

Substance Use

Resources and Information
for Cape Cod



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Updated March 2016 – For an electronic version of this resource guide, please visit www.BCHumanServices.org. For printed copies of this guide, please call 508-375-6628 or email SAC@BarnstableCounty.org.

Emergency Numbers

Services available 24/7 unless otherwise noted

Massachusetts Substance Abuse Helpline	800-327-5050
Department of Mental Health Cape & Islands Crisis Intervention Team	800-322-1356
National Suicide Prevention Line	800-273-8255
Samaritans Statewide Crisis Helpline	877-870-4673
Veterans Crisis Line	800-273-8255, press 1
Domestic Violence/Sexual Assault Line	800-439-6507
Emergency ASL Interpreter	800-249-9949

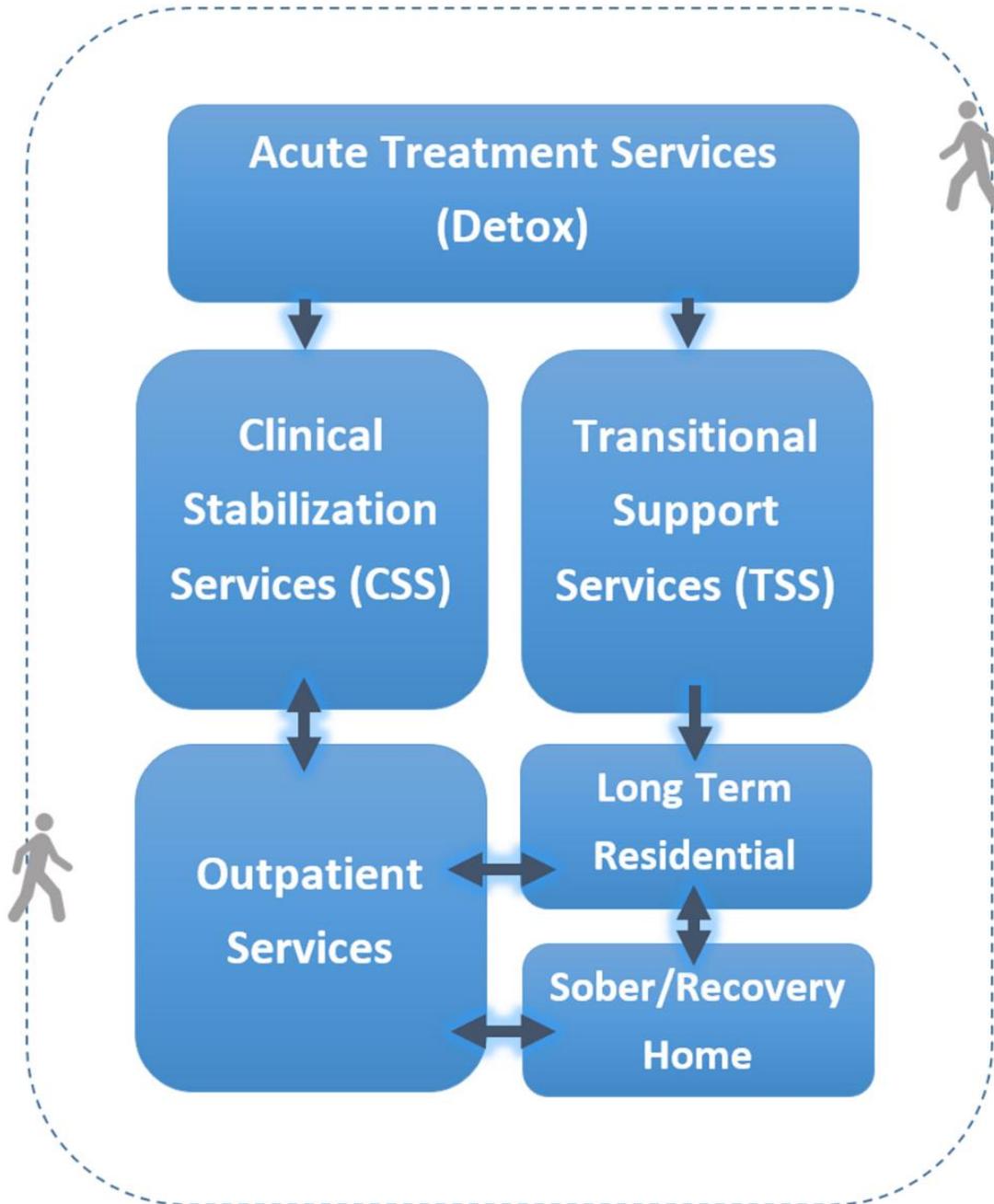
The **Massachusetts Substance Abuse Information and Education Helpline** provides free and confidential information and referrals for alcohol and drug abuse problems and related concerns.

The Helpline links consumers with comprehensive, accurate, and current information about treatment services throughout Massachusetts.

Services are available **Monday through Friday** from **8:00 am to 10:00 pm** and on **Saturday and Sunday** from **9:00 am to 5:00 pm**. Language interpreters are available.

800-327-5050 | www.helpline-online.com

Treatment System Map



There are many options to enter substance use treatment. Speaking with a medical or substance use professional can help you find where to start.

Treatment Service Descriptions

Acute Treatment Services (Detox)

Detox programs provide 24-hour nursing care, under the consultation of a medical director, to monitor an individual's withdrawal from alcohol and other drugs and to alleviate symptoms. *3-5 Days*

Clinical Stabilization Services (CSS)

Provides clinical stabilization services for clients leaving detox and provides stabilization services for clients needing acute treatment but not meeting criteria for medically-necessary detox services. *2-3 Weeks*

Transitional Support Services (TSS)

Short-term residential program for individuals who need further stabilization after detoxification. Admission is limited to clients discharged from detox or who are currently homeless. *3-4 Weeks*

Outpatient Services

These services are located in the community and include:

- Medication assisted treatment including Suboxone, Methadone, and Vivitrol
- Counseling
- Self-help/mutual support groups

Long Term Residential

A structured alcohol and drug free environment. Programs often last longer than 30 days.

Sober/Recovery Home

Places for individuals to live in a substance free environment after residential substance abuse treatment. Not all sober homes are regulated or monitored, they are often privately run.

Inpatient Treatment – Southeastern MA

Gosnold on Cape Cod

200 Ter Heun Drive, Falmouth, MA
800-444-1554 | www.gosnold.org

Available services: Detox (ATS), Clinical Stabilization Services, Long Term Residential

High Point Treatment Center

Plymouth Campus

1223 State Road, Plymouth, MA
508-224-7701

Brockton Addiction Treatment Center

30 Meadowbrook Road, Brockton, MA
508-584-9210 | www.hptc.org

Available services: Detox (ATS), Transitional Support Services, Clinical Stabilization Services, Long Term Residential

SSTAR

386 Stanley Street, Fall River, MA
800-937-3610 | www.sstar.org

Available services: Detox (ATS), Clinical Stabilization Services, Long Term Residential

Please visit www.helpline-online.com or call **800-327-5050** for a complete listing of alcohol and drug abuse treatment resources throughout Massachusetts.

Outpatient Services – Cape Cod

Arbour Counseling

www.arbourhealth.com

West Yarmouth, MA

774-470-2294

Individual, couples, and family counseling
Mental Health Services - Psychiatry

Community Health Center of Cape Cod

www.chcofcapecod.org

Multiple Locations

508-477-7090

Outpatient Counseling – Individual, group
Medication Assisted Treatment
Mental Health Services – Psychiatry

Duffy Health Center

www.duffyhealthcenter.org

Hyannis, MA

508-771-9599

Outpatient Counseling – Individual, group
Medication Assisted Treatment
Mental Health Services - Psychiatry

Gosnold on Cape Cod

www.gosnold.org

Multiple locations

800-444-1554

Outpatient Counseling – Individual, group, family
Medication Assisted Treatment
Telepsychiatry

Habit OPCO

www.crchealth.com

South Yarmouth, MA

508-398-5155

Outpatient Counseling
Medication Assisted Treatment

Hyannis Vet Center

www.va.gov

Hyannis, MA

508-778-0124

South Bay Mental Health

Mashpee, MA

www.southbaymentalhealth.com

508-760-1475

Outpatient Counseling – Individual, group
Mental Health Services - Psychiatry

Outer Cape Health

Provincetown, Wellfleet,

Orleans, Harwich

www.outercape.org

508-349-3131

Outpatient Counseling – Individual, group, family
Medication Assisted Treatment
Telepsychiatry



 MASSACHUSETTS
SUBSTANCE ABUSE INFORMATION AND EDUCATION HELPLINE

CONCERNED ABOUT YOURSELF OR SOMEONE ELSE?

We can help you find the right substance abuse services, with or without insurance.

Make a confidential phone call:
800-327-5050
MassRelay: 711

Search for services online:
HELPLINE-ONLINE.COM

Helpline services are available Monday – Friday from 8:00 am to 10:00 pm and on Saturday – Sunday from 9:00 am to 5:00 pm.

Language interpreters are always available.

Family Support Groups

Learn to Cope

Tuesdays 7:00-8:30 PM | Yarmouth Police Station, 1 Brad Erickson Way

Learn to Cope is a support group for parents, family members, spouses, and caregivers who have a family member addicted to opiates, alcohol, or other drugs.

Parents Supporting Parents

Mondays 6:30-8:30 PM | Mashpee Chamber of Commerce, 5 Bates Road

Parents Supporting Parents is a group of people who have come together as parents and family members coping and dealing with children/loved one's addiction.

Gosnold Family Support Groups

Multiple dates and locations | 844-558-4357 or mfisher@gosnold.org

The Gosnold Reaching Out program is a resource for family members and loved ones affected by addiction. For meeting locations and dates, visit gosnold.org.

Opioid Overdose Education/Naloxone Training

Naloxone is a non-addictive drug that can temporarily reverse the effects of an opiate overdose. Available at:

- Hyannis AIDS Support Group of Cape Cod – 428 South Street, 866-990-2437 or 508-778-1954
- Naloxone training and distribution is available at weekly Learn to Cope meetings, more information at www.learn2cope.org
- Local Walgreens or CVS pharmacies, no prescription is needed

Additional Services

Youth Services

Central intake and care coordination is available for youth experiencing a problem with alcohol or other drugs. They provide free and confidential information. 866-705-2807 | 617-661-3991

Medication Disposal

Flushing your unwanted prescription drugs down the toilet or putting them in the trash is NOT the best option. Bring unwanted or expired prescription drugs to the permanent drug collection kiosk located at your local police station. It is open 24/7 and no paperwork is necessary.

See an Overdose? Save a Life – Call 911

An overdose is a medical emergency. Look for these signs:

- The person has passed out or collapsed, or will not wake up
- The person is breathing slowly or not at all
- The person's lips or nails are turning blue
- The person is having difficulty talking or walking
- The person is experiencing seizures or convulsions

The Massachusetts Good Samaritan Law

The Good Samaritan Law **protects victims and those who call 911 for help** from charge, prosecution, and conviction for possession or use of controlled substances.

Recovery Support Services

PIER Recovery Center of Cape Cod

290 Main Street, Hyannis, MA
508-827-6150

Free services include peer facilitated support, relapse prevention groups, social events, access to computers for job readiness/job search activities, and advocacy and recovery coaching.

Mothers Helping Mothers

Mothers Helping Mothers is a support group for women struggling with the emotional difficulties associated with addiction and recovery during the pregnant and postpartum phases of life. Free childcare is provided, please call ahead.

Tuesday 7:30–9:00 PM

270 Gifford Street, Falmouth, MA

Monday 5:30–7:00 PM

83 Pearl Street, Hyannis, MA

For more information, contact Deborah at 774-392-0446 or Danielle at 508-209-7533.

Twelve Step Groups

Cape Cod and the Islands Alcoholics Anonymous

www.aacapecod.org

New England Region Narcotics Anonymous

www.nerna.org

About Us

Barnstable County's Department of Human Services plans, develops, and coordinates regional solutions to Cape Cod's most pressing health and human service issues.

We foster and support collaborative initiatives with data analysis, strategic planning, and investment of county, state and federal resources.

The Barnstable County Regional Substance Abuse Council coordinates a comprehensive regional approach to substance abuse across the continuum of prevention, treatment, intervention, and recovery.

The Council brings together a diverse group of nearly 40 stakeholders from our community: town governments and law enforcement, faith leaders and students, people in recovery and families affected by addiction, and many others.



Regional Substance Abuse Council

3195 Main Street | PO Box 427 | Barnstable, MA 02630

508-375-6628 | 508-362-5885 (TTY)

www.BCHumanServices.net

SAC@BarnstableCounty.org