Addiction Recovery Resource Guide

Disclaimer: This guide is meant to provide information on local recovery resources. This is not an exhaustive list and we do not endorse any of these organizations. No single treatment approach is appropriate for all individuals.

Quick Guide: Inpatient/Detox, Outpatient, Family Services, Medication Assisted Treatment, Physical Activity, Residential programs, Advocacy and education, Peer recovery support, Partial Hospitalization

Adcare
Location: Facilities in Worcester, MA and North Kingstown, RI. Boston, Quincy, North Dartmouth, Worcester, West Springfield, Warwick (RI), and North Kingstown (RI)
Services:
Inpatient/Detox: Inpatient services include detoxification, crisis stabilization unit (for patients with co-occurring addiction and psychiatric symptoms), and rehabilitation
Outpatient: Outpatient services include assessment and evaluation for each patient, individual and group counseling and education sessions, family counseling and support
Family Services: Counseling and support services offered to patient’s loved ones to guide through treatment process
Contact: www.adcare.com, 800-252-6465

Addiction Treatment Centers of New England
Locations: 77 Warren St., Building 5, Brighton, MA
Services:
Outpatient: Outpatient treatment program for patients being treated for opiate addiction with Suboxone. The program is designed to operate in cooperation with the prescribing doctor including individual and group therapy
Medication Assisted Treatment: Methadone, Vivitrol (Naltrexone), and Suboxone treatments offered
Contact: www.atcne.net or 617-254-1271

Boston Bulldogs
Services:
Physical Activity: The Boston Bulldogs Running Club is a non-profit running club established to provide an anonymous and safe community of support for all those adversely affected by addiction; those in recovery, their families and friends, the clinical community and the community at large. The club promotes an integrated approach to wellness and self-leadership in recovery on a journey to discover the kind-hearted warrior and true potential within each of us.

Bournewood Health Systems
Locations: Brookline, Woburn,
Services:
Inpatient: Highly structured hospital setting that includes separate units for individuals needing more

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intensive treatment and treatment for co-occurring mental health and addiction conditions.

**Partial Hospital Program:** This program is meant for those who need intensive treatment but not in a 24/7 inpatient setting. Functions as a step-down or stand-alone service option.
* Offer services for adolescents

**Column Health**

**Locations:** Arlington, Brighton, Lawrence, and Somerville, Massachusetts

**Services:**

- **Outpatient:** Outpatient addiction treatment clinics, individual psychotherapy, medication management, group therapy for couples and families are all provided and non-medication options
- **Medication Assisted Treatment:** Buprenorphine (Suboxone), Naltrexone (Vivitrol), Integrated lab testing and detoxification are also offered

**Contact:** [www.columnhealth.com](http://www.columnhealth.com), 844-265-8661

**Emerson Hospital**

**Locations:** Concord, MA

**Services:**

- **Inpatient/detox:** Medical management (“detox”) for patients and will receive comprehensive medical screening as well as an evaluation.
- **Outpatient:** Consists of a day program that meets 5 days/week that includes four groups/day and a visit from AA representative. Also has a half-day program that meets a minimum of 3 days/week that includes two groups/day.

**Dimock Center**

**Locations:** Roxbury, MA

**Services:**

- **Inpatient/Detox:** 35-bed medically monitored detox unit for alcohol and opioid use disorders.
- **Outpatient:** Provides outpatient services for adults recovering from substance use disorders. Offers individual, family and group counseling. Groups include relapse prevention & intervention, parenting, anger management, and dual diagnosis.
- **Medication Assisted Treatment:** Available for individuals with substance use disorders with the use of medications in combination with counseling and behavioral therapies.
- **Residential Treatment:** Extensive mix of on and off campus residential programs ranging from a few weeks to more than one year. Provide a structured, safe and committed environment critical to recovery.

**Faulkner Hospital**

**Locations:** West Roxbury, MA

**Services:**

- **Inpatient/Detox:** Medical unit to provide quality care for patients suffering substance use disorder as well as other co-occurring mental health conditions.
- **Suboxone Treatment:** Designed to help patients with opioid addiction. 12-week maintenance group with a psycho-educational approach aimed to increase safe coping skills to prevent the return to active use.
- **Outpatient Partial Hospital Day Treatment:** 10-day program to provide healthy living techniques and promote recovery from substance use. Program includes structured groups focused on intervention and skills training, daily check-in groups, behavior modification, Cognitive Behavioral Therapy (CBT), Dialectical

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Behavior Therapy (DBT), meditation, relaxation training. Patients may be prescribed medication to treat psychiatric and substance use disorders.

**Outpatient Evening Dual-Diagnosis Program**: This program offers clinical assessment, positive coping skills, group education, intro to support groups, continuing care planning and referral.

**Peer Recovery Support**: Continuing care groups and self-help meetings are offered as weekly eight-session groups to address issues. Topics include coping with cravings, being around friends who still use and talking with loved ones about feelings.

**Vivitrol**: Naltrexone is used for the treatment of opioid and alcohol addiction. Offered in injections (once per month) or pills taken every day.

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**Gavin Foundation**

**Location**: Various recovery programs offered in Greater Boston

**Services**:

- **Residential programs**: offer residential treatment both short and long term to adults and teens
- **Outpatient**: outpatient treatment programs, peer-to-peer community center, detox programs, re-entry programs, and total immersion program (alternative to incarceration with limits and expectations on probationers). Prevention programs and collaboration programs including safe and sober supportive school environments for high school aged youth

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

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**Hurley House**

**Locations**: 12 Lowell St., Waltham, MA

**Services**:

- **Residential programs**: Hurley House is a recovery home that helps alcoholics and people suffering with substance use disorder reintegrate into the community
- **Outpatient**: Programs include outpatient counseling, supportive housing, and job training

**Contact**: [www.thehurleyhouse.com](http://www.thehurleyhouse.com) (webpage), info@thehurleyhouse.com (email contact)

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**Learn to Cope**

**Location**: Locations of meetings throughout Massachusetts. See website [www.learn2cope.org](http://www.learn2cope.org) for more details.

**Services**:

- **Family Services**: Support network that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs.

**Contact**: 508-738-5148

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**Magnolia New Beginnings**

**Services**:

- **Advocacy and education**: Magnolia New Beginnings offers advocacy and education to those suffering with substance use disorder, their families and the community, about the dangers of substance abuse by creating awareness of the disease and offering assistance for those seeking recovery and their families.

Families are given access to an online network of peer support

**Contact**: 617-291-3266 or [www.magnolianewbeginnings.org](http://www.magnolianewbeginnings.org)

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McLean Hospital
Locations: 115 Mill St. Belmont, MA
Services:
**Inpatient/Detox**: McLean Hospital offers various treatment options including short-term inpatient care (3-5 days), intensive inpatient detox and 30 day treatment programs
**Outpatient**: individual and group outpatient support therapy, family support and education.

MOAR- Massachusetts Organization for Addiction Recovery
Services:
**Advocacy and Education**: MOAR is an addiction recovery resource and provides information about treatment and recovery services throughout Massachusetts. They also educate the public about recovery.
Contact: [www.moar-recovery.org](http://www.moar-recovery.org), 617-423-6627, 877-423-6627

Newton-Wellesley Hospital Substance Use Services (SUS)
Location: 2000 Washington St., Newton, MA 02462, Blue Building Suite 401
Services:
**Outpatient**: Services at Newton Wellesley Substance Use Services include substance use disorder consultations, medication assisted treatment, counseling, one-on-one peer support, group support, patient and family education around evidence-based, compassionate addiction care
**Inpatient/Detox**: Medical consultations around counseling services available to hospitalized patients
Contact: [https://www.nwh.org/medical-services/substance-use-services](https://www.nwh.org/medical-services/substance-use-services) or 617-243-6062

New England Addiction Recovery Center
Location: 153 Oak St. Westborough, MA 01581
Services:
**Inpatient/Detox**: Medically monitored detoxification
**Outpatient**: Outpatient services including individual, family, or group therapy sessions are available.
**Medication Assisted Treatment**: Methadone, Vivitrol and Suboxone is available on an outpatient basis
Contact: [www.newenglandtreatmentcenter.com](http://www.newenglandtreatmentcenter.com), 844-500-6372

Phoenix Multisport
Location: 785 Albany St., Carter Auditorium 4th Floor, Boston, MA 02118
Services:
**Physical Activity**: The goal of The Phoenix is to help as many people as possible find a clear path to recovery. The Phoenix hosts daily, FREE fitness classes and events where the only requirement to attend is at least 48 hours of continuous sobriety. They provide all necessary gear to make the activities accessible, as the equipment required for the disciplines we teach is often expensive and can deter people from taking up certain activities. Some activities offered include: boxing, climbing, CrossFit, hiking and camping, mindfulness, running, social events, strength training, yoga and more.
Contact: [www.thephoenix.org](http://www.thephoenix.org) 857-239-8422

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Plymouth House
Location: 446 Main St., Plymouth, NH 03264
Services:
**Residential programs:** Plymouth House is a sober living facility offering a safe, healthy environment for recovery from addiction that focuses on the 12 Step model.
Contact: [www.theplymouthhouse.com](http://www.theplymouthhouse.com) 800-428-8459

Recovery Centers of America
Location: Westminster and Danvers, MA
Services:
**Inpatient/Detox:** Inpatient treatment includes 12 step meetings, 24 hr. nursing care, discharge planning, educational seminars, family services, guidance and support for re-entry into the community, individual and group therapy, medication monitoring, recreational therapy, and more.
**Outpatient:** Outpatient care includes partial care and partial hospitalization services (meant for those who need extended daily treatment but who may not need 24 hr. managed care- includes therapy, group therapy and other services), intensive outpatient services (individual and group therapy, education and resources, 12 step recovery meetings, family and couples therapy and more) and general outpatient treatment (individual, family, couples and group therapy offered).
Contact: [www.recoverycentersofamerica.com](http://www.recoverycentersofamerica.com) 855-557-4932

Right Turn
Locations: 440 Arsenal St., Watertown, MA 02472
Services:
**Outpatient:** Intensive outpatient treatment including assessment, counseling and intervention, and extended care programs. Family therapy also offered. Also include family specialists including education about addiction, family support groups, workshops and family sessions.
**Medication-Assisted Treatment:** Suboxone, Naltrexone, Vivitrol and Campral can be integrated in the comprehensive recovery program
Contact: [www.right-turn.net](http://www.right-turn.net) 781-646-3800

Riverbank House
Locations: 96 Church St., Laconia, NH 03246
Services:
**Residential Programs:** Riverbank House offers a 28-day residential program and long-term recovery and sober living for men. Various programs are offered including career training and employment experience.
Contact: [www.riverbankhouse.net](http://www.riverbankhouse.net) 603-505-7912

Riverside Emergency Services
Locations: 270 Bridge St., Dedham, MA 02026
Services:
**Outpatient:** Individual, group and family therapy options. 24/7 crisis intervention, stabilization and treatment referrals including referrals to dual diagnosis unit for co-existing mental health and substance use disorder.
Contact: [www.riversidecc.org](http://www.riversidecc.org), 781-329-0909
Spectrum Health Systems


Services:
- **Inpatient/Detox:** Detoxification, clinical stabilization and residential treatment services are available.
- **Outpatient:** Wide range of counseling services available. Individualized treatment plans used to teach clients the skills needed for recovery.
- **Medication-Assisted Treatment:** Methadone, Vivitrol and Suboxone are available for detoxification and/or long-term maintenance. Clients receive an evaluation, medical monitoring, treatment planning, onsite dispensing, educational services and individual, group and/or family counseling.
- **Peer recovery support:** Centers provide education and support for services for adults at varying stages of recovery. All activities are led and driven by peers (individuals that have experienced addiction and recovery). Centers offer support groups, recreational activities, social events and resource materials.

Contact: [www.spectrumhealthsystems.org](http://www.spectrumhealthsystems.org) 800-464-9555 (outpatient), 800-366-7732 (inpatient)

Square Medical Group

Locations: Watertown and Weymouth, MA

Services:
- **Outpatient:** Individual, group and family therapy offered
- **Medication-Assisted Treatment:** Suboxone, Vivitrol offered as well as non-medication options.

Contact: [www.squaremedicalgroup.org](http://www.squaremedicalgroup.org) 617-916-5069 (Watertown), 781-812-1643 (Weymouth)

St. Elizabeth’s Comprehensive Addiction Program (SECAP)

Locations: 736 Cambridge St., Brighton, MA

Services:
- **Inpatient/Detox:** Individually monitored detox taking place between 1 and 4 days. Utilized evidence-based, symptom-triggered protocols for medication. Counselors engage patients in group therapy, meditation, individual counseling, and discharge planning.
- **Outpatient:** Includes day and evening treatment options for people in early recovery or after a relapse. Also has services for families including interventions, family education, family support groups and referral to other services. Groups and counseling also available.
- **Medication Assisted Treatment:** Outpatient program that provides medications to assist in the recovery of patients engaging in SECAP’s Outpatient Psycho-Social Support. Medications provided: buprenorphine/naloxone (suboxone), naltrexone (including injectable vivitrol), disulfuram (Antabuse) and others.

The Family Restored

Services:
- **Family services:** The Family Restored is a resource providing information on treatment facilities, support groups for families, and other resources for families and those struggling with substance abuse.

Contact: [info@thefamilyrestored.org](mailto:info@thefamilyrestored.org) (contact email), [www.thefamilyrestored.org](http://www.thefamilyrestored.org) (webpage)