



Substance Abuse Information for Adults & Teens:

These resources can be accessed on www.nrpd.org or www.northreadingma.gov/youth-services

Helpful Sites

National Websites:

Substance Abuse and Mental Health Services Administration (SAMHSA)

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/

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/

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

National Families in Action

www.nationalfamilies.org/

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

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

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

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, 3rd Floor

Boston, MA 02108

617-423-6627

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/

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

1-800-327-5050

1-888-448-8321 (TTY)

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

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

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 or email at 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

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>

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