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Great Meadows
PUBLIC HEALTH COLLABORATIVE

Substance Misuse and Addiction Resource Guide



SUDBURY • WAYLAND • WESTON • CONCORD • CARLISLE • LINCOLN • BEDFORD



About this Resource Guide

Introduction

The purpose of this guide is to provide individuals, families, and healthcare professionals in the Great Meadows Public Health Collaborative area with comprehensive resources and support for addressing substance misuse and addiction. This guide includes prevention strategies, harm reduction techniques, treatment options, and recovery support to help foster healthier communities.

Disclaimer

All information in this guide is accurate as of August 2024. Please verify details with the respective organizations as information is subject to change.

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Introduction Substance Use and Addiction

Substance use refers to the consumption of alcohol, drugs, or other psychoactive substances. Substance misuse occurs when these substances are used in a manner, frequency, or amount that negatively impacts health, safety, or social functioning.

KEY DEFINITIONS

Substance Use:

Any use of any substance, including taking a prescription medication as prescribed.

Substance Misuse:

Using a substance for something other than what it is intended or prescribed for, such as taking someone else's prescription to self-medicate.

Harmful Substance Misuse:

Sometimes called "substance abuse," this involves using a substance for the purpose of getting high or drunk.

Understanding Addiction

Addiction is a chronic disease that affects the brain's reward, motivation, and memory functions. A person with addiction will crave a substance or other behavioral habits and often ignore other areas of life in favor of their immediate desire. Substance addiction can lead to serious health issues and can affect relationships, employment, and financial stability.



Substance Addiction:

A compulsive desire to use a substance despite harmful consequences.

Substance Use Disorders:

The Diagnostic and Statistical Manual of Mental Disorders (DSM) characterizes various substance use disorders based on the type of substance being used. Severity is based on the degree to which the substance causes health problems, disability, and failure to meet major responsibilities at work, school, or home.

EMERGENCY CONTACTS AND CRISIS INTERVENTION



Always call 911 for immediate emergencies!
Local police departments:

GMPHC Emergency Services

Local Police Department Contact Information

Bedford Police Department.....	(781) 275-1212
Carlisle Police Department.....	(978) 369-1155
Concord Police Department.....	(978) 318-3400
Lincoln Police Department.....	(781) 259-8113
Sudbury Police Department.....	(978) 443-1042
Wayland Police Department.....	(508) 358-4721
Weston Police Department.....	(781) 893-4800

Understanding Substance Use Disorders

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Patients are diagnosed with a specific type of disorder based on the primary substance that they misuse, such as an alcohol use disorder, or opioid use disorder, stimulant use disorder, marijuana use disorder or sedative use disorder. However, many patients diagnosed with SUD misuse more than one kind of substance--also known as a polysubstance use disorder.

RISKS AND CONSEQUENCES

Misusing these substances can lead to addiction, health complications, legal issues, and can negatively impact relationships and employment. It's crucial to understand these risks and seek help if needed.

SIGNS OF SUBSTANCE USE DISORDERS

- Strong desire or urge to use the substance.
- Failure to fulfill major role obligations at work, school, or home.
- Continued use despite persistent or recurrent social or interpersonal problems.
- Withdrawal symptoms when not using the substance.

CATEGORIES OF SUBSTANCE USE DISORDERS

- **Alcohol Use Disorder (AUD):** Characterized by a pattern of alcohol use leading to significant impairment or distress.
- **Tobacco Use Disorder:** Persistent use of tobacco products despite significant related health problems.
- **Cannabis Use Disorder:** Problematic pattern of cannabis use leading to significant impairment or distress.
- **Stimulant Use Disorder:** Includes disorders related to the use of substances like cocaine and methamphetamine.
- **Opioid Use Disorder:** Chronic use of opioids leading to significant impairment or distress.

SUD'S RISK FACTORS

Misusing these substances can lead to addiction, health complications, legal issues, and can negatively impact relationships and employment.

No single factor can predict whether a person will develop substance use disorder. A combination of genetic, environmental, and developmental factors influences risk for addiction.

Risk factors that influence addiction

Family history of substance use
Mental health disorder
Peer pressure
Genetic predisposition
History of trauma
Using highly addictive drugs
Use at an early age

Understanding Substance Use Disorders



Substance use disorder, as a recognized medical brain disorder, refers to the use of illegal substances, such as marijuana, heroin, cocaine, or methamphetamine. Or the misuse of legal substances, such as alcohol, nicotine, or prescription medicines. Alcohol is the most common legal drug associated with substance use disorder.

COMMONLY MISUSED SUBSTANCES:

 <p>Alcohol Common Forms: Beer, Wine, Hard Liquor Risks: Addiction, liver disease, accidents</p>	 <p>Marijuana Common Forms: Natural, synthetic Risks: Impaired memory, addiction</p>	 <p>Opioids Common Forms: Heroin, OxyContin, Fentanyl, Vicodin Risks: Addiction, overdose, respiratory depression</p>
 <p>Methamphetamine Common Forms: Speed, crystal meth Risks: Heart issues, paranoia, addiction</p>	 <p>Cocaine Common Forms: Crack rock, powdered Risks: Heart attack, stroke, addiction</p>	 <p>Nicotine Common Forms: Cigarettes, vapes Risks: Lung disease, heart disease, addiction</p>
 <p>Benzodiazepines Common Forms: Valium, Xanax, Ativan Risks: Dependence, overdose, withdrawal</p>	 <p>Inhalants Common Forms: Glues, aerosols Risks: Brain damage, sudden death</p>	 <p>Hallucinogens Common Forms: LSD, PCP, mushrooms Risks: Impaired memory, addiction</p>

SAFE DISPOSAL OF MEDICATIONS

Proper disposal of unused or expired medications helps prevent misuse and protects the environment. Refer to the chart below for safe disposal locations and options.

Police Department	Address	Phone
Bedford	2 Mudge Way, Bedford	(781) 275-1212
Carlisle	41 Lowell St. Carlisle	(978) 369-1155
Concord	219 Walden St. Concord	(978) 318-3400
Lincoln	169 Lincoln Rd. Lincoln	(781) 259-8113
Sudbury	75 Hudson Rd. Sudbury	(978) 443-1042
Wayland	38 Cochituate Rd. Wayland	(508) 358-4721
Weston	180 Boston Post Rd. By-Pass, Weston	(781) 893-4800

Syringe Exchange Program Locator



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The Signs of Substance Use or Addiction

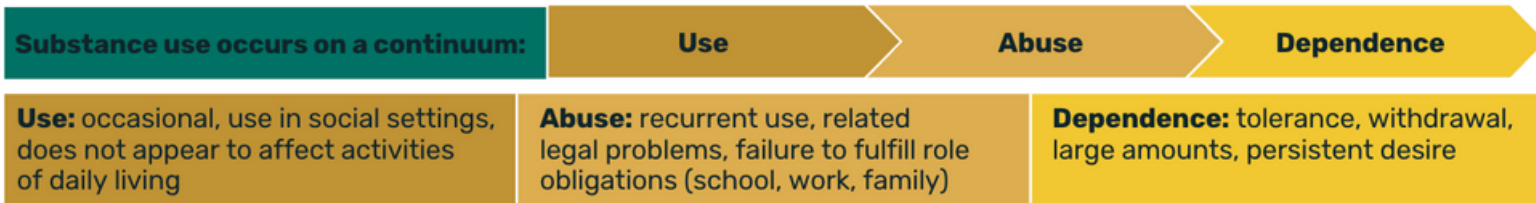
Learning the signs of drug abuse and knowing how to address it with friends can help prevent the problem from getting worse. Using some drugs can be particularly risky, especially when used at high doses or when combined with alcohol or other drugs.

GENERAL SIGNS

- Changes in appetite or sleep patterns.
- Sudden weight loss or gain.
- Deterioration in physical appearance and personal grooming habits.
- Unusual smells on breath, body, or clothing.
- Tremors, slurred speech, or impaired coordination.
- Drop in attendance and performance at work or school.
- Unexplained need for money or financial problems.
- Engaging in secretive or suspicious behaviors.
- Sudden change in friends, favorite hangouts, and hobbies.
- Frequently getting into trouble (fights, accidents, illegal activities).

CONTINUUM OF SUBSTANCE USE

Symptoms vary by type of substance used, dose, and tolerance



SPECIFIC SIGNS BY SUBSTANCE

- **Marijuana:** Glassy, red eyes; loud talking and inappropriate laughter followed by sleepiness; a sweet burnt scent; loss of interest and motivation; weight changes.
- **Alcohol:** Clumsiness; difficulty walking; slurred speech; sleepiness; poor judgment; dilated pupils.
- **Stimulants (Cocaine, Crack, Meth):** Hyperactivity; euphoria; irritability; anxiety; excessive talking followed by depression or excessive sleeping; dilated pupils; weight loss; dry mouth and nose.
- **Hallucinogens:** Dilated pupils; bizarre and irrational behavior including paranoia, aggression, hallucinations; mood swings; detachment from people; slurred speech; confusion.
- **Heroin:** Needle marks; unusual sleeping patterns; sweating; vomiting; coughing and sniffing; twitching; loss of appetite; contracted pupils.
- **Depressants:** Appearing drunk without the smell of alcohol; difficulty concentrating; clumsiness; poor judgment; slurred speech; sleepiness; contracted pupils.
- **Inhalants:** Watery eyes; impaired vision, memory, and thought; secretions from the nose or rashes around the nose and mouth; headaches; nausea; drowsiness; poor muscle control; anxiety; irritability.

Withdrawal Symptoms and Timeline

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Withdrawal occurs when someone stops using a substance they are addicted to. Symptoms can be similar to the flu, including sweating, shaking, anxiety, nausea, and vomiting. The severity and duration depend on the substance and individual.

COMMON WITHDRAWAL SYMPTOMS



Anxiety



Depression



Sweating



Vomiting



Fatigue



Muscle pain



Insomnia



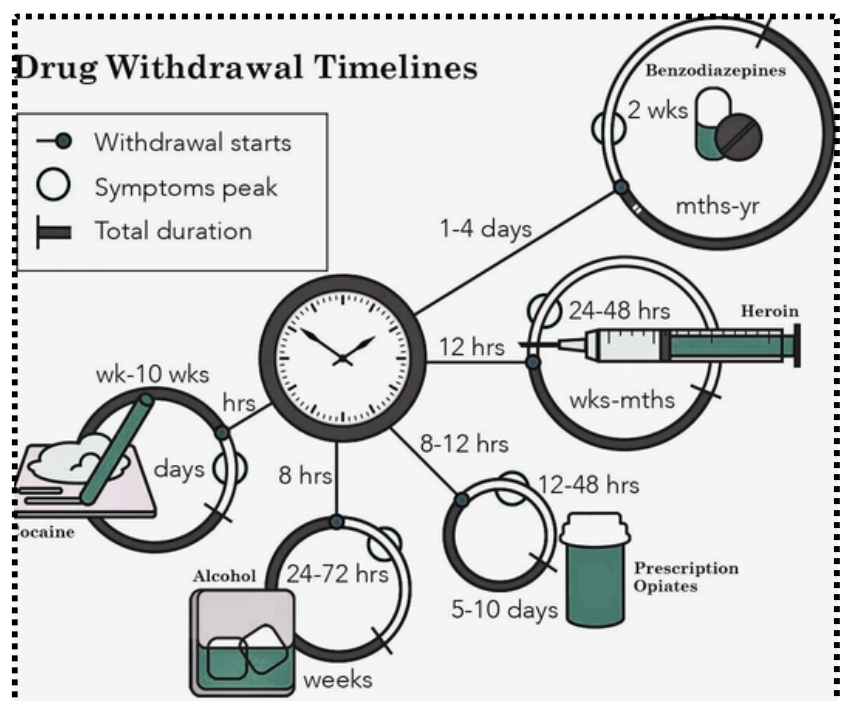
Headaches

MANAGING WITHDRAWAL SYMPTOMS

- **Medical Supervision:** Always consider medical supervision for severe withdrawal symptoms, especially for alcohol and benzodiazepines, which can be life-threatening.
- **Hydration and Nutrition:** Maintain proper hydration and a balanced diet to support the body through withdrawal.
- **Rest:** Ensure adequate rest to help the body recover.
- **Medication:** Medications may be prescribed to manage specific symptoms (e.g., methadone or buprenorphine for opioid withdrawal, benzodiazepines for severe alcohol withdrawal).
- **Support Systems:** Utilize support groups, counseling, and family support to help manage psychological symptoms.

WITHDRAWAL SYMPTOM TIMELINE

The timeline and severity of withdrawal symptoms can vary significantly depending on the substance used, the duration and amount of use, and individual factors such as health, age, and metabolism. Here are general timelines for withdrawal from some common substances:



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Overdose Identification and Response

An overdose occurs when someone takes more of a drug than their body can handle, leading to severe, potentially life-threatening symptoms. Opioid overdoses are particularly dangerous as they can cause respiratory depression, where breathing slows or stops.

COMMON RISKS AND FACTORS CONTRIBUTING TO OVERDOSES

- **Using Alone:** Individuals who use substances alone are at a higher risk of overdose because there is no one available to assist or call for help in case of an emergency.
- **Polysubstance Use:** Combining multiple substances, such as alcohol with opioids or benzodiazepines, significantly increases the risk of overdose due to the compounded effects on the respiratory and central nervous systems.
- **High Potency Drugs:** Use of highly potent substances, such as fentanyl, which is significantly more potent than heroin or morphine, can lead to overdose even in very small amounts.
- **Tolerance Changes:** Tolerance can decrease rapidly after periods of abstinence (e.g., after detoxification, incarceration, or rehabilitation), making previous doses potentially fatal when reintroduced.
- **Environmental Factors:** Factors such as using in an unfamiliar environment, stress, and social isolation can contribute to the risk of overdose.
- **Uncertainty of Substance Purity:** Illicit drugs often contain unknown or varying concentrations of active ingredients, leading to a higher risk of unintentional overdose.
- **Previous Overdoses:** A history of previous overdoses is a strong predictor of future overdose risk.
- **Health Conditions:** Pre-existing health conditions, such as respiratory diseases (e.g., asthma, COPD), liver or kidney disease, and mental health disorders can increase the risk of overdose.
- **Lack of Naloxone (Narcan) Access:** Naloxone is a life-saving medication that can reverse the effects of opioid overdoses. Limited access to naloxone increases the risk of fatal overdose.
- **Method of Use:** Certain methods of drug use, such as injection, carry a higher risk of overdose compared to other methods like oral ingestion or smoking due to the rapid onset of effects.

SPECIFIC SUBSTANCE RELATED RISKS

BENZODIAZEPINES

Severe sedation, respiratory depression, and death, especially when combined with alcohol or opioids.

STIMULANTS

(E.G., COCAINE, METHAMPHETAMINE)

Cardiovascular issues such as heart attack or stroke, especially when mixed with other stimulants or depressants.

SPECIFIC SUBSTANCE-RELATED RISKS

OPIOIDS

Respiratory depression, especially with synthetic opioids like fentanyl which are often mixed with other substances without the user's knowledge.

ALCOHOL

Respiratory depression, aspiration, and severe intoxication, particularly when mixed with opioids or benzodiazepines.

SIGNS & SYMPTOMS OF AN OVERDOSE



CLAMMY, PALE SKIN



BLUE LIPS OR SKIN



PINPOINT PUPILS



SLOW HEART BEAT



SLOW, IRREGULAR, STOPPED BREATHING



UNRESPONSIVE TO VOICE OR TOUCH

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Intervention Intervention Steps & Response

Every day, approximately 130 people die from an opioid overdose in the United States. While there are substantial efforts to address opioid addiction, it is important to understand what to do if you witness an opioid overdose.

INTERVENTION STEPS



1. Try to Wake the Person: Yell their name or rub the middle of their chest hard.



2. Call 911: Provide the address and state that the person is not breathing or unconscious.



3. Administer Naloxone (Narcan): If available, administer naloxone to reverse an opioid overdose.



4. Perform Rescue Breathing: Tilt the head back, lift the chin, pinch the nose shut, and give one slow breath every five seconds.



5. Put the Person in the Recovery Position: Lay the person on their side to prevent choking.



6. Stay Until Help Arrives: Stay with the person or leave the door open if you must leave.

How to Administer Narcan



PEEL

Peel: Peel back the package to remove the device.



PLACE

Place: Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the person's nose.



PRESS

Press: Press the plunger firmly to release the dose into the person's nose.

Narcan FAQs

Is Narcan safe if expired? Yes, but it may lose effectiveness.

Should I store Narcan in my car? Avoid extreme temperatures; room temperature is best.

Will Narcan work on someone who has taken it before? Yes.

Is Narcan harmful if used accidentally? No.

Will Narcan work for non-opioid overdoses? No, it only works for opioids.

Can more than one dose be administered? A second spray may be given into the other nostril after 2 to 3 minutes if the patient has not responded.

Can Narcan be administered to children? Yes, if an overdose is suspected, it can be safely administered on infants, children, teens, adults and the elderly.

What should I do after administering Narcan? You should call 911 as Narcan only temporarily reverses the effects of an overdose.

Naloxone (Narcan)

Intervention Steps & Response

If you are someone you know is suffering from a substance abuse disorder, please call the Get Help Now Hotline at 1-800-662-HELP (4357) for more information about treatment resources.

THE RECOVERY POSITION

1



Lay the person on their side with their bottom arm extended straight out.

2



Bend their top leg at the knee and position it so that it does not allow them to roll onto their stomach.

3



Tilt their head back to keep the airway clear and open.

4



Ensure that the mouth is pointed downward so that fluids can drain.

If a person is unconscious, or non-responsive but breathing, they should be placed in the recovery position while waiting for help to arrive (see [How to help someone who has taken a drug](#)). Putting someone in the recovery position will help to keep the airways open.

SCAN ME



OVERDOSE REPORTING

THE GOOD SAMARITAN LAW

The Massachusetts Good Samaritan Law protects the victim and those who seek help. The law provides legal protection from arrest, charge and prosecution for obtaining, possessing, using, being under the influence, or administering Naloxone/Narcan for an opioid overdose.

The Law, Chapter 94C, Section 34A: "Immunity from prosecution under Secs. 34 or 35 for persons seeking medical assistance for self or other experiencing a drug-related overdose" can be found on the [Massachusetts Legislature General Laws website](#).



SCAN ME

It is important to note that the law does not protect overdose victims and those who call 9-1-1 from: losing their public housing, being arrested on prior warrants (if the police decide to run names of those on-scene), and becoming involved with the Department of Children and Families if children are present.

Nalaxone (Narcan) Availability and Facts



NARCAN DISTRIBUTION

Narcan is now available at many pharmacies across the state without a prescription. More information can be found at: www.mass.gov/narcan



Health Department	Address	Phone
Bedford	10 Mudge Way, Bedford	(781) 275-6507
Carlisle	66 Westford St. Carlisle	(978) 369-0283
Concord	141 Keyes Rd. Concord	(978) 318-3275
Lincoln	16 Lincoln Rd. Lincoln	(781) 259-2613
Sudbury	275 Old Lancaster Rd. Sudbury	(978) 440-5479
Wayland	41 Cochituate Rd. Wayland	(508) 358-3617
Weston	11 Town House Rd. Weston	(781) 786-5030

FACTS ABOUT NARCAN

Storage:

- Store at room temperature (59°F to 77°F or 15°C to 25°C). Avoid extreme temperatures.
- Ensure Narcan is stored in a dry place away from direct sunlight.
- Store Narcan in a location that is easy to access quickly in an emergency. Inform household members where it is stored.



Administering Multiple Doses:

- If no response after 2-3 minutes, administer a second dose.
- Continue to monitor and give additional doses every 2-3 minutes as needed until help arrives or the person regains consciousness.



Narcan Wearing Off:

- Narcan's effects typically last between 30 to 90 minutes, but this can be shorter than the duration of some opioids.
- The person may slip back into an overdose after Narcan wears off, as the opioids may remain in their system longer.



Safety:

- Administering Narcan to someone who hasn't taken opioids will not harm them. It is safe to use even if you are unsure whether the person has overdosed on opioids.



Additional Narcan
FAQ's & Resources
From MA DPH
[FAQs about naloxone in
Massachusetts](#)

**Always call 911 or emergency services
when administering Narcan!**



Understanding and Reducing The Stigma Around Addiction

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Stigma surrounding substance use and addiction can prevent individuals from seeking the help they need. Reducing stigma is essential to support recovery and create a supportive community.

UNDERSTANDING STIGMA

Stigma involves negative attitudes and beliefs that lead to discrimination against people with substance use disorders.

It can manifest in various forms, including social stigma (public attitudes), self-stigma (internalized shame), and structural stigma (institutional policies).

THE IMPACT OF STIGMA

- Fear of judgment prevents individuals from seeking treatment.
- Stigma reduces opportunities for employment, housing, and support.
- Rejection from family and community increases isolation and hopelessness.
- Heightened shame and guilt worsen the condition and lower motivation to seek help.

REDUCING STIGMA



Education

- Increase awareness and understanding of substance use disorders as medical conditions.
- Provide factual information about the causes and treatments of addiction.
- Highlight stories of recovery to show that treatment works and recovery is possible.



Language Matters

- Use person-first language that respects and humanizes individuals.
- Avoid terms like "addict" or "junkie." Use "person with a substance use disorder" instead.
- Focus on the person, not the disease. For example, say "a person experiencing addiction" rather than "an addict."



Promote Empathy and Compassion

- Encourage understanding and support for individuals struggling with addiction.
- Share stories and testimonials from people who have experienced addiction and recovery.
- Offer support groups and resources for families and loved ones affected by substance use.



Advocate for Policy Changes

- Support policies that promote health and recovery rather than punishment and discrimination.
- Advocate for access to treatment, harm reduction services, and recovery support.
- Work towards eliminating policies that discriminate against individuals with substance use disorders.

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Accessing Harm Reduction Services

Harm Reduction refers to a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. It is a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

WHAT IS HARM REDUCTION?

Definition

Harm reduction encompasses a range of public health policies and practices designed to minimize the harmful effects of drug use. Rather than insisting on abstinence, harm reduction recognizes that people will use drugs and aims to mitigate the risks associated with their use.

Core Principles

- **Respect and Dignity:** Every individual deserves respect, regardless of drug use.
- **Pragmatism:** Accepts drug use as a reality, aiming to reduce its harms.
- **Focus on Harms:** Prioritizes reducing harm over eliminating drug use.
- **Human Rights:** Protects the rights of drug users and ensures access to health services.

BENEFITS OF HARM REDUCTION

Overdose Prevention

Naloxone (Narcan) distribution reverses overdoses.

Infection Reduction

Clean syringes prevent HIV, Hepatitis C, and other infections.

Enhanced Safety

Fentanyl test strips help avoid contaminated substances.

Supports Recovery

Provides non-judgmental entry points to treatment.

Builds Community

Creates supportive networks for individuals.

Reduces Stigma

Encourages help-seeking by treating individuals with respect.

Cost-Effective

Reduces healthcare costs by preventing complications.

Reduces Crime

Access to services can lower drug-related crime.

HARM REDUCTION PROGRAMS

Program RISE

(508) 935-2960

1 Grant Street, Suite 100 Framingham, MA 01702

Supplies and Services: Fentanyl Test Strips, Naloxone (Narcan), Safe Sex Supplies, Safer Pipes/Smoking Supplies, Syringe Collection/Disposal, Syringe Distribution

<https://jri.org/services/health-and-housing/health/rise>

AIDS Project

(508) 755-3773

165 Southbridge Street, Worcester, MA 01608

Supplies and services: Drug Checking, Fentanyl Test Strips, Naloxone (Narcan), Safe Sex Supplies, Safer Pipes/Smoking Supplies, Syringe Collection/Disposal, Syringe Distribution, PPE

<https://www.aidsprojectworcester.org/our-services/>

Additional harm reduction programs can be located at:
www.mass.gov/info-details/harm-reduction-program-locator



SCAN ME



Harm Reduction

Harm Reduction Strategies

When fighting substance use disorder, people think abstinence is the only way. But not everyone abusing drugs and alcohol wants to quit. People who are not ready to stop abusing drugs or alcohol can benefit from harm reduction techniques.

HARM REDUCTION STRATEGIES FOR ALCOHOLISM

Many people can stop drinking alcohol when they have had enough. However, some people are unable to control their drinking. As a result, people may suffer the negative consequences of alcohol.

Harm Reduction Tips for Alcoholism

Keep track of your consumption
Cocktails or other mixed drinks may be marketed as one drink but contain more than one "standard drink" worth of alcohol

Avoid Binge Drinking
4+ drinks in 2 hours (women) or 5+ drinks in 2 hours (men)

Binge drinking increases risk of blackouts, overdoses, risky sexual behavior, unintentional injuries, and automobile accidents

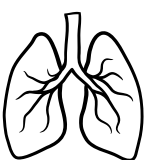


Take preventive measures when you are planning on drinking
Ensure you are in a safe environment and will not need to drive after ingesting alcohol

Harm Reduction Tips for Marijuana Use



Keep Track of Consumption
Modern day marijuana has higher levels of THC; this increased potency heightens the effects of marijuana



Minimize Respiratory Conditions
Smoking or vaping cannabis products may cause lung inflammation and damage - refrain from deep inhalation



Dont Drive While High
You should not drive for 4 hours after smoking cannabis or 8-12 hours after ingesting edible marijuana products



Purchase Products Wisely
Dispensaries are the safest suppliers of marijuana; however, use caution as there is no FDA regulation of marijuana dispensaries



Dont Mix Use with Alcohol
Mixing non-medical cannabis with alcohol can increase impairment exponentially and cause anxiety, nausea, vomiting or fainting



Delay Use Until Early Adulthood
Risk of Dependence is higher at an earlier age. Frequent users who can't control use should stop and get professional help if necessary

Treatment & Recovery

Types of Services Available



Recovery from addiction is about more than refraining from use. Recovery is about improving one's quality of life, being emotionally and physically healthy, succeeding in school or work, having healthy relationships and a healthy social life. For most people, maintaining recovery requires support and services after their initial treatment plan is complete.

Treatment and Recovery Services

Treatment for substance use disorder can take place in different settings (inpatient or outpatient) and at different degrees of intensity. Typically, one's treatment plan is designed to address their physical, psychological, emotional and social issues, in addition to their substance use.

Category	Type	Description
In-Patient Clinical Services Focus	Acute Treatment Services (ATS)	Short-term treatment, usually 5-7 days, including detox
	Enhanced Acute Treatment Services (E-ATS)	For individuals with co-occurring mental health and substance use disorders.
	Clinical Stabilization Services (CSS)	7-14 days of treatment with intensive counseling and education.
	Transitional Support Services (TSS)	Supervised by medical professionals to safely manage withdrawal symptoms.
Detoxification (Detox)	Social Detox	Non-medical approach in a residential facility with support from peers or counselors.
	Medically-Assisted Detox	Supervised by medical professionals to safely manage withdrawal symptoms.
Residential Treatment Options (Over 30 Days)	Recovery Homes	Structured, sober environments emphasizing recovery and integration with the community.
	Therapeutic Communities	Highly structured environments with active participation from residents in their treatment.
	Social Model Programs	Emphasize peer support, case management, and community integration.
	Family Residential Substance Abuse Treatment	Comprehensive programs addressing the needs of parents and children together.

Finding Quality Treatment

When choosing a treatment program, look for signs of quality treatment. Not all health care professionals or programs provide quality care in healthy settings.

Scan code to access a worksheet that can help you take notes to compare treatment options



Is There a Cure for SUD?

Currently, there is no cure for substance use disorders. Much like other chronic health issues, addiction is a persistent and sometimes-relapsing condition. However, also much like other chronic health conditions, there are various ways to treat and manage drug addiction. By treating substance use disorders, people can regain control over their lives by working against the disruptive effects that drugs or alcohol once had on their brain.



Substance Use Resources



EMERGENCY SERVICES

Local Police Departments

Bedford Police Department:	(781) 275-1212
Carlisle Police Department:	(978) 369-1155
Concord Police Department:	(978) 318-3400
Lincoln Police Department:	(781) 259-8113
Sudbury Police Department:	(978) 443-1042
Wayland Police Department:	(508) 358-4721
Weston Police Department:	(781) 893-4800

Crisis Hotlines

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

SAMHSA Helpline

1-800-662-HELP (4357)

Massachusetts Substance Use Helpline

1-800-327-5050

TREATMENT SERVICES

Local Treatment Centers

Lowell Community Health Center (978) 937-9700

Services: Inpatient and outpatient treatment, counseling, MAT.

<https://www.lchealth.org/>

Lowell House Inc (978) 459- 8656

Services: Inpatient and outpatient treatment

<https://www.lowellhouseinc.org/>

Eliot Community Human Services (781) 861-0890

Services: Outpatient treatment, mental health services, MAT.

<https://www.eliotchs.org/>

McLean Hospital (Belmont, MA) (617) 855-2000

Services: Inpatient and outpatient treatment, detox, MAT.

<https://www.mcleanhospital.org/treatment>

Medication-Assisted Treatment (MAT) Providers

Bedford VA Medical Center (781) 687-2000

Services: MAT, outpatient treatment.

<https://www.va.gov/bedford-health-care/>

Boston Medical Center (617) 638-8000

Services: MAT, detox, inpatient and outpatient treatment.

<https://www.bmc.org/>

Recovery Support Services

Alcoholics Anonymous (AA):

www.aa.org

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; they are self-supporting through their own contributions. AA is not allied with any sect, denomination, politics, organization or institution.

Narcotics Anonymous (NA)

www.na.org

Narcotics Anonymous offers recovery to addicts around the world. They focus on the disease of addiction rather than any particular drug. N.A.'s message is broad enough to attract addicts from any social class or nationality. When new members come to meetings, the N.A.'s sole interest is in that person's desire for freedom from active addiction and how they can be of help

SMART Recovery

www.smartrecovery.org

PREVENTION & EDUCATION PROGRAMS

Community Programs

The Edinburg Center

(781) 862-3600

The Edinburg Center offers an array of innovative services which promote personal growth and independence, foster hope and enhance the quality of life of people with mental health conditions, co-occurring substance use conditions and/or developmental disabilities or brain injuries.

<https://www.edinburgcenter.org/>

Recovery Café (Lowell)

(978) 677-6087

Recovery Cafe Lowell is a Peer Recovery Support Center. Recovery Café is committed to serving people who have experienced trauma and the results of trauma like homelessness, substance use disorder, addiction, and other mental health challenges. They offer peer-led cohort discussion groups with compassionate and energetic coordinators.

<https://www.lowellhouseinc.org/recovery-cafe>

HARM REDUCTION SERVICES

Harm Reduction Programs

AIDS Project (Worcester, MA)

(508) 755-3773

165 Southbridge Street, Worcester, MA 01608

<https://www.aidsprojectworcester.org/our-services/>

Supplies & Services: Drug Checking, Fentanyl Test Strips, Naloxone (Narcan), Safe Sex Supplies, Safer Pipes/Smoking Supplies, Syringe Collection/Disposal, Syringe Distribution, PPE



Substance Use Resources



Outpatient Counseling or Recovery

African Diaspora Mental Health Association, Springfield (413) 266-2207
<https://admha.org/>

Torchlight Recovery Support for Communities of Color, Dorchester (617) 465-1299
<https://torchlightrecovery.org/>

Support Out for Good, Dorchester (617) 980-8835
<https://www.outforgoodbehavioralservices.org/>

The Village (Afrocentric cultural, learning & healing center), Worcester (774) 253-5682
<https://www.facebook.com/TheVillageWorcester/>

Mattakeeset Massachuset Tribe
<https://www.mattakeeset.com/>

Mashpee Wampanoag Tribe
<https://mashpeewampanoagtribe-nsn.gov/>

LAHA – Latin American Health Alliance
<https://www.lahaworc.org/>

Asian Women for Health
<https://www.asianwomenforhealth.org/>

GLAD – Gay Lesbian – Legal Advocates and Defenders
www.glad.org

LGBTQ2S+ Resources
www.mass.gov/find-lgbtq-resources

LGBTQ2S+ Resources for younger persons
<https://www.bostonpride.org/resources/>

LGBTQ2S+ Resources for older persons
www.lgbtagingcenter.org/resources/resources.cfm?st=MA

Boston Alliance of Gay, Lesbian, Bisexual and Transgender Youth (BAGLY)
<https://www.bagly.org/resourcesforyouth>

Recovery-Based Re-Entry Services For Black & Latino Men

Recovery-Based Re-Entry Services for Black and Latino Men, a pilot program for Black and Latino men leaving incarceration or are in the process of being provided by the following agencies:

Fathers' Uplift 617-708-0870
12 Southern Ave, Dorchester
www.fathersuplift.org

Casa Esperanza (617) 445-1123
302 Eustis St, Roxbury
www.casaesperanza.org

Legendary Legacies (774) 701-9134
40 Southbridge St. Ste 200 Worcester
www.legendlegacy.org

Greater Lawrence Family Health Center (978) 686-0090
34 Haverhill St, Lawrence
<https://glfhc.org>

Lynn Community Health Center (781) 581-3900
269 Union St, Lynn
<https://www.lynnchc.org/>

Culturally Specific Treatment For Latinx Population

Casa Esperanza-Roxbury (617) 445-1123
302 Eustis St, Roxbury
www.casaesperanza.org

Gandara Center Statewide (877) 733-4187
302 Eustis St, Roxbury
<https://www.gandaracenter.org/>

Entre Familia (617) 534-2922
211 River St, Mattapan

Hector Reyes House- Worcester (508) 459-1801
7 Vernon St, Worcester, MA
www.lahaworc.org

New North Citizens Council (413) 746-4885
2455 Main St, Springfield, MA
<https://www.newnorthcc.org/>

Local Support and Resources

William James INTERFACE Referral Service (888) 244-6843
<https://interface.williamjames.edu>

Services: Provides mental health and wellness resources, including support for substance use issues, to residents of participating communities like Bedford, Concord, Lincoln, Sudbury, Wayland, and Weston. Referral Service |

The Center for Parents and Teachers (978) 202-1143
<https://www.centerforparentsandteachers.org>

Services: Offers workshops and resources for parents, including those dealing with substance use in the family.

Family Continuity (866) 219-3320
<https://familycontinuity.org>

Services: Provides family support services and counseling, including substance use support.

Lahey Health Behavioral Services - Family Support Programs (978) 968-1700
<https://www.lahey.org/behavioral-services>

Services: Offers counseling and support programs for families affected by substance use.



Substance Use Resources



Harm Reduction Programs

Program RISE (Framingham, MA) (508) 935-2960

1 Grant Street, Suite 100 Framingham, MA 01702

<https://jri.org/services/health-and-housing/health/rise>

Supplies & Services: Fentanyl Test Strips, Naloxone (Narcan), Safe Sex Supplies, Safer Pipes/Smoking Supplies, Syringe Collection/Disposal, Syringe Distribution

Syringe Exchange Program Locator

<https://www.mass.gov/info-details/syringe-service-program-locator>

Harm Reduction Program Locator

<https://www.mass.gov/info-details/syringe-service-program-locator>

Nalobox

A NaloxBox is a small, clear box labeled "Opioid Rescue Kit" that is mounted on the wall and contains four doses of Narcan. Each box is equipped with a rescue-breathing mask, medical gloves, and step-by-step instructions.

A full list of these can be found at:

<https://nalobox.org/pages/find-a-nalobox>

Narcan Distribution

Bedford Health Department (781) 275-6507

10 Mudge Way, Bedford, MA

www.bedfordma.gov/health-department

Carlisle Health Department (978) 369-0283

66 Westford St, Carlisle, MA

www.lincolntown.org/120/Health-Department

Concord Health Department (978) 369-0283

141 Keyes Rd, Concord, MA

www.wayland.ma.us/health-department

Lincoln Health Department (781) 259-2613

16 Lincoln Road, Lincoln, MA

www.lincolntown.org/120/Health-Department

Sudbury Health Department (978) 440-5479

275 Old Lancaster Road, Sudbury, MA

www.lincolntown.org/120/Health-Department

Wayland Health Department (508) 358-3617

41 Cochituate Road, Wayland, MA

www.wayland.ma.us/health-department

Weston Health Department (781) 786-5030

11 Town House Road, Weston, MA

www.weston.org/149/Health-Department

Narcan Access Without a Prescription:

Narcan is now available at many pharmacies across the state without a prescription. More information can be found at: <https://www.mass.gov/info-details/getting-naloxone-from-a-pharmacy-or-store>

MENTAL HEALTH SERVICES

Counseling & Therapy

Riverside Community Care (781) 329-0909

<https://www.riversidecc.org/>

Services: Mental health counseling, substance use treatment.

William James College (888) 244-6843

INTERFACE Referral Service

<https://interface.williamjames.edu/>

Services: Mobile crisis teams, psychiatric emergency services.

SUPPORT FOR FAMILY & LOVED ONES

Family Support Groups & Counseling

Al-Anon/Alateen Massachusetts (508) 366-0556

<https://ma-al-anon-alateen.org>

Services: Provides support groups for families and friends of individuals with alcohol addiction.

Learn to Cope (508) 738-5148

<https://www.learn2cope.org>

Services: A peer-led support network offering education, resources, and support for families dealing with addiction.

Families Anonymous (800) 736-9805

<https://www.familiesanonymous.org>

Services: Support groups for families and friends of individuals with drug and alcohol-related problems.

The Partnership at Drugfree.org (508) 738-5148

Parent Helpline

<https://drugfree.org>

Services: Provides a helpline and resources for parents and caregivers of children struggling with substance use.

Nar-Anon Family Groups (800) 477-6291

<https://www.nar-anon.org>

Services: A 12-step program for families and friends of individuals with substance use disorders.

CULTURALLY SENSITIVE RESOURCES

Outpatient Counseling or Recovery

Massachusetts Black Alcoholism and Addiction Council

Contact: Leah Randolph at Positivele@aol.com



Educational Resources

Partnership for Drug-Free Kids (855) 378-4373
<https://drugfree.org>

Services: Provides extensive resources, guides, and a helpline for parents and families dealing with a child's substance use.

The Addiction Recovery Management Service (ARMS) (617) 643-4699

at Massachusetts General Hospital
<https://www.massgeneral.org/psychiatry/guide-to-psychiatry-and-substance-use-disorder>

Services: Offers resources and support for families dealing with adolescent substance use.

GRIEF SUPPORT

Local Grief Support Groups & Counseling Services

Grieving the loss of a loved one due to substance use can be challenging. Here are some key local and national resources to provide support:

Casa Esperanza (617) 445-1123
302 Eustis St, Roxbury
www.casaesperanza.org

Legendary Legacies (774) 701-9134
40 Southbridge St. Ste 200 Worcester
www.legendlegacy.org

Greater Lawrence Family Health Center (978) 686-0090
34 Haverhill St, Lawrence
<https://glfhc.org>

Lynn Community Health Center (781) 581-3900
269 Union St, Lynn
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Substance Misuse and Addiction Resource Guide

Created by Great Meadows Public Health Collaborative



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Contributions: Kelli M. Calo, CPH, Erin E. Olson, MBA, Sara Buliszak