

## **BSAS Youth and Young Adult Treatment Program Contact Information for Referrals**

Help with referrals is provided by the *Massachusetts Substance Use Helpline*, 24/7:

Cal 800-327-5050 or go to: [www.helplinema.org](http://www.helplinema.org)

Services and Supports for Youth and Young Adults: [www.helplinema.org/for-parents](http://www.helplinema.org/for-parents)

*It's hard to ask for help, especially when you're worried about alcohol or drug use. The bravest thing to do is to reach out. For all services listed here, your health insurance or BSAS may cover costs.*

### **Youth Withdrawal Management & Stabilization**

For youth ages 13-18 needing medical, emotional, and behavioral stabilization from substance use or dependence. Length of stay depends on an individual's need (average stay is 14 days).

### **Youth Residential Treatment** *(Co-occurring Enhanced)*

Youth between the age of 13 and 17, who are medically stable, can receive individual, group, and family counseling in a therapeutic residential setting. Length of stay varies (typically 45 to 90 days).

### **Young Adult Residential Treatment**

Young adults, ages 16-26, who are medically stable can access a variety of individual and group services and resources that support ongoing recovery. Length of stay varies (often 4 to 6 months).

### **Outpatient Counseling**

Call the MA Substance Use Helpline to find out what licensed outpatient programs are available for youth and young adults experiencing problems with alcohol or drugs. Ask about **Adolescent Community Reinforcement Approach** (A-CRA) programs in your area - clinicians can help at all stages of recovery and support families!

### **Recovery High Schools**

Recovery high schools offer an alcohol- and drug-free environment to meet the educational and recovery related needs of students. These public schools meet MA requirements of each student's school district, while offering small class sizes, individual attention, licensed counseling support, and much more. No cost.

### **Medication Assisted Treatment/ Withdrawal Management**

Research shows that MAT can help successfully treat substance use disorders and sustain recovery, including for youth and young adults, ages 16+. Contact the MA Substance Use Helpline for referrals: [www.helplinema.org](http://www.helplinema.org)

## **Youth Withdrawal Management & Stabilization**

### **MYR** *(Motivating Youth Recovery)*

Ages: 13-18

Gender: Male/Female

26 Queen St., Worcester, MA 01610

Phone: 508-860-1244

## Youth & Young Adult Residential Programs

### **Goodwin House** *(co-occurring enhanced)*

Ages: 13-17, Gender: Male  
187 Fairview Ave., Chicopee, MA 01013  
Phone: 413-316-1642

### **Cornerstone Recovery**

Ages: 16-25, Gender: Female  
59 South Street, Ware, MA 01082  
Phone: 413-758-4050, Ext. 680

### **GRIT House** *(co-occurring enhanced)*

Ages: 18-26, Gender: Male  
Springfield, MA - [www.mhainc.org/grit](http://www.mhainc.org/grit)  
Phone: 844-MHA-WELL (844-642-9355)

### **Megan's House**

Ages: 18-25, Gender: Female  
Lowell, MA - [www.themeganhouse.org](http://www.themeganhouse.org)  
Phone: 978-455-6973

### **Pegasus House**

Ages: 18-25, Gender: Female  
482 Lowell St., Lawrence, MA 01840  
Phone: 978-687-4257

### **STEPS** *(co-occurring enhanced— opening in spring 2022)*

Ages: 13-17, Gender Inclusive  
Reading, MA - [www.lowellhouseinc.org](http://www.lowellhouseinc.org)  
Phone: 978-459-8656

### **Note - These programs are now closed:**

- Spectrum Young Adult Program *(fall 2021)*
- Cushing House Girls & Boys *(fall 2021)*

### **For more information about services for youth and young adults:**

Massachusetts DPH / BSAS  
Office of Youth and Young Adult Services  
250 Washington St, 3<sup>rd</sup> Fl, Boston, MA 02108  
Phone: 617-624-5111  
[www.mass.gov/service-details/transition-age-youth-and-young-adults](http://www.mass.gov/service-details/transition-age-youth-and-young-adults)

### **Recovery High Schools:**

William J. Ostiguy High School  
Boston | 617-348-6070

North Shore Recovery High School  
Beverly | 978-922-3305

Liberty Preparatory Academy  
Springfield | 413-750-2484

Independence Academy  
Brockton | 508-510-4091

Rockdale Recovery High School  
Worcester | 508-538-9102

*Families can make direct referrals. No cost!*

### **Family Recovery Resources:**

#### **Learn to Cope:** [www.learn2cope.org](http://www.learn2cope.org)

- Weekly peer support for adults with loved ones struggling with substance use
- Overdose education & online support/resources:

#### **Allies in Recovery:** [www.alliesinrecovery.net](http://www.alliesinrecovery.net)

- Online support to help families change the conversation about addiction (free in MA)

#### **Partnership to End Addiction:** [www.drugfree.org](http://www.drugfree.org)

- Free parent coaching; text HOPEMA to 55753, email or schedule a call with a parent specialist
- Guides, resources, and more

#### **12-Step Family Support Groups**

- **Al-Anon/Alateen:** [www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)
- **Nar-Anon:** [www.naranonctma.org](http://www.naranonctma.org)
- **Families Anonymous:** [www.familiesanonymous.org](http://www.familiesanonymous.org)

#### **Handhold:** [www.handholdma.org](http://www.handholdma.org)

- Guiding your child's mental health journey
- Resources and supports