

Adolescent & Young Adult Substance Use Treatment



Start with an assessment

A Comprehensive Assessment by a specialist is highly recommended as a first step, unless the situation requires emergency care. Understanding what level of treatment a young person may need is best determined through a comprehensive assessment by providers who specialize in adolescents and behavioral health. Over the course of an intake and 1 or more appointments, the programs listed below can determine the severity of the substance use problem, identify potential mental health concerns, and recommend an appropriate course of treatment (inpatient, partial hospitalization, outpatient counseling, etc.) The following programs offer assessment, treatment, and case management for families with adolescents and young adults.

The ARMS Program at MGH (ages 14-26)
Addiction Recovery Management Service, Boston
617 643-4699
www.addictionanswers.com

The ASAP Program at Children's (start by age 24)
Adolescent Substance Use and Addiction Program, Boston
617 355-2727
www.childrenshospital.org

Beth Israel Deaconess Clinic (18+)
Dr. Kevin Hill, Boston
617 667-1504
Intake through Taylor Clooney: tclooney@bidmc.harvard.edu

The Catalyst Clinic at BMC (up to age 25)
Boston Medical Center, Boston
617 414-6655
www.bmc.org/catalyst-clinic

McLean Hospital, Belmont and Middleborough (all ages)
Different levels of care are offered for various age groups and specialties, between two these locations:
Belmont Campus, 800 333-0338
McLean SouthEast, Middleborough, 800 333-0338
<https://www.mcleanhospital.org>

***If residential care is required, consider:**
Managing Youth Recovery (Worcester); Caron, (Wernersville, PA); Herren Wellness, (Seekonk, MA); Newport Academy (CT); and Turnbridge (New Haven, CT).

Treatment navigation resources

Drugfree.org is an online resource for families with quality information about substance use and treatment. The **free, printable e-books** on Intervention and Adolescent Treatment are recommended resources.

The Interface Referral Service is a free helpline available to residents of subscribing communities, including Braintree, Canton, Cohasset, Duxbury, Hingham, Marshfield, Pembroke, Plymouth and Scituate (please check www.williamsjames.edu for a complete listing). Residents of all ages may use the confidential service to connect with community-based mental health and substance use counselors. An experienced clinician will match the caller for specialty, insurance, and availability. Call 888 244-6843, Monday - Friday, from 9:00am-5:00pm.

Massachusetts Helpline is a repository of information for all treatment programs licensed through the Massachusetts Bureau of Substance Addiction Services. Families may make direct referrals to providers at every level of care, including adolescent detox and stabilization at Managing Youth Recovery in Worcester; adolescent inpatient treatment programs; intensive outpatient programs (IOP), Structured Outpatient Adolescent Programs (SOAP), and adolescent/young adult recovery homes. Search www.helplinema.org, or call 617 661-3991 for confidential information and direct telephone numbers.

South Shore Peer Recovery is a non-profit recovery community center based in Scituate. A resource library and help navigating treatment and recovery supports is available during regular business hours. A variety of free recovery supports including meditation, acupuncture, and support groups are also offered for individuals ages 18 and up, including family members. In-person, zoom and hybrid options are currently offered. Visit www.southshorepeerrecovery.com for more information.



Substance Use Support Resources

Resources for families:

Allies in Recovery is an online resource for family members to learn skills that are proven to reduce their loved one's substance use, improve their own well-being, and over time, help their loved one begin treatment. Free video trainings are available on the website. Create your own private account using your Massachusetts zip code at: www.alliesinrecovery.net.

CRAFT Skills Groups are 8-week, in-person workshops offered periodically at South Shore Peer Recovery. Check website for schedule. Registration required. www.southshorepeerrecovery.org.

Gosnold Reaching Out Family Support Group is open to all communities. Substance misuse affects the whole family unit. Education and support is helpful for family members and concerned significant others to understand addiction, treatment options, and stages of recovery. Peer-led meetings are facilitated by a clinician from Gosnold Treatment Center on Sundays, 11:00am-12:30pm, via Zoom. Check website for link: www.southshorepeerrecovery.org

Loved Ones Raising Loved Ones Group is a group for Scituate school families that meets during the school year, usually on the last Monday of the month at Jenkins. Many children in Scituate are being raised by grandparents or family members other than their biological parents. This group is designed to address the issues that are common for family members raising other family member's children, and for children being raised by loved ones other than their parents. Children of all ages and their caregivers start with a pizza dinner, followed by separate groups with the School Counselors. Please email Allison Horton (ahorton@scit.org) for more information.

Parent to Parent Support Massachusetts families may connect with a master's -level specialist by phone, text, e-mail, or live online chat through The Grayken Center for Addiction: helpline 844-319-5999; Text: HOPEMA to 55753; or visit www.graykenaddictionsupport.org

Independence Academy Recovery High School Students may be eligible to attend this free, public recovery high school based in Brockton. Contact Principal Ryan Morgan to schedule a visit: rmorgan@nrcollab.org; 508 510-4091. www.iarecoveryhs.org

School Counseling departments offer a variety of supports for students and families. Please contact your local school to speak with the Adjustment Counselor. For SPS, please contact Lindsay Newton at Gates (lnewton@scit.org), or Jen Lopes at SHS (jlopes@scit.org).

Groups for adolescents:

AlaTeen is a 12-Step based peer support group for young people impacted by a loved one's substance use. Glastonbury Abbey in Hingham hosts a meeting on Sunday evenings. Please confirm locations and meeting times at: www.ma-al-anon-alateen.org

Kids of Promise Group is a small group, psycho-educational support meeting for children who are affected by a friend or loved one's substance use. Meetings are facilitated by Caron's Student Assistance Program. Parent/guardian permission is required to participate in this 8-week series during the school day. Please contact Lindsay Newton at Gates (lnewton@scit.org), or Jen Lopes at SHS (jlopes@scit.org).

Marijuana Intervention and Support Group is a small group, psycho-educational support meeting for adolescents to explore their own choices around marijuana use. In a supportive setting, participants will learn strategies to make more positive choices, address adolescent issues pertaining to marijuana use, difficult decision-making, self-esteem, stress management, resiliency, goal-setting and motivation to change. Meetings are facilitated by Caron's Student Assistance Program. Free, 8-week groups will be open to all communities as a pilot this year. Parent/caregiver permission is required to participate. Please visit www.scituateFACTS.org for form.

Next group starts Wednesday, November 18, 2020 at 12:00pm via Zoom.

Virtually Connected is a nicotine cessation group for adolescents. Virtual groups are offered periodically for students who wish to slow down or stop their use of vapes or cigarettes. Meetings will be facilitated by a specialist from Caron's Student Assistance Program, and will include open discussion, demonstrations, roleplays, short lecture, videos, and hands-on skill-building activities. Topics include resiliency, social skills, stress management, goal-setting, and decision-making. Free, 5-week groups will be open to all communities as a pilot this year. Parent/caregiver permission is required to participate. Please visit www.scituateFACTS.org for form.

Next group starts Wednesday, December 2, 2020 at 1:30pm via Zoom.



Get Involved

Connect with these community organizations for ongoing education and volunteer opportunities.

South Shore Peer Recovery is a peer-led organization that organizes people in recovery from all addictions, their family members, friends and allies, to put a positive face on recovery. SSPR provides a variety of peer supports, working to remove barriers to recovery; treating all with dignity and respect regardless of the pathway of recovery. www.southshorepeerrecovery.com

The Scituate FACTS Coalition invites all members of the community to get involved with our prevention efforts. Open Coalition Meetings are held via Zoom to share project updates and information. Volunteers invited to join the Underage Drinking Task Force this year. Students interested in volunteering may join the FACTS Remind message group by texting: [@shsFACT to: 81010](https://text.81010.org). www.scituateFACTS.org