

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*



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. Many people find reaching out for help very helpful. The bravest thing to 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.



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 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 866-705-2807 | 617-661-3991

TTY 617-661-9051

Youth Detoxification & Stabilization

(ages 13-17)

MYR (Motivating Youth Recovery)

Worcester | 508-860-1244

The C.A.S.T.L.E. (Clean & Sober Teens Living Empowered)

Brockton | 508-638-6000

Youth Residential Treatment (ages 13-17)

Call Youth Central Intake and Care Coordination

866-705-2807 | 617-661-3991

Young Adult Residential Treatment

Cushing Houses (male and female ages 16-20)

Boston | 617-269-2933

Pegasus House (females age 18-25)

Lawrence | 978-687-4257

Spectrum Residential (males age 18-25)

Leicester | 508-892-1010

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

Central Massachusetts Special Education Collaborative

Worcester | 508-459-5463

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 and Care Coordination at:

Toll free: 866-705-2807

Or 617-661-3991

TTY: 617-661-9051

www.healthrecovery.org

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