

OPIATE ADDICTION HELP RESOURCES



12 Step Programs for Individuals with an Addiction

Alcoholics Anonymous

- **Phone:** 617-426-9444
- **Website:** www.aaboston.org

Meetings in your area can be found on the website.

The primary purpose is to help individuals stay sober and achieve sobriety.

For families who have a loved one with an Opiate Addiction

Learn to Cope Support Groups

- **Phone:** 508-801-3247
- **Website:** www.learn2cope.org

Treatment resources and meetings in your area can be found on the website.

Learn to Cope's mission is to support with kindness, care, compassion and empathy.

Parents find they are not alone.



Al – Anon Family Groups

Phone: 508-366-0556

Website: www.ma-al-anon-alateen.org

Meetings in your area can be found on the website.

The message of Al-Anon and Ala-teen is one of hope. Learn what to do to help yourself as it can indirectly help your relatives, loved ones, and friends, whether sober or not.

Advocacy Organizations for Persons in Recovery

Massachusetts Organization for Addiction Recovery (MOAR)

- **Phone:** 1-877-423-6627
- **Website:** www.moar-recovery.org/

MOAR's mission is 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.

MOAR envisions a society where addiction is treated as a significant public health issue and recovery is recognized as valuable to all our communities.

Opiate Overdose Prevention



Opiate overdose has become the **leading cause of injury deaths** in Massachusetts.

To save lives, the Department of Public Health launched a project to distribute **nasal narcan, a medication that can reverse an opiate overdose.**

Narcan:

- Temporarily takes away the “high” giving the person overdosing a chance to breathe
- Cannot be abused or cause overdose
- Has no side effect

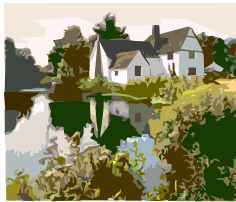
Narcan Training includes:

- How to use nasal narcan spray
- Overdose risks, prevention response, calling 911, rescue breathing, and refill procedure
- Two nasal narcan kits

To obtain nasal narcan and learn how to save the life of a family member or friend contact:

Jackie Gutierrez, Community Outreach
Bay State Community Services
617-471-8400, Extension 142

SUBSTANCE ABUSE TREATMENT DEFINITIONS



The following services are covered by most health insurance policies or accept private pay:

1. Individual Counseling - Outpatient

- 1 - 2 hours per week

2. Group Counseling – Outpatient

- 1.5 hours per once time per week

3. Group Counseling – Intensive Outpatient

- 3 – 5 hours, 2-5 times per week

4. Day Treatment with Substance Abuse Track

- Participants are predominantly Dual Diagnosed
- 3 – 5 groups a day, 2 - 5 days per week 9am – 3pm
- 2 – 3 groups substance abuse
- 2 – 3 mental health groups

5. SOAP Programs – Substance Abuse Focused Day Treatment

- 3 – 5 groups a day, 2- 5 days per week 9am – 3pm
- All groups substance abuse focused

6. Partial Hospitalization – Similar to Day Treatment

Additional supports include:

- Case Management to connect with aftercare resources
- Psychiatric medication evaluation as needed

7. Detox – Medically Supervised

- 3 – 5 day (over-night)
- Must be active user

8. Transitional Program

- 30 day (overnight)
- Must come from Detox

9. Halfway/Recovery/Sober House

- 12 step residential
- Days free/able to work
- **Not covered by insurance – sliding scale rent**

The purpose of a **halfway house**, also called a **recovery house** or **sober house**, is generally to allow people to begin the process of reintegration with society, while still providing monitoring and support; this is generally believed to reduce the risk of recidivism or relapse when compared to a release directly into society.

Some halfway houses are meant solely for reintegration of persons who have been recently released from prison or jail, others are meant for people with chronic mental health disorders, and most others are for people with substance abuse issues. These sober halfway houses are many times voluntary places of residence and many of the residents may have no criminal record whatsoever.

<http://soberliving.interventionamerica.org/searchdirectory.cfm?State=MA>

Lists 105 facilities in MA