Resources for People with Addiction or Substance Use Disorder

Addiction/Substance Use Disorder is a chronic, relapsing brain disease. It causes a person to compulsively seek and use drugs, despite consequences for themselves and loved ones. Addiction changes the brain—both its structure and how it works. It does not discriminate against class, race, ethnicity, or gender, and does not imply an individual is morally bad or has failed. Addiction is a treatable disease that can be managed successfully. Recovery is possible.

Withdrawal SymptomsIf you feel any of these withdrawal symptoms, seek help:

- Intense cravings
- Feeling of heaviness
- Extreme sweating
- Crying jags
- Nausea & vomiting
- Insomnia
- Severe muscle and bone aches and pains
 - Runny Nose
 - Cramping in limbs
- Cold sweats Fever and diarrhea

Naloxone is a drug that reverses overdose.

Naloxone is a nasal spray that anyone can learn to use with a short training. You can buy naloxone with your insurance at CVS, Walgreens, and some local pharmacies. Go to odprevention.org/naloxone for more info.

Recovery Methods

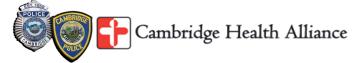
- **Detox Services:** To find detox services that help manage withdrawal symptoms, expect to call multiple locations in order to locate an available bed. The earlier you call, the better chance you will have of finding immediate assistance. See back page for a detox list.
- 2. Transitional Support Services (TSS): Short-term residential services are for people transitioning from detox to long-term recovery and support.
- 3. Long-Term Residential Treatment: For people who have completed detox, are medically stable, and able to participate in structured residential treatment. Treatment is approximately 30 days to 8 months.
- Intensive Outpatient: For those who do not need a detox. Part -time, yet intensive treatment schedule outside of a residential treatment setting to accommodate work and family life
- 5. Outpatient: Receives treatment without being admitted to a residential treatment program. Usually on a week or biweekly schedule.
- Medication Assisted Treatment: Utilizes medication to treat substance use disorders (SUD) -more specifically cravings related to addiction/SUD. Ex. Vivitrol, Methadone, Suboxone

Support Services and Resources

- Cambridge Police Department -P.A.R.T.N.E.R **Initiative:** Assist victims and families who are seeking treatment and recovery services. (617) 349-9352
- ACCESS: Drug User Health Program: Free, safe, & confidential space for injection drug users to access resources and services such as syringe exchange, naloxone and HIV/HCV/STI testing (617) 661-3040 | www.aac.org/programs-services/ needle-exchange
- **PAATHS:** One-stop shop for information about, or access to, addiction treatment services. (855) 494-4057 | www.boston.gov/departments/ recovery-services/find-your-path-recovery
- MA Substance Abuse Information Helpline: Free, confidential information and referrals to over 600 programs. (800) 327-5050 | www.helpline-online.com
- Narcotic Anonymous: Support meetings. (866) 624-3578 | www.newenglandna.org
- **Alcoholics Anonymous:** Support meetings. (978) 957-4690 | www.aaboston.org
- **Behavioral Health Treatment Services Locator:** (800) 662-4357 | www.findtreatment.samhsa.gov
- **Learn to Cope:** A support group for parents and families of people with an addiction. (508) 738-2027 | www.learn2cope.org
- Wicked Sober: Free consultations for people with addiction or their loved ones. (855) 953-7627 | www.wickedsober.com

Detox and Treatment Services

Program	Location	Phone	Services
Adcare Hospital	Worcester, MA 01609	(508) 799-9000 x4300	Detox
Baycove Treatment Center	Boston, MA; Male beds only Stoughton, MA; Male & Female	(617)-318-5600 (781)-232-5500	Detox
Boston Medical Center – Project ASSERT	Boston, MA 02118	(617) 414-4388	Outpatient Medication Assisted Treatment
Bournewood Hospital*	Brookline, MA 02467	(617) 469-0300	Detox
Column Health	Brighton, Somerville & Arlington , MA	339-368-7696	Outpatient Medication Assisted Treatment
Community Healthlink	Worcester, MA 01610	(508) 860-1200	Detox
Dimock	Roxbury, MA 02119	(617) 442-8800 x1320	Detox
Emerson Hospital	Concord, MA 01742	(978) 287-3510	Detox
Faulkner Hospital*	Jamaica Plain, MA 02130	(617) 983-7711	Detox, including Mental Health, Pregnant
Gavin Foundation (formerly Phoenix House)	Quincy, MA 02170	(617) 845-5785	Detox and TSS
Gosnold	Falmouth, MA 02540	(800) 444-1554	Detox
High Point Treatment Center*	Plymouth, MA 02360	(508) 224-7701	Detox
High Point Treatment Center*	Brockton, MA 02301	(508) 742-4400	Detox
Lahey Behavioral Services	Boston, MA 02118	(800) 763-5363	Detox
Lahey Behavioral Services	Tewksbury, MA 01876	(978) 259-7000	Detox
Lahey Behavioral Services	Danvers, MA 01923	(978) 777-2121	Detox
McGee Unit / Berkshire Medical Center	Pittsfield, MA 01201	(413) 442-1400	Detox, including Mental Health, Pregnant
McLean Hospital*	Belmont, MA 02478	(617) 855-3141	Detox, TSS, Residential, and Outpatient
Middlesex Recovery	Woburn, MA 01801	(781) 305-3300	Maintenance Program
NORCAP Lodge	Foxboro, MA 02035	508-543-1873	Detox
North Charles	Cambridge, MA 02140	(617) 661-5700	Maintenance Program
Northeast Behavioral	Quincy, MA 02169	(617)-7665213	Detox, CSS & Residential
Providence Hospital	Holyoke, MA 01040	(800) 274-7724	Detox
Saint Elizabeth's Hospital	Brighton, MA 02135	(617) 789-2574	Detox
Spectrum Weymouth	Weymouth, MA 02190	(781) 331-3709	Detox and TSS
Spectrum Primary Detox	Westborough, MA 01581	(800) 366-7732	Detox
SSTAR*	Fall River, MA 02720	(508) 235-7002	Detox
Veteran's Center for Addiction Program	Bedford, MA 01730 Brockton, MA 02302	(781) 687-2000 508-583-4500	Detox



For a more detailed description of each program and other resources, please visit: www.odprevention.org/treatment