

## TOWN RESOURCES

### The Board of Health provides:

- Referral services available in and around the community.
- Free Biohazard Sharps containers to Police Department, Fire Department, and Schools for the safe disposal of discarded needles.
- Residents may bring used needles for disposal in a required Sharps container to the Board of Health. Small containers \$4; Large containers \$8. Cash or checks accepted.

### The Police Department provides:

- Anonymous 24/7 self-service Medication Return Kiosk located in front lobby of the Milton Police Station.

*This brochure was produced with funding from the Beth Israel Deaconess Hospital-Milton*

## Ways to Get Involved

### Milton Substance Abuse Prevention Coalition

#### Mission Statement

*The Milton Substance Abuse Prevention Coalition will work together to save lives by increasing awareness, interventions, and resources for Milton residents that address the causes, stigma, and consequences associated with substance abuse, addiction, and mental illness.*

NEW MEMBERS ALWAYS WELCOME

Contact the Coalition at:  
miltoncoalition@gmail.com

### Massachusetts Organization for Addiction Recovery (MOAR)

617-423-6627

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

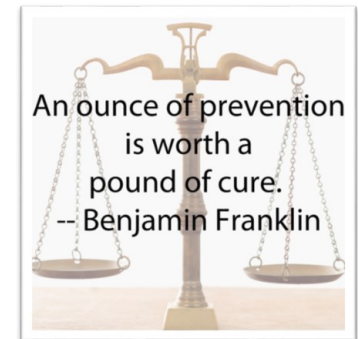
MOAR's mission: to organize recovering individuals, families and friends into a collective voice to educate the public about the value of recovery from alcohol and other addictions.



## Milton Substance Abuse Prevention Coalition

*Sponsored by the Milton Board of Health*

### RESOURCE GUIDE



**For more info contact:**

Caroline A. Kinsella, B.S.N., R.N.

Health Director

Milton Board of Health

Town Hall

617-898-4886

## The Massachusetts Substance Abuse Helpline

**1-800-327-5050**

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

- \* The Helpline provides free and confidential information and referrals for alcohol and drug problems.
- \* The Helpline presents treatment information and prevention services for consumers.

Services: MONDAY- FRIDAY 8 a.m.-10 p.m.

SATURDAY/SUNDAY 9 a.m.-5 p.m.

Language interpreters available

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## For Social Service Information and Referrals

Connecting people to the help they need. Serving all of Massachusetts.

**Dial 211**

[www.mass211help.org](http://www.mass211help.org)

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## Gavin Foundation Center for Recovery Services

Holistic approach to addiction treatment, ages 14-22.

**617-847-1513**

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

## The Addiction Recovery Management Service (ARMS)

**617-643- 4699**

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

- \* ARMS provides rapid access to information for outreach and care management.
- \* Youth ages 14-26 and their families can be provided these services to assist in recovery from substance-related problems.
- \* A valuable resource for those still thinking about making changes.

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## Learn to Cope

[www.learn2cope.org](http://www.learn2cope.org)

Services: Monday– Friday

8:30 a.m. - 4:30 p.m.

**508-738-5148**

A peer-led support network for families dealing with addiction and recovery.

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## CASTLE (Clean and Sober Teens Living Empowered)

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

**508-638-6000**

A short-term treatment center committed to the prevention, treatment, and abstinence of drug and alcohol use in adolescents.

## Al-Anon/ Alateen

[www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)

Westborough, MA 01581

**508-366-0556**

- \* Support groups focusing on coping with effects of substance use disorders.
- \* Meetings available at BID-Milton Hospital every Sunday night from 7 -8 p.m. for both groups.

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## Alcoholics Anonymous

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

12 Step Programs for Individuals with a Substance Use Disorder

**617-426-9444**

Meeting places/times listed by city/town on website

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## Highlanders Alcoholics Anonymous

Beth Israel Deaconess Hospital Milton, MA 02186

**617-696-4600**

Meetings: Every Friday 7 p.m.

**ADDICTION RECOVERY AWARENESS**  
98COVERS.COM

