

Helpful Substance Abuse Resources for Youth & Families as of 2.4.14



These resources can also be accessed at

<http://www.edline.net/pages/ReadingPublicSchools/Community/RCASA>

Not sure where to start?

- Julianne DeAngelis, Outreach Coordinator, Reading Coalition Against Substance Abuse
Reading Police Department, 15 Union St, 2nd floor, Reading
Ph: 781-942-6756, Email: jdeangelis@ci.reading.ma.us

Behavioral Health in Reading Public Schools

- Sara Burd, Behavioral Health Coordinator, sara.burd@reading.k12.ma.us

Insurance eligibility

- Health Care For All: www.hcfama.org, 617-350-7279
- Most insurers provide a phone number on the back of the membership card to get more information on which behavioral health services/programs are allowed.

State Hotline

- Call 1-800-327-5050 or visit MA Substance Abuse Education and Information Helpline
<http://www.helpline-online.com/>

Outpatient Counseling (local area)

- Riverside Outpatient Center (mental health counseling services)- Wakefield, 781-246-2010, www.riversidecc.org
- Hallmark Health (Community Counseling Services)- Melrose/Medford/Malden, 781-979-3315, <http://www.hallmarkhealth.org/Behavioral-Health/Psychiatric-Services.html>
- Arbour Counseling- Woburn/Malden, 781-322-1503, www.arbourhealth.com/counseling.htm
- Lahey Health Behavioral Services- 1-978-968-1700, www.nebhealth.org
- South Bay Mental Health- Malden/N. Reading locations, Liz Yoder, 1-978-542-1951, <http://www.southbaymentalhealth.com>
- Psychological Care Associates- Stoneham 781-646-0500, www.psychologicalcareassociates.org
- Riverway Counseling Associates- Medford, 781-395-1560, www.riverwaycounseling.net
- Somerville Mental Health- Somerville, 617-623-3278, www.somervillementalhealth.org
- CASPAR- Somerville, 617-628-3850, www.casparinc.org
- Team Coordinating Agency, Inc.- Wilmington, 978-694-9997, www.teamca.net
- Right-Turn-Arlington, MA, 781-646-3800, www.right-turn.org (including adolescent assessments)

Substance Abuse and Dual Diagnosis Interventionists

- Association of Intervention Specialists- www.associationofinterventionspecialists.org
- Woody Geissmann, Arlington, MA, 781-646-3800, www.right-turn.org

- Danny Lynch, Norwell, MA, 781-878-9809, www.lynchwellness.com
- Robert Montgomery, Woburn, MA, 781-938-1138

Local Support Groups

- Al-Anon/Alateen- For friends & family (anonymity is the spiritual foundation of our program). Meetings are free on Sundays, 4 pm @ Reading Police station. For info, call (508) 366-0556 or ldcofma@aol.com
- Families Anonymous- Medford, 800-736-9805, www.familiesanonymous.org
- Learn to Cope- For parents and family, www.learn2cope.org
- Parents Helping Parents, Parents Anonymous, and Parental Stress Line- 800-632-8188, www.parentshelpingparents.org
- AA Young People Meetings- Meetings at St. Charles in Woburn (Sat-12 noon) and First Baptist in Stoneham (Fri.-8 pm), <http://www.aa.org/>

Substance Abuse & Mental Health Treatment

The following 2 sites allow you to search by city, state and region for treatment programs.

- Substance Abuse Treatment Locator www.findtreatment.samhsa.gov/ or call SAMHSA's 24-Hour Toll-Free Treatment Referral Helpline at 1-800-662-HELP (1-800-662-4357).
- Mental Health Services Locator www.mentalhealth.samhsa.gov/databases
- Dept. of Health and Human Services/info and treatment finder: www.mentalhealth.gov

In-Patient Substance Abuse and Mental Health Services

Some units may not have adolescent beds, please ask when calling or work with your primary care provider or counselor to access detox or in-patient behavioral health resources.

- Childrens Hospital Adolescent Substance Abuse Program- 617-355-2727, www.childrenshospital.org
- Whidden Hospital- Everett, 617-591-4227 www.challiance.org/whidden
- McLean Hospital- Belmont, 617-855-2000 www.mclean.harvard.edu
- Bournewood- Brookline, 800-468-4358 www.bournewood.com
- Balcpate- Georgetown, 978-352-2131 (requires crisis team evaluation prior to admission)
- Adcare Health System- 1-800-ALCOHOL, www.adcare.com

Other types of treatment:

Executive Home Detox- 1-888-933-8699, www.executivehomedetox.com/

Drug Testing*

Reading Health Center: *ON* site urine collection – Unsupervised

Call for instructions at 781-944-6644, location: 20 Pond Meadow Drive, Reading, MA

**More testing sites listed @ www.edline.net/pages/ReadingPublicSchools/Community/RCASA*

Post-Treatment High School (Substance Abuse and Dual Diagnosis)

- Northshore Recovery High School www.nsedu.org/page14.html

Info for Parents/Families

- U.S. Substance Abuse & Mental Health Services News <http://www.samhsa.gov/>
- National Families in Action www.nationalfamilies.org/find-treatment.html
- The Partnership at Drug Free www.timetotalk.org or <http://www.drugfree.org>
- The Partnership For A Drug Free America www.justthinktwice.com
- National Institute on Drug Abuse www.drugabuse.gov
- National Alliance on Mental Health www.namimass.org