

Ask the Tough Questions.

"Can you help me?"

It's hard to ask for help, especially when you're worried about alcohol or drug use. The most important thing you can do is to ask someone for help.

Take the Next Step.

Making the changes you want in your life doesn't mean doing everything right the first time. We all make mistakes and have setbacks. Keep trying to take the next step toward recovery. Make the call, ask for help.

For all the services listed here, your health insurance or the Massachusetts Department of Public Health may cover the costs. Don't let the cost of treatment stop you from calling for help.



Recovery High Schools

William J. Ostiguy High School
Boston | 1-617-348-6070

North Shore Recovery
High School
Beverly | 1-978-922-3305

Liberty Preparatory Academy
Springfield | 1-413-750-2484

Independence Academy
Brockton | 1-508-510-4091

Rockdale Recovery
High School
Worcester | 1-508-854-4939

For all the services listed here, your health insurance or the Massachusetts Department of Public Health may cover the costs. Don't let the cost of treatment stop you from calling for help.

For information about services for youth and young adults, call Youth Central Intake Care Coordination at:

Toll free: 1-866-705-2807
or 1-617-661-3991
TTY: 1-617-661-9051
www.healthrecovery.org

MA Department of Public Health
Bureau of Substance Abuse Services
Office of Youth and Young Adult Services
250 Washington Street, 3rd Floor
Boston, Massachusetts 02108

1-617-624-5111
TTY: 1-888-448-8321
www.mass.gov/dph/youthtreatment



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A Quick Guide to Substance Use Services for Young People

From The Office of Youth and Young Adult Services at the Massachusetts Department of Public Health Bureau of Substance Abuse Services



Treatment and Support Services in Massachusetts for Young People Needing Help with an Alcohol or Drug Problem



Outpatient Counseling

The Massachusetts Department of Public Health Bureau of Substance Abuse Services supports and licenses programs for young people experiencing problems with alcohol and other drugs. Along with the programs below, outpatient counseling is available (including evening hours) to individuals and families.

Detoxification & Stabilization

For youth aged 13 to 17 needing medical, emotional, and behavioral stabilization from substance abuse or dependence. Length of stay depends on an individual's need, but an average stay is 14 days.

Youth Residential Treatment

Youth between the ages of 13 and 17, who are medically stable, can receive individual, group, and family counseling in a therapeutic residential setting. Length of stay varies based on need, but is often 45 to 90 days.

Young Adult Residential Treatment

Young adults up to age 25, who are medically stable, can access a variety of individual and group services and resources that support ongoing recovery. Length of stay varies, but is often 4 to 6 months.

Recovery High Schools

Recovery high schools were developed to create an appropriate alcohol and drug free environment to meet the educational and recovery related needs of students.

The schools can each serve roughly 30-50 students and use a similar model while reflecting the culture and needs of the communities they serve. They offer curricula consistent with Massachusetts Standards, MCAS testing, and the requirements of the student's school district. They provide small class sizes, individual attention, licensed counseling support, and daily groups which allow students to process issues related to their education and recovery.



Youth Central Intake Care Coordination

Provides free and confidential information and referral for youth experiencing a problem with alcohol or other drugs. Central Intake Care Coordination directs all referrals to the Department of Public Health-funded Youth Residential Substance Use Treatment Programs. Central Intake can refer to other services, like outpatient treatment and recovery high schools.

Toll Free 1-866-705-2807 | 1-617-661-3991
TTY 1-617-661-9051
www.healthrecovery.org/projects/youth-cicc/

Youth Detoxification & Stabilization (ages 13-17)

MYR (Motivating Youth Recovery)
Worcester | 1-508-860-1244

The C.A.S.T.L.E. (Clean & Sober Teens Living Empowered)
Brockton | 1-508-638-6000

Youth Residential Treatment (ages 13-17)

Call Youth Central Intake Care Coordination
Toll-free: 1-866-705-2807
1-617-661-3991

Opening in 2017
Center for Human Development (CHD)
(males ages, 13-17)
Chicopee

Young Adult Residential Treatment

Cushing Houses
(separate houses for males and females, age 16-20)
Boston | 1-617-269-2933

Pegasus House
(females, age 18-25)
Lawrence | 1-978-687-4257

Spectrum Residential
(males, age 18-25)
Westborough | 1-508-898-1570

Opening in 2017
Gandara Center
(females, ages 18-25)
Ware | 1-413- 736-8329

To Be Announced
(males, ages 16-20)
Southeast MA