
The Alternative-Rehab. & Health	East Boston	(617) 569-8222	M
Team Coordinating Agency Inc	Haverhill	(617) 373-1181	M/F
Victory House- Victory Programs	Boston	(617) 262-5032	M
Wild Acre Inns, Inc – Gateway House	Allston	(781) 643-0643	M/F

## Female Residential (Adult)

Beacon House for Women	Greenfield	(413) 773-2488	W
Dennis McLaughlin House	Charlestown	(617) 242-0251	W & C
Edwina Martin House	Brockton	(508) 583-0493	W
Emerson House	West Falmouth	(508) 540-1554	W, W & C
Entre Familia- BMC	Mattapan	(617) 534-2922	W & C
Ethos	Springfield	(413) 733-1472	W
Faith House	Worcester	(508) 852- 6610	W& C
Gandara Residential	Holyoke	(413) 540-9881	W & C
Griffin House	Dorchester	(617) 265-8022	W & C
H.A.R.T. House – CAB	Tewksbury	(978) 851-0969	W & C
Hello House	Boston	(617) 471-6616	W
Latinas y Ninos-Casa Esp	Roxbury	(617) 445-1104	W & C
New Victories-Victory Prg	Boston	(617) 825-6088	W & C
Project Cope Woman’s Pr.	Lynn	(781) 581-9270	W & C
Serenity House	Hopkinton	(508) 435-9040	W & C
Shepherd House-Victory P	Boston	(617) 282-4102	W
Spectrum	Westboro	(508) 870-5555	W & C
Spiritus House	Tewksbury	(978) 866-9030	W&C
Babcock House-WAI, Inns.	Brookline	(781) 643-0643	W
Womanplace- CASPAR,	Cambridge	(617) 661-6020	W
Women’s Hope-Victory P	Dorchester	(617) 541-0222	W
Woman’s- New Day	Somerville	(617) 628-8818	W & C
Wrap House - Highpoint	New Bedford	(508) 997-7175	W
Woman’s View	Lawrence	(978) 687-1658	W

W= Women

W&C= Women & Children

M= Male

F= Female

## Methadone Clinics

Addiction Treatment Centers of New England (ATC)	Brighton	(617) 254-1271 x126
* BayCove Human Services	North End	(617) 371-3030
BPHC- Methadone Services	Boston	(617) 534-2493
CAB Health and Recovery-Methadone Maint.	Danvers	(978) 777-2121
Community Substance Abuse Centers	Chelsea Woburn	(617) 889-8779 (781) 933-0700
Habit Management	Boston Brockton Lynn Lawrence	(617) 442-1499 (508) 586-6300 (781) 595-2413 (978) 687-6300
H.A.R.T. House – CAB – women	Tewksbury	(617) 661-3991
North Charles Institute	Somerville	(617) 661-5700
Roxbury Community Health Center, Inc.	Jamaica Plain	(617) 541-3670
Veterans Affairs Medical Center	Boston	(617) 248-1010

## Suboxone Programs

Boston Medical Center	Boston	(617) 534-5554
CAB-Outpatient Treatment Program	Danvers	(978) 777- 2121
Children’s Hospital- Ceasar (24 & under)	Boston	(617) 355-2727
Codman Square Health Center	Boston	(617) 825-9660
MGH	Charlestown West End	(617) 724-8160 (617) 724-5600
North Suffolk Mental Health	Chelsea	(617) 912-7700
Somerville Hospital	Somerville	(617) 591-4490
Spectrum Outpatient	Westborough	(508) 854-3320
Tri City Mental Health Center	Medford	(781) 306-4808

**Section 35 A: Court Ordered Treatment:** This is a petition for “the procedure for Commitment of Substance Abusers”. Any family member concerned for the safety and health of their addicted relative can go to a court’s clinic and present the severity of the issue. If the court deems that the individual is in serious danger of hurting himself or others, they will mandate that person to substance abuse treatment, legally, for 30 days. (Usually men are placed at the Bridgewater, and women are placed at Framingham) (this is an involuntary placement)

For more information call Charlestown Court House at 617-242-1230



**MGH Monument Street Counseling Center**

**76 Monument Street, Suite 1R**

**Charlestown, MA 02129**

**Hours: Monday through Friday, 8:30 AM – 5:00 PM**

**Evening Hours by Appt**

**(617) 643-5020**

The services at the MGH Monument Street Counseling Center cover a wide range of issues, including:

- Substance abuse – adults
- Substance abuse – adolescents  
(Note: for child mental health issues call 617-724-8200)
- Anger management
- Anxiety / worry
- Depression / mood changes
- Domestic violence
- Family conflicts
- Fears / phobias
- Grief & loss
- Panic attacks
- Stress management
- Medication management
- Upcoming group therapy
- Resource assistance

Monument Street Counseling Center services are provided by clinical social workers, a psychiatric nurse practitioner and a resource specialist.

To apply you must be a Charlestown resident or have an established primary care physician at the Charlestown HealthCare Center.

Accepted insurance: (if your insurance is not listed, please call to see whether we can accept it).

- MassHealth
- Neighborhood Health
- Network Health
- MBHP
- Blue Cross/Blue Shield
- Tufts
- Medicare

For more information or to schedule an appointment, call the MGH Monument Street Counseling Center at 617-643-5020.



**Addiction Recovery Management Service (ARMS)  
A Program of Massachusetts General Hospital's  
Department of Psychiatry**

**Serving young adults between the ages of 15 and 25, and their families**

**About ARMS**

The Addiction Recovery Management Service (ARMS) specializes in supporting teenagers and young adults between the ages of 15 and 25, and their families, as they deal with their substance-related problems. It has been found that adolescents who enter treatment are more likely to achieve long-term sobriety than those who enter as adults, and the earlier they enter, the more effective the treatment will be. Our highly-skilled, multidisciplinary team of clinicians, clinical psychiatrists and masters-level social workers is trained to work with youth and families and provide an individualized, all-encompassing plan for recovery.

**Treating the Whole Family**

The core of the ARMS program is a unique set of Recovery Support Services, which are provided by masters-level clinicians who serve as Recovery Coaches. Our patients and their families are each assigned their own Recovery Coach. We work with the whole family, treating any coexisting issues that may be present and supporting family members to overcome any stigma or shame they may feel.

For an appointment or to find out more information, contact

**Lucille Mograss, Clinical Coordinator**  
**617-643-4699 or [lmograss@partners.org](mailto:lmograss@partners.org)**  
**151 Merrimac Street 5th floor**  
**Boston, MA 02114**

The West End Clinic of Massachusetts General Hospital is an outpatient facility for those with alcohol, drug and other types of addictive behaviors.

The West End Clinic also treats co-occurring mental health disorders.

**The West End Clinic Addiction Services Massachusetts General  
Hospital 16 Blossom Street Boston, MA 02114 617-726-2712**

For New Initial Assessment Appointments, contact the Case Manager at  
617-726-7753. Hours: Monday – Friday 8:30-5:00 p.m.

***MGH Charlestown Health Center: Hepatitis C Clinic  
& Chronic Disease Program***

**Hepatitis C Clinic: Fridays 12:30 – 4:00pm Adult Medicine**

**For appointments or info contact:**

**Sonia Burgos, Patient Advocate 781-485-6138 [sburgos1@partners.org](mailto:sburgos1@partners.org)  
Dr. James Morrill 617-724-8310**

**Hepatitis C** is an infectious disease caused by a virus making the liver swell and stop working properly.

**It can be passed from person to person through contact with an infected person's blood. By:**

- Sharing needles
- Getting pricked with an infected needle
- Having sex with an infected person
- Being born to a mother with Hepatitis C
- Getting a tattoo or piercing with dirty tools

**Symptoms of Hepatitis C** include: feeling tired, feverish, nausea, stomach pain, diarrhea, no appetite, dark urine, light stool or yellowish skin tone

**NOTE: Many people with Hepatitis C do not have any symptoms**

***If you have these symptoms or risk factors: talk to your doctor  
Hepatitis C can be identified by a simple blood test***

**How you can protect yourself and others?**

- If you inject drugs: Use your own needles, do not share needles, Always use clean needles
- If you have to touch anyone's blood: wear gloves.
- If you have sex: always use a latex condom.
- If you get a tattoo or piercing: use clean tools.
- Don't use an infected person's personal items that could have blood on it.

**Massachusetts DPH 617-983-6800 [www.masshepc.org](http://www.masshepc.org)**

**American Liver Foundation 800-465-4837 [www.liverfoundation.org](http://www.liverfoundation.org)**

**ARCH (Access to Resources for Community Health) 781-485-6477**

**[www.ARCH-MGH.org](http://www.ARCH-MGH.org)**



**Looking for help with your drug or alcohol problem?**

**the charlestown Recovery House is offering help to Charlestown residents who want to do something about their drug or alcohol problem. The Charlestown Recovery House is offering to help local residents who are looking for a drug and alcohol treatment facility.**

**call 24/7 referral line  
617.242.2500**



**15 Bunker Hill Street Charlestown MA 02129**  
**617.242.0088 for admissions**  
**Adult Male Recovery House**

## **DENNIS McLAUGHLIN HOUSE**

**A Transitional Housing Program For Women In Recovery, Inc.**

**YMCA/Constitution Inn, 150 Second Avenue,**

**Room 214, Charlestown, MA 02129**

**Voice/TTY (617) 242-0251 Fax (617) 242-4869**

**[www.dennismclaughlinhouse.org](http://www.dennismclaughlinhouse.org)**

**Lisa Mercer, Intake/Case Manager Donna Galipeau, Case Manager**

**Renée Suchy, Executive Director**

The Dennis McLaughlin House is a transitional housing program for women in recovery from substance abuse.

### **IN ORDER TO BE ELIGIBLE FOR OUR PROGRAM, WOMEN MUST BE:**

- ◆ Homeless and 18 years or older
- ◆ Clean and sober from drugs and/or alcohol for a minimum of 6 months
- ◆ Referred to the program through a Social Service agency
- ◆ Employed or willing to pursue a work, educational or training program
- ◆ Willing to take random, supervised, urine screens
- ◆ Willing to regularly attend AA\NA and/or recovery based meetings
- ◆ Able to participate in programmatic meetings, groups and events

### **ELIGIBLE SINGLE WOMEN OR WOMEN WITH UP TO 2 CHILDREN 10 YEARS OLD**

#### **OR YOUNGER WILL BE PROVIDED WITH THE FOLLOWING SERVICES:**

- ◆ Subsidized housing (30% of income) for up to 18 months with a 6 month grace period in a studio-styled room with own bath and kitchen facilities
- ◆ On-site case management, advocacy and support
- ◆ Information on, and referrals to, local social service agencies, educational and training institutions, and financial aid sources
- ◆ Full use of the YMCA/Constitution Inn, including gym, nautilus, swimming pool, library and coin operated laundry
- ◆ Weekly, evening psycho-educational workshops
- ◆ Information, advocacy and support in locating and securing permanent housing
- ◆ Continued involvement and follow-up case management for program graduates

No person shall be discriminated against based on race, color, religion, familial status, sexual orientation or national origin. The Constitution Inn is wheelchair accessible.

<b>Shelters</b>			
1740 Washington Street Shelter	Boston	617-536-7211	Sober M/W
Albany Street Shelter 240 Albany Street	Cambridge	617-661-0600	M/W
Betty's Place Berkeley Street	Boston	617-482-1126	W
Boston City Shelter Long Island Hospital	Boston	617-534-2526	M/W
Boston Family Shelter 656 Mass. Ave.	Boston	617-261-8108	M/W
Boston Night Center 31 Bowker St.	Boston	617-248-1998	M/W
Boston YMCA Emerg. Shelter 316 Huntington Ave	Boston	617-296-1390	3-5 days sober M
Bristol Lodge Men's Shelter 27 Lexington St	Waltham	781-893-0108	Sober M
Bristol Lodge Women's Shelter 205 Bacon St	Waltham	781-893-0108	Sober W
Cambridge Shltr Salvation Army 109 School St.	Cambridge	617-547-3400	M/W
Cambridge Shelter Inc. PO Box 516A	Cambridge	617-547-1885	
Camb YWCA Emergency Family Shelter 3 Bigelow Street	Cambridge	617-491-6055	W
Chardon St. Shelter Temp Home of Women & Children 41 New Chardon St	Boston	617-523-2337	W & children
City of Boston Emer. Shelter Commission 1 City Hall Plaza	Boston	617-635-4507	M/W
College Ave Adult Ctr PO Box 440436	Somerville	617-623-2735	M/W
Cross Street Family Shelter 59 Cross St.	Somerville	617-776-6661	M/W
Crossroads Family Shelter 56 Havre St.	East Boston	617-567-5926	
Families in Transition 316 Huntington Ave	Boston	617-927-8290	
Family House Shelter 250-252 Columbia Rd	Dorchester	617-427-4470	
Father Bill's 38 Broad St	Quincy	617-770-3314	M/W
First Church Shelter 11 Garden St	Cambridge	617-661-1873	
Harvard Sq. Homeless Shelter (University Lutheran Shelter) 66 Winthrop St.	Cambridge	617-547-2841 617-876-3256	Nov.15-Apr 15 -sober
Heading Home 99 Bishop Richard Allen Dr	Cambridge	617-864-8140	families
Holy Family Shelter 1 Lingard St.	Dorchester	617-445-8461	6 months sober referral by Pine St. M
Just A Start House 16 Butler Dr	Somerville	617-776-8353	adolescents

## Shelters (Cont.)

Kingston House 39 Kingston St.	Boston	617-428-8819	M/W
Long Island Shelter Boston Harbor	Boston	617-534-2526	M/W
My Brother's Table 98 Willow St.	Lynn	781-595-3224	M/W
NE Shelter for Homeless Vets 17 Court St	Boston	617-248-9400	Sober- Military Serv
Pilgrim Church Shelter 540 Columbia Rd	Dorchester	617-436-2588	M
Pine Street Inn Shelter	Boston	617-482-4944	M/W
Project Hope Sisters of the Assumption 45 Magnolia St.	Boston	617-442-1180	
Respond PO Box 555	Somerville	617-625-5996	W
Rosie's Place	Boston	617-266-8678	W
Santa Maria 11 Waltham St.	Boston	617-423-4366	Sober W
Second Home 9 Codman Park	Roxbury	617-427-4244	
Shattuck Shelter 170 Morton St.	Jamaica Plain	617-971-3229	M/W
Shelter Inc. 109 School St.	Cambridge	617-547-1885	M/W
Somerville Homeless Coalition Adult Shelter 14 Chapel St.	Somerville	617-623-3534	M/W
St. Patrick's Shelter 270 Washington St.	Somerville	617-625-1290	W
St. Ambrose Family Inn Catholic Charities 25 Leonard St.	Dorchester	617-288-7675	
United Homes Adult Shelter 540 Columbia Rd	Dorchester	617-265-4515	Men 18+
University Lutheran Shelter 66 Winthrop St.	Cambridge	617-876-3256	M
Wayside Inc. 1323 Broadway	Somerville	617-776-3377	Adolescents
Women Unit Shelter 363 Albany St.	Cambridge	617-482-4944	W
Woods Mullen Shelter 784 Mass. Ave.	Boston	617-534-7101	M/W

## Family Shelters

Bridge House 24 Baker St.	Lynn	781-593-3898	Family shelter
Children's Services of Roxbury 504 Dudley	Roxbury	617-445-6655	no head of household under 19
Casa Nueva Vida 63 Glen Rd	Jamaica Plain	617-524-6332	W&C only
Crittenton Hastings House 10 Pershire Rd	Brighton	617-782-7600	
Hestia House 200 Trapelo Rd	Waltham	781-893-6948	W&C only boys up to 9
Hildebrand Family Self Help Center	Cambridge	617-491-5752	Families no males over 18
Lifehouse 145 Stoughton St & 654 Columbia Rd.	Dorchester	617-265-7700	families no males over 14
Mary's House/Bristol Lodge Fam Shelter 62 Church St.	Waltham	781-647-9957	family shelter
Metro Boston Housing Partnership 569 Columbus Ave.	Boston	617-859-0400	family shelter
Millennium House 16 Mayfair St.	Roxbury	617-438-0081	Family no males over 15
Nazareth House 9 Regent St.	Roxbury	617-541-0100	no boys over 16-1 family member must be HIV+
Queen of Peace 40 Quincy St.	Dorchester	617-288-4182	W&C boys under 5
Re-Vision House 38 Fabyan St.	Dorchester	617-825-8642	W&C only
Roxbury Family Shelter (Salvation Army) 23 Vernon St.	Roxbury	617-427-6700	Married Couples acc.
Margaret's House 90 Cushing Ave	Dorchester	617-436-3944	W&C-boys up to 12-must be pregnant or parenting
Sojourner House 85 Rockland St.	Roxbury	617-442-0590	Family shelter
SPIN (Serving People in Need) 248 S. Common	Lynn	781-598-9417	
Temp Home for Women & Children 41 New Chardon St.	Lynn	617-720-3611	W&C only
Tri-City Family Shelter 254 Broadway	Malden	781-322-9119	Family shelter

## **Sober Houses**

### **Men's Sober Housing**

- Serenity House – 179 Mt Vernon St Malden & Everett  
Contact Anthony @ 617-406-7589
- Sober Surroundings – East Boston, Malden, Somerville, Lowell.  
Call 1-877-281-0328
- The Chase Community 270 Union St Lynn  
Call 781-595-0990 M/W

### **Women's Sober Housing**

- Women in Recovery East Boston. Contact Janet @ 617-957-7173
- Clean Slate – Somerville. Contact Marilyn@ 781-838-0463

### **Rape & Sexual Assault**

- Boston Area Rape Crisis Center....617-492-7273
- Beth Israel Rape Crisis Intervention....617-735-3337
- Boston City Hospital Victim Care Services....617-534-4376
- Domestic Violence Ended (DOVE)....617-471-1234
- Emerge (for teen boys and men who have been abused)....617-547-9870
- MGH-Haven Program (Domestic Violence) 617-724-0054
- Safelink 1-877-785-2020

### **Crisis**

- Battered Women's Hotline....617-661-7203
- Boston Police Domestic Violence Unit...617-3434350
- MGH Charlestown (mental health services)....617-724-8200
- Disabled Abuse....1-800-922-2275
- Adults with Disabilities 1-800-726-9009
- Elderly Abuse....1-800-922-2275
- National Youth Crisis Line....1-800-448-4663
- Samaritans Suicide....617-247-0220
- Parental Stress Line....1-800-632-8188
- Parents Anonymous....1-800-882-1250

## **Basic Needs & Benefit Information**

### **Office of Children, Youth and Family Services**

#### **Divisions:**

Department of Transitional Assistance

#### **Local Offices:**

600 Washington St. #4, Boston 617-348-8400

1010 Mass Ave, Roxbury 617-989-2220

300 Ocean Ave, Revere 781-286-7800

### **Department of Transitional Assistance – Food Stamp Program**

1-800-249-2007

### **Department of Children & Family Services**

#### **(Formerly Department of Social Services)**

24 Farnsworth St

Boston, MA 02210

617-748-2373

### **Department of Youth Services Central Office**

27 Wormwood St.

Boston, MA 02210

617-727-7575

### **Office for Refugees and Immigrants**

18 Tremont St.

Boston, MA 02108

617-727-7888

### **Social Security Administration (General Information Number)**

1-800-772-1213

### **Social Security Local Office:**

O'Neill Federal Bldg. Room 148

10 Causeway St.

Boston, MA 02222

## **Basic Needs & Benefit Information (cont.)**

### **Disability Determination Office**

100 Chauncy St

Boston, MA 02111

*(If you have already filed an application for disability benefits or if you are a medical provider, you can mail medical information here)*

### **MassHealth Customer Service Center & Provider Information**

1-800-841-2900

### **MassHealth Enrollment Centers:**

600 Washington Street, Boston, MA 02111

300 Ocean Ave, Suite #4, Revere, MA 02151

### **Massachusetts Behavioral Health Partnership**

(Manages mental health and substance abuse services for MassHealth members)

1-800-495-0086

### **W.I.C. Women, Infants, & Children Nutrition Program**

Boston 1-800-942-1007

### **FOOD PANTRIES**

Boston Housing Authority, 76 Monument St, Charlestown

Harvest on the Vine, 49 Vine Street, St. Catherines Hall,

Charlestown, MA 617-242-1750

## Hotlines

Emergency Medical Services	911 state overdose for EMS
Charlestown Recovery House Detox Hotline	(617) 242-2500
HelpLine MDPH, BSAS	1-800-327-5050
BPHC - Central Intake Unit	(617) 534-5554
The Mayor's Health Line	1-800-847-0710 or (617) 534-5050
Medicaid/MassHealth	1-800-682-1062 or 1-800-841-2900
Addiction Help Line: Emerson Hosp	1-(978) 287-3515
Ask-A-Nurse	1-800-544-2424
Poison Hotline	1-800-222-1222
Parental Stress Hotline	1-800-632-8188
Samariteens	(617) 247-0220
BEST Team: emergency psychiatry	1-800-981-HELP
BPD Confidential Drug Activity Hotline	617 343-4879
Boston Police Department Area A-1	617 343-4240
Community Service Office	617 343-4627
Boston School Police	617 635-8000
Boston Housing Authority Police	617 423-1212
MGH- C'town Health Center	617 724-8160
MGH Counseling	617 724-8200
JF Kennedy Family Service Center	617-241-8866
Teen Help	(800) 673-0701
Families Anonymous	(800) 736-9805
Alcoholics Anonymous	(617) 426-9444
Narcotics Anonymous	(866) 624-3578
Al-Anon	(781) 834-5300
Family Support Group - C-Town Court	(617) 242-1273
Children of Alcoholism & Substance Abuse Robert F. Kennedy Children's Action Corp.	(617) 227-4183 Contact Maureen McGlame

# Charlestown Open Meetings

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>10:00 AM</b>	DAT Club 314 Main St (AA-MEN)						MGH-Charlestown Health Center 73 High St (WOMEN-AA)
<b>12:00 PM</b>	St. Catherines Rectory 49 Vine St. (OPEN-AA) Reflections	St. Catherine's Rectory 49 Vine St. (OPEN-AA)	St. Catherine's Rectory 49 Vine St. (OPEN-AA)	St. Catherine's Rectory 49 Vine St. (OPEN-AA)	St. Catherine's Rectory 49 Vine St. (OPEN-AA)	St. Catherine's Rectory 49 Vine St. (OPEN-AA)	St. Catherine's Rectory 49 Vine St. (OPEN-AA) Reflections
<b>7:00 PM</b>	DAT Club 314 Main St (OPEN-AA)	St. John's (YOUNG PEOPLE-AA)	DAT Club 314 Main St (MEN-AA)	DAT Club 314 Main St (BEGINNERS-AA)	Kent School 50 Bunker Hill St. (GOD-AA)	DAT Club 314 Main St (DISCUSSION-AA)	DAT Club 314 Main St (OPEN-AA)
		Constitution Jnn Navy Yard (WOMEN-AA) (7:00pm)	St. Johns 27 Devens St (BIG BOOK-AA) 8PM	336 Main St. 7PM Step (WOMEN-AA)	MGH-Charlestown Health Center 73 High St (FA)		
		DAT Club 314 Main St. (N.A. Open)	Mary Colbert Apartments side entrance 20 Devens St (AL-ANON)	Teamsters Bldg 544 Main St. (MENS AA)			
<b>8:30 PM</b>			DAT Club Last Call Group 314 Main Street (OPEN-AA)				

CSaC



*a ray of hope*

*charlestown  
substance abuse  
coalition*

*Many thanks to all who helped put this valuable  
community resource together.*