

A QUICK GUIDE TO Substance Use Services for Young People



From The Bureau of Substance Addiction Services' Office of Youth and
Young Adult Services at the Massachusetts Department of Public Health

The Massachusetts Substance Use
HELPLINE





TREATMENT & SUPPORT IN MASSACHUSETTS FOR Young People Needing Help with Alcohol, Marijuana, or other Drug Use

Outpatient Counseling (ages 12-24)

The Office of Youth & Young Adult Services at the Massachusetts Department of Public Health (MDPH), Bureau of Substance Addiction Services (BSAS) supports and licenses outpatient providers to offer individual, group, or family therapy for alcohol, marijuana, and other drugs. Some outpatient providers have specialized training and certification in offering substance use and behavioral treatment for youth and young adults, such as the Adolescent Community Reinforcement Approach (A-CRA). There is a small but growing number of providers who offer non-traditional outpatient care through the Office's Green Care Initiative. They include trauma-informed equine therapy, care-farming, and community-based adventure therapy. For more information, contact:

The Massachusetts Substance Use Helpline
Toll-free: 1-800-327-5050
[HelplineMA.org/for-parents](https://www.HelplineMA.org/for-parents)

Youth Withdrawal Management & Stabilization

(ages 13-17)

Short-term, gender inclusive residential program that provides youth ages 13-17 with assessment, treatment, supervision, and medical monitoring to help with withdrawal management and behavioral stabilization. Referrals to appropriate aftercare services for participants and their families are made available upon program completion. The length of stay varies based on treatment needs. Services are generally covered by most insurance carriers.

MYR (Motivating Youth Recovery)

Worcester | 1-508-860-1244

www.communityhealthlink.org/chl

Youth Co-Occurring Residential Treatment

(ages 13-17)

Residential programs intended for youth ages 13-17* who have not been able to address their substance use and/or co-occurring mental health challenges in less restrictive environments such as outpatient counseling or peer-support groups. Services include assessment, substance use treatment, on-site mental health counseling, therapeutic groups covering a variety of topics including life skills development, psychiatric consultation, vocational/educational support, recovery support, parent/caregiver support, and aftercare planning. Programs have the capacity to serve transgender youth. The length of stay varies based on treatment needs. Residential treatment is supported by insurance and, in some cases, through funding from the MDPH/BSAS.

**Some 18 year old residents are admitted based on developmental appropriateness.*

Goodwin House

(male ages 13-17)

Chicopee | 1-413-316-1642

Toll-free: 1-844-CHD-HELP

(1-844-243-4357)

Lowell House STEPS

(Supporting Teens Entering
Pathways to Success)

(gender inclusive ages 13-17)

Reading | 1-978-459-8656

Lowellhouseinc.org



Transition Age Youth and Young Adult Residential Treatment (ages 18-25)

These residential programs provide a nurturing, structured, and safe environment for young people ages 18-25 in an alcohol and drug-free residential treatment setting. Services include assessment, substance use treatment, on-site mental health counseling, vocational/educational support, family engagement, case management and coordination, therapeutic groups; recovery support, and aftercare planning. Programs are single gender but serve transgender young adults. The average length of stay depends on individual treatment and recovery goals. Residential treatment is supported by insurance and, in some cases, through funding from the MDPH/BSAS.

Cornerstone Recovery

(female ages 18-25)

Ware | 1-413-758-4050

Pegasus House

(female ages 18-25)

Lawrence | 1-978-687-4257

Megan's House

(female ages 18-26)

Lowell | 1-978-455-6973

Recovery High Schools (ages 14-21)

Recovery high schools are public high schools for youth ages 14-21 that provide an appropriate, alcohol and drug free environment to meet the educational needs of students recovering from substance use disorder. Each serves roughly 30-50 students and offers curricula consistent with Massachusetts State Standards, MCAS testing, and requirements of the student's school district. They provide small class sizes, individual attention, licensed counseling support, and daily groups which allow students to process issues related to their education and recovery. Students with a substance use disorder can attend a recovery high school by choice, as a referral is not required.

William J. Ostiguy High School

Boston | 1-617-348-6070

Independence Academy

Brockton | 1-508-510-4091

North Shore Recovery High School

Beverly | 1-978-922-3305

Rockdale Recovery High School

Worcester | 1-508-538-9108

Liberty Preparatory Academy

Springfield | 1-413-750-2484

*For additional Recovery Support Services for Youth and Young Adults,
please refer to The Massachusetts Substance Use Helpline.*

Medication for Opioid Use Disorder/Withdrawal Management

The federal Substance Abuse and Mental Health Services Administration (SAMHSA) recognizes Medication for Opioid Use Disorder (MOUD) as the use of medications accompanied by counseling, for the treatment of substance use disorders. Research shows that MOUD is effective in treating substance use disorders and can help people to sustain recovery. For more information on MOUD for youth and young adults, see the American Academy of Pediatrics Policy Statement. Length of treatment is determined by the prescribing medical professional and based on individual treatment goals. To find prescribers in your community, contact:

The Massachusetts Substance Use Helpline

Toll-free: 1-800-327-5050 | [HelplineMA.org](https://www.helplineMA.org)

Watch for the Warning Signs:

If you have seen some of these changes in your teen, they might be using alcohol or other drugs.

1. A change in mood
2. Sleeping more than usual
3. Shows less interest in school, friends, or activities
4. Quality of schoolwork is worse, or they are skipping school
5. New friends you haven't met
6. Money is missing, or objects have disappeared from the house
7. Talking about parties where drugs and alcohol are being used
8. Breaking rules or acting angry

Some of these behaviors are normal for adolescents, but if you think your child may be using alcohol or other drugs, have a calm and supportive talk with them and get help. Getting help early is the key to protecting your teen's health.

Parent and Family Support

Learn to Cope is a non-profit support network that offers education, resources, and hope for parents and family members coping with a loved one addicted to opiates or other drugs.

1-508-738-5148 | www.learn2cope.org

Allies in Recovery is a virtual program offering CRAFT (Community Reinforcement and Family Training) groups, trainings, skill-building, and support for families whose loved one is struggling with addiction and recovery.

www.alliesinrecovery.net

Take the Next Step.

The Massachusetts Department of Public Health (MDPH) is committed to keeping children and teens healthy. Most health insurance will cover the services listed in this directory. In other cases, MDPH may cover the costs. Don't let the cost of treatment stop you from calling for help.

Massachusetts Department of Public Health

Bureau of Substance Addiction Services (BSAS)

Office of Youth and Young Adult Services

250 Washington Street, 3rd Floor

Boston, Massachusetts 02108

1-617-624-5111 | youthinfo.bsas@mass.gov

TTY: 1-888-448-8321

HOPE IS HERE. GET HELP.

TOLL-FREE:
1-800-327-5050

