



## Substance Abuse Information for Adults & Teens:

These resources can be accessed on [www.nrpd.org](http://www.nrpd.org) or [www.northreadingyouthservices.com](http://www.northreadingyouthservices.com)

### Helpful Sites

#### *National Websites:*

#### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

[www.samhsa.gov/](http://www.samhsa.gov/)

Click on Prevention of Substance Abuse and Mental Illness. Site offers several resources for adults and youth including readings like "Too Smart to Start."

#### **The Anti-Drug**

[www.theantidrug.com/](http://www.theantidrug.com/)

Site offers advice for parents on how to have ongoing teen-parent communication, drug information and ways for identifying if your teen is using.

#### **The Partnership at Drug Free**

[www.drugfree.org/](http://www.drugfree.org/)

Site offers drug guides and information on prevention, intervention, treatment, and recovery.

#### **National Families in Action**

[www.nationalfamilies.org/](http://www.nationalfamilies.org/)

#### **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**

[www.niaaa.nih.gov/](http://www.niaaa.nih.gov/)

#### *Local Websites:*

#### **Massachusetts Department of Public Health**

#### **Bureau of Substance Abuse Services (BSAS)**

Site offers prevention information and substance abuse program directory, among other topics.

[www.mass.gov/dph/bsas](http://www.mass.gov/dph/bsas)

#### **Regional Center for Poison Control & Prevention**

Serving Massachusetts & Rhode Island.

Information and hotline about inhalants & other poisons.

1-800-222-1222 (toll-free 24 hours)

1-888-244-5313 (TTY)

[www.maripoisoncenter.com](http://www.maripoisoncenter.com)

#### **Massachusetts Health Promotion Clearinghouse**

Offers free health promotion materials for MA residents and providers.

<http://maclearinghouse.com/>

**Massachusetts Organization for Addiction Recovery (MOAR)**

30 Winter Street, 3<sup>rd</sup> Floor

Boston, MA 02108

617-423-6627

[www.moar-recovery.org/](http://www.moar-recovery.org/)

**Overdose Prevention & Education Network (OPEN)**

Site offers information for Users, Family & Friends, Service Providers and Others.

Information on signs of overdose and responding to overdose.

If you would like to talk to someone about Overdose Prevention call:

617-349-6346

[www.odprevention.org/](http://www.odprevention.org/)

**Massachusetts Hotlines****Massachusetts Substance Abuse Information and Education Helpline**

1-800-327-5050

1-888-448-8321 (TTY)

[www.helpline-online.com](http://www.helpline-online.com)

-To find services near you select from category, how many services, and by area.

**Parents Helping Parents**

Parental Stress Line & Parent Support Groups. Phone line open 24/7 and calls always remain confidential and anonymous.

1-800-632-8188

[www.parentshelpingparents.org](http://www.parentshelpingparents.org)

**Local Support Groups**

**Al-Anon** discussion meetings are held every Wednesday night from 7:30 to 8:45 p.m. in the church basement at St. Athanasius Church, 300 Haverhill Street, Reading, MA. Al-Anon is for friends & family and anonymity is the spiritual foundation of our program. Meetings are free, please contact Al-Anon Family Groups of MA –

(508) 366-0556 or [ldcofma@aol.com](mailto:ldcofma@aol.com)

**Families Anonymous**, Medford, 800-736-9805, <http://familiesanonymous.org/>

**Learn to Cope** is a support group for parents and family members dealing with a loved one addicted to heroin, Oxycontin and other drugs.

Meetings are held in Brockton, Gloucester, Quincy, Lowell, Salem and Worcester Monday-Thursday.

[www.learn2cope.org](http://www.learn2cope.org) or email at [learntocope2001@yahoo.com](mailto:learntocope2001@yahoo.com)

## Substance Abuse & Mental Health Treatment

*The following 2 sites allow you to search by city, state and region for treatment programs.*

Substance Abuse Treatment Locator <http://findtreatment.samhsa.gov/> or call SAMHSA's 24-Hour Toll-Free Treatment Referral Helpline at 1-800-662-HELP (1-800-662-4357).

Mental Health Services Locator <http://store.samhsa.gov/mhlocator>

## Outpatient Counseling (local area)

### **Riverside Outpatient Center, Wakefield**

781-246-2010

<http://www.riversideecc.org/>

### **Hallmark Health Community Counseling Services, Melrose**

781-979-3315

<http://www.hallmarkhealth.org/>

### **Arbour Counseling, Malden**

781-322-1503

<http://www.arbourhealth.com/organizations/arbour-counseling-services/>

### **CAB Health and Recovery Services, Inc., Salem, Danvers**

978-740-1580

<http://www.cabhealth.org/>

### **Psychological Care Associates, Stoneham**

781-646-0500

<http://www.psychologicalcareassociates.org/>

### **Riverway Counseling Associates, Medford**

781-395-1560

<http://www.riverwaycounseling.net/>

### **Somerville Hospital, Somerville**

617-591-4500

<http://www.challiance.org/Somerville>

### In-Patient Services

*Some units may not have adolescent beds, please ask when calling or work with your primary care provider or counselor to access detox or in-patient behavioral health resources.*

**Whidden Hospital**, Everett

617-389-6270

<http://www.challiance.org/whidden>

**McLean Hospital**, Belmont

617-855-2000

<http://www.mclean.harvard.edu/>

**Bournewood**, Brookline

1-800-468-4358

<http://www.bournewood.com/>

**Children's Hospital:** Adolescent Substance Abuse Program, Boston

Information, diagnosis, referrals

617-355-2727

1-800-439-2370 (TTY)

[www.ceasar-boston.org](http://www.ceasar-boston.org)

**Baldpate**, Georgetown

978-352-2131

(requires evaluation by a crisis team prior to admission, ages 19+)

**Adcare Health System**, Worcester

1-800-ALCOHOL

<http://www.adcare.com/>

### Post-Treatment

Consult your Primary Care Physician, Probation Officer, or Psychologist.

**North Shore Recovery High School** <http://www.nsedu.org/page14.html>

### Prevention & Local Resources:

**North Reading Police Department**

Sergeant Thomas Encarnacao: 978-357-5071

Detective Thomas Hatch: 978-357-5067

**North Reading Youth Services**

Director: 978-357-5281

**HEAT Program (Heroin Education Awareness Taskforce)** 781-935-4000

Chief Probation Officer Woburn District Court, Vincent Piro, x:226

Probation Officer Woburn District Court, Michael Higgins, x:267

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