

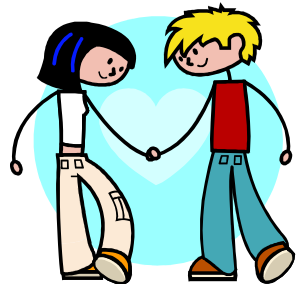


Tips:

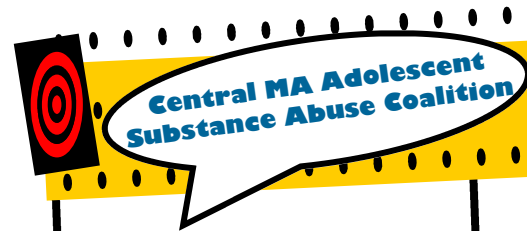
\* Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust!

\* Places in your neighborhood that may be able to help:

- School
- Youth Centers
- Boys & Girls Clubs
- YMCA
- YWCA
- CDC's (Community Development Centers)
- Health Centers
- Hospitals
- Police Department
- Church
- Mosque
- Synagogue
- Temple



Special thanks to the youth in the S.O.S. program at YOU Inc. for their valuable input!



# Know a Youth with Substance Abuse Problems?

## A Free 2007 Guide for Youth

Developed by **CommunityBuild** and supported by a grant from the **Blue Cross Blue Shield Foundation of MA**



### Resources

[www.sober.com](http://www.sober.com)

Services related to alcohol and drug rehab programs, detoxification, eating disorders treatment, mental health, rehabilitation and recovery.



<http://www.namimass.org>  
NAMI Massachusetts  
1-800-950-NAMI

<http://www.helpline-online.com/>  
Need to talk to someone?

Massachusetts Substance Abuse Information and Education Helpline  
1-800-327-5050  
617-536-5872 (TTY)

[www.soberrecovery.com](http://www.soberrecovery.com)

An online community and resource site for a wide variety of disorders.

<http://www.neaar.org/moar/>

Massachusetts Organization for Addiction Recovery  
1-877-423-6627

<http://www.al-anon.alateen.org/>

Is your life affected by someone's drinking?  
1-888-4AL-ANON

Massachusetts chapter:

<http://www.ma-al-anon-alateen.org>  
508-366-0556

<http://www.alcoholics-anonymous.org>

Alcoholics Anonymous

<http://www.aaworcester.org>

Worcester Area Intergroup Inc.

Check out website for meeting dates & times in many places across the state

508-752-9000

<http://www.na.org>

Narcotics Anonymous

<http://www.centralmassna.org>

Central MA Narcotics Anonymous  
1-866-NA-HELP-U

<http://www.nami.org>

National Alliance on Mental Illness

<http://national.unitedway.org/211>

The 2-1-1 System connects people with human services through an easy to remember three-digit phone number  
United Way Resource Hotline: Dial 211

<http://findtreatment.samhsa.gov/>

SAMHSA Treatment Locator

1-800-662-HELP

1-800-662-9832 (Español)

1-800-228-0427 (TDD)

[www.mentalhealth.org/databases](http://www.mentalhealth.org/databases)

SAMHSA Mental Health Services Locator

1-800-789-2647

<http://www.healthrecovery.org>

Dedicated to improving the lives of individuals and families who are affected by substance abuse

617-661-3991



# Groups & Services



What	When	Where	For Whom	Contact
An open, non-smoking, discussion/AA meeting for young adults	Mondays 7:30pm-8:30pm	Devereux School 60 Miles Rd Rutland, MA 01543	Youth ages 13-21 years	David Price 508-886-4746
OTHERS- Other Teens Help Everyone Respect Self	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays 5:30pm – 7:00pm	PAL Worcester Chapter 21 Cedar St. Worcester, MA 01609	Youth ages 13-21 years	508-767-9725
Open forum support group combined with substance abuse education and resource/ referral	Time /day varies	Youth and Family Center 251 Main St. Webster, MA 01570	Youth ages 10-18 years	Tina Mercado 508-856-5759 Or 800-980-1347
Coordinated Family Focused Care	Monday-Friday 8:30am– 5:00pm	Communities of Care 275A Belmont St. Worcester, MA 01604	Youth ages 3-18 years	Yvette or Rosa 508-856-5242
SOS Intensive outpatient for actively substance abusing adolescents in Central MA.	3:00pm –5:00pm Monday, Tuesday, Wednesday, Friday	Y.O.U., Inc. 81 Plantation St. Worcester, MA 01604	Youth ages 14 – 21 years (co-ed)	Sarah Galvin, LMHC 508-770-0511 x120 GalvinS@Youinc.org
STOP Program Preventive outpatient group for Central MA adolescents at risk of developing substance abuse issues	Tuesday and Thursday 3:00pm – 5:00pm	Y.O.U., Inc. 81 Plantation St. Worcester, MA 01604	Youth ages 12-18 years (co-ed)	Sarah Galvin, LMHC 508-770-0511 x120 GalvinS@Youinc.org
Substance Abuse Treatment Services including counseling, education & treatment programs	Monday – Friday 8:30am -4:30pm	Henry Lee Willis Community Center 44 Front St. Suite 490 Worcester, MA 01608	Service various ages, including adolescents	Intake: 877-753-5945 General: 508-799-2934
Counseling & substance abuse treatment	Varies	Community HealthLink, Inc. Worcester Youth and Family Services 275 Belmont St. Worcester, MA 01604	Adolescents	Intake: 508-791-3261
Counseling for youth and adults dealing with a range of issues, including substance abuse and mental health services	Varies	Y.O.U Inc. Counseling Center 205 School St. Gardner, MA 01440  Y.O.U Inc. Counseling Center 52 Charlton St. Southbridge, MA 01550	Youth	Gardner: 978-632-2321  Southbridge: 508-765-9101
SIBS- Support Info for Brothers & Sisters	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays 6:00pm – 7:30pm	Communities of Care 275A Belmont St. Worcester, MA 01604	Youth ages 5-10 years	Rina Cavallini 508-767-9725 Or 508-856-5242

Adolescent Intervention Model for Substance Abuse	13-week outpatient program	Genesis Counseling Services, Inc. 24 Union Ave. Suite 11 Framingham, MA 01702	Adolescents ages 12-17	For more information call: 508-620-2992
Substance abuse treatment services and counseling	Varies	Harrington Memorial Hospital Wells Recovery Service Center 29 Pine St. Southbridge MA 01550	Service all age groups, including adolescents	Substance Abuse Services 508-765-9167 ext.4220 24 Hour Hotline: 508-765-9771 ext.2580
Counseling for individuals, couples, and/or families	Varies	LUK's Behavioral Health Clinic Intake Department 545 Westminster St. Fitchburg, MA 01420	Children, youth, adults and families	Intakes: 800-579-0000
Detoxification and stabilization unit for teens	Varies	Motivating Youth Recovery (MYR) Community Healthlink 12 Queen St. Worcester, MA 01610	Age 13—17 years	Intake desk: 508-860-1244or 508-860-121
Many different substance abuse treatment programs / groups for youth	Varies	Wayside Family Counseling Centers 10 Asylum St. Milford, MA 01757	All age groups	Intake: 1-800-4WAYSIDE
The Moving On Program  Outpatient Assessment & brief substance abuse treatment for youth	8 weekly sessions  Monday-Friday, after-school & evening hours available	LUK's Behavioral Health Clinic 545 Westminster Street Fitchburg, MA 01420 Y.O.U Inc. Counseling Center 52 Charlton St. Southbridge, MA 01550  L.U.K., Inc. 1280 Main St. Worcester, MA 01610	12-18 year old males & females	Jerry Manney, Coordinator 978-829-2244
The Continuous Learning for Youth in Recovery (CLYR) Program  Assessment, substance abuse treatment, home-based outreach & case-management	Monday- Friday, after-school & evening hours available	LUK Inc. Sessions are held in the youth/family home and/or community	12-18 year old males & females living in Worcester County	David Hamolsky 978-829-2236
Adolescent Recovery Group	Please call for details	Safe Homes—A program of The Bridge of Central MA 4 Mann St., Worcester, MA 01602	Youth ages 14-23; supports GLBTQ youth	Laura Farnsworth 508-755-0333
Counseling, assessment, evaluation and treatment plans for substance abuse and mental health	Monday – Friday 9:00am – 9:00pm  Saturday by appt. only	Arbour Counseling Services Parkview Office Towers 255 Park Avenue, Suite 300 Worcester, MA 01609	All ages	Judy Shute, Center Director 508-799-0688
Counseling for children and families with focus on mental health and substance abuse	Varies 	CHL Lipton Center 221 Greeley St. Clinton, MA 01510	All ages	Clinton: 978-368-0181 Fitchburg: 978-840-9932 Gardner: 978-630-4740 Leominster: 978-840-9932