

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 Symptoms

If 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 od-prevention.org/naloxone for more info.

Recovery Methods

1. **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.
4. **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.
6. **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 |
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| 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 |