

Parent and Family Information For Juveniles

- 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
- Alanon- www.alonon.com
- Mass 211 phone number
- Tuesday night parent meeting at Stoneham Senior Center at 7p.m step work

Outpatient Counseling (local area)

- Riverside Outpatient Center (mental health counseling services)- Wakefield, 781-246-2010, www.riversideecc.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
- River way 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 & 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
every insurance card a number on the back of it

Insurance 101-Most state insurance are taken at larger places such as High Point Treatment Center, Spectrum Health Systems, Arbour Health System, and Riverside Community Care, Vinfen, Salvation Army etc. They are also easier to take at hospitals. State insurances are easier to work with in terms of extensions. Blue Cross/Blue Shield and Harvard Pilgrim can be trickier but can get a person into private facilities.

There always is an option of self-pay. Remember some private programs can be **EXTREMELY** expensive. I advise you to do research on any self- pay facilities and their success rate. In terms of long term recovery homes for adolescent some health insurances will not pay out. Voluntarily calling DCF on yourself will pay out. Also your child's behavior can get them warded to state custody. Even if you are the best parent in the world constant truancy, arrests etc. by your child may have the court deem them into state custody.

There are only two adolescent crisis stabilization units in mass for Crisis Stabilization Units-

Motivating Youth Recovery - MYR Unit
12 Queen Street, Worcester, MA 01610-2480
508-860-1244
www.communityhealthlink.org

The CASTLE - Clean And Sober Teens Living Empowered
20 Meadowbrook Road, Brockton, MA 02301
508-638-6000
www.hptc.org

Recovery High Schools- small classrooms, focus on sobriety

William J. Ostiguy High School - Recovery High School
19 Temple Place, Boston, MA 02111
617-348-6070
http://www.gavinfoundation.org/Ostiguy_High_School.html

North Shore Recovery High School - Recovery High School
502 Cabot Street, Beverly, MA 01915-2538
978-722-3305
www.nsedu.org

Springfield Academy for Excellence (SAFE) Recovery High School - Recovery High School
334 Franklin Street, Springfield, MA 01104
413-787-6998
www.sps.springfield.ma.us

Recovery Adolescent Houses

Cushing House for Boys
South Boston, MA 02127

Cushing House for Girls
South Boston, MA 02127

Highland Grace House (Girls)
Cambridge, MA 02139

Pegasus House (Girls)
Cambridge, MA 02139

Phoenix Academy (Boys)
Cambridge, MA 02139

CAB Adolescent (Boys)
Cambridge, MA 02139

Project Rebound (Boys)
Cambridge, MA 02139

When calling a place please ask:

Do you have any open beds? What gender? How long are they holding for?

What is your medical clearance policy?

For example: if you are a diabetic do you have to have a certain sugar level?

What insurance you take

How to get admitted?

What medications you take- even mental health medications

Do you have a Crisis Stabilization Service or Transition Support Services? If you want to go to a hallway house

Do I have to be admitted with a non-clean urine?

Do you meet with someone daily?

Do you prescribe Methadone, Suboxone or Vivitrol on site or refer out?

What is your average stay?