



MERRIMACK VALLEY
**SUBSTANCE USE
DISORDER SYMPOSIUM**

RESOURCE GUIDE

VISION

A healthier community through collaboration, education, and the coordination of services.

November 2019

Thank you to our Elite Sponsor





Circle Health is proud to support the 2nd Annual Substance Use Disorder Symposium for bringing together Greater Lowell providers in all aspects of the field of substance use to help those families and persons affected by this wide-spread epidemic.

We applaud the Symposium and all the supporters for their dedicated work and commitment in finding solutions to this difficult challenge in our community.



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A man with short dark hair and a goatee, wearing a black polo shirt with "T. BRADY EMT" and the Trinity logo on it, stands with his arms crossed. Behind him is a white and red ambulance with "AMBULANCE" and "42" visible. The background is a cloudy sky with stadium lights.

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Acknowledgements

This document is a compilation of Substance Use Disorder efforts throughout Merrimack Valley. Thank you all to who contributed to this resource guide and all who participated in the symposium. We hope that through this effort we will continue to learn more about what services are available, work towards eliminating silos, and coordinate services across the communities.

Symposium Planning Committee

A special “thank you” to the Planning Committee, whose expertise allow for this collaborative effort to take place.

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Maria Ruggiero
Tewksbury Police Department

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Lowell General Hospital

Samantha Torres
Greater Lowell Health Alliance

Thank you to our friends from the Westford Regency for their willingness to host the Merrimack Valley Substance Use Disorder Symposium and for all their help coordinating the details.

This event is free thanks to our generous sponsors.



Raymond and Esclaire Gosselin Foundation



Hotlines

Alcoholics Anonymous: 978-957-4690

Narcotics Anonymous: 866-624-3578

Disaster Distress: 1-800-985-5990

Drug Free Workplace: 1-800-WORKPLACE (1-800-967-5752)

Massachusetts Poison Control Center: 800-222-1222

Massachusetts Substance Abuse Information & Education: 800-327-5050

SAMHSA National Helpline: 1-800-662-HELP (1-800-662-4357)

TTY: 1-800-487-4889

Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)

TTY: 1-800-799-4889

Online Resources

www.drugfreegreaterlowell.org

www.helpline-online.com

www.suicidepreventionlifeline.org

www.wellconnected.net

Hotlines (cont.)

Massachusetts Opioid Abuse Prevention Collaboration (MOAPC) and Substance Abuse Prevention Collaboration (SAPC) Health Departments

Billerica Health Department

365 Boston Road, Room G03, Billerica, MA 01821

Phone Number: 978-671-0931

Fax: 978-671-0931

Monday-Friday: 8:30 AM - 4:00 PM

Chelmsford Health Department

50 Billerica Road, Room 102, Chelmsford, MA 01824

Phone Number: 978-250-5244

Fax: 978-250-5244

Monday-Friday: 8:30 AM - 4:00 PM

Dracut Health Department

11 Spring Park Ave, Dracut, MA 01826

Phone Number: 978-453-8162

Monday, Wednesday, Thursday: 8:30 AM - 4:30 PM

Tuesday: 8:30 AM - 7:00 PM

Friday: 8:30 AM - 1:00 PM

Lowell Health Department

341 Pine Street, Lowell, MA 01852

Main Phone Number: 978-674-4010

Substance Abuse and Prevention Division: 978-674-4304

Fax: 978-970-4011

Monday-Friday: 8:30 AM - 4:30 PM

Tewksbury Health Department

Town Hall, 1009 Main Street, Lower Level, Tewksbury, MA 01876

Phone Number: 978-640-4470

Fax: 978-640-4472

Monday-Friday: 7:30 AM - 4:30 PM

Hotlines (cont.)

Tyngsboro Health Department

25 Bryant Lane, Tyngsboro, MA 01879

Phone Number: 978-649-2300

Monday-Thursday: 8:30 AM - 4:00 PM

Friday: 9:30 AM - 12:30 PM

Westford Health Department

55 Main Street, Westford, MA 01886

Phone Number: 978-692-5509

Fax: 978-399-2558

Monday-Friday: 8:00 AM - 4:00 PM

Wilmington Health Department

Town Hall, 121 Glen Road, Room 5, Wilmington, MA 01887

Phone Number: 978-658-4298

Fax: 978-694-2045

Monday-Friday: 8:30 AM - 4:30 PM

Education & Prevention

- City of Lowell Mayor's Opioid Epidemic Task Force
- Greater Lowell Health Alliance Substance Use & Prevention Task Force
- Greater Lowell Massachusetts Opioid Abuse Prevention Collaboration (MOAPC) Coalition
- Life Connection Center, Inc.
- Lowell Community Health Center Office Based Addiction Treatment (OBAT)
- MindWise Innovations
- Northeast Tobacco Free Community Partnership
- The New England Consortium
- Partnerships for Success
- SAPC Collaborative (Tewksbury Police Department)
- Westford Health Department
- Wilmington Police Department
- Zack's Team Foundation

City of Lowell Mayor's Opioid Epidemic Task Force

Contact Person: Corey Belanger

Phone Number: 978-828-5983



The City of Lowell Mayor's Opioid Crisis Epidemic Task Force was created in 2014 by the Mayor and City Council in an effort to bring community partners together to collaboratively address the opioid epidemic.

The Mayor's Opioid Crisis Epidemic Task Force is made up of leaders, elected officials, and members from a multitude of backgrounds, including public service, community agencies, advocacy groups, City departments, faith-based organizations, educational settings, and first responder agencies.

The Mayor's Opioid Crisis Epidemic Task Force meets monthly to discuss the current impact of the opioid epidemic in Lowell, as well as identifies how to best support the numerous efforts employed within the City aimed to decrease the epidemic's impact. In addition, the Mayor's Opioid Crisis Epidemic Task Force helps to foster partnerships between public and private agencies.

GLHA Substance Use & Prevention Task Force

55 Technology Drive, Lowell, MA 01851

295 Varnum Avenue, Lowell, MA 01854 (Mailing Address)

Phone Number: 978-934-8531

Website: www.greaterlowellhealthalliance.org/health-priorities/substance-use-and-prevention/

Email: amanda.clermont@greaterlowellhealthalliance.org



The Greater Lowell Health Alliance Substance Use & Prevention Task Force works to strengthen collaboration in the Greater Lowell community to prevent and reduce substance abuse among youth and adults. The Task Force has grown to include over 30 local health and human service agencies, as well as youth, parents, law enforcement officials, and elected officials.

We urge you to join us in addressing the substance abuse and addiction crisis. Attend one of our task force meetings or contact us to learn how you can get involved. The Substance Use and Prevention Task Force meets the first Tuesday of every other month in the First Floor Conference Room, Saints Campus, Lowell General Hospital, 1 Hospital Drive, Lowell.

Greater Lowell MOAPC Coalition

341 Pine Street, Lowell, MA 01851

Phone Number: 978-674-1674

Website: www.drugfreegreaterlowell.org

Email: LEmond@lowellma.gov



The purpose of the Massachusetts Opioid Abuse Prevention Collaboration (MOAPC) initiative is to implement local policy, practice, systems, and environmental change to prevent the misuse and abuse of opioids (including first use) and prevent or reduce unintentional deaths and nonfatal hospital events associated with opioid poisonings while increasing both the number and capacity of municipalities across the Commonwealth who are addressing these issues.

The MOAPC grant uses a cluster model, which includes the towns of Billerica, Chelmsford, Dracut, Lowell, Tewksbury, Westford, and Wilmington. The focus of the MOAPC grant is to prevent opioid abuse and opioid overdoses. This grant program also serves to increase both the number and capacities of participating municipalities in addressing these issues. Through this community coalition model, the MOAPC team is able to combine resources and experience across towns. Our efforts include cost effective, evidenced-based prevention training of Life Skills Training (For more information: www.botvin.com); overdose prevention and awareness trainings; community substance use supports to programs, individuals and families; and coordination of existing organizations to address opioid misuse.

We welcome all interested organizations to attend our monthly planning meetings. **Please note that the MOAPC grant is scheduled to end effective July 1, 2020.**

Life Connection Center, Inc.
192 Appleton Street, Lowell, MA 01852
Phone Number: 978-997-0588
Website: www.lifeconnectioncenter.org
Email: zack@lifeconnectioncenter.org



LIFE CONNECTION CENTER
- A PLACE OF HOPE -

Life Connection Center is a homeless outreach center and community kitchen focused on serving people with uncompromised compassion and care. With a goal of “Saving Lives Across the Table”, Life Connection Center believes that the road to recovery, health and wholeness can start over a home-cooked meal. We believe that food brings people together, it can aid in relationship building and can truly be the medicine we all need.

Currently, Life Connection Center is providing meals, groups and recovery services to over 1500 individuals living with homelessness, poverty, addiction and poor health. Guests enjoy a complimentary highly nutritious meal and access other services as needed such as overdose education, individual peer counseling, nutrition education, HIV/STI testing, wellness checks, clean syringe access, and referral to various medical and social service providers. We also have a mobile van outreach operation that utilizes the same method of relationships based intervention and trust-building which provides encampment outreach, syringe access, distribution of healthy foods and transportation to various services. We have two recovery groups, Recovery Church (Faith-based) on Wednesdays at 3:30 and Coffee & Conservation on Thursdays at 3:30. Both of these groups are runs by persons with lived experience. Our doors are open for persons currently struggling with substance use disorder looking to reduce harm in their current use.

Lowell Community Health Center, OBAT Department

161 Jackson Street, Lowell, MA 01854

Phone Number: 978-322-8668

Website: www.lchealth.org



Lowell Community Health Center (Lowell CHC) is a federally qualified health center serving low income, immigrant and refugee populations in the Greater Lowell (MA) area. Services include: primary medical care; OB-GYN; behavioral health services; HIV testing; counseling and treatment; Office Based Addiction Treatment (OBAT) program; alternative therapies; case management; community health promotion; specialty care; 403(B) pharmacy; dental and vision clinics; an afterschool youth development program; and comprehensive school-based health clinics. Lowell CHC is the community partner of Wellforce Care Plan, a MassHealth Accountable Care Organization (ACO) Partnership Plan to improve access to care and reduce health disparities for low-income individuals and families. Our mission is to provide caring, quality and culturally competent health services to the people of Greater Lowell, regardless of their financial status; to reduce health disparities and enhance the health of the Greater Lowell community; and to empower each individual to maximize their overall wellbeing.

In addition to its outpatient clinical programs, the OBAT department has a team of outreach educators who provide a variety of overdose and opioid related educational workshops, trainings and participate in community events. The team collaborates with community-based programs, faith-based organizations and the schools to provide these services. New projects are being incepted to provide more group work with specific populations such as women and recently released men from incarceration.

If interested in educational or prevention presentations or future collaborations, please contact TheresahAg@lchealth.org.

MindWise Innovations

270 Bridge Street, Suite 301, Dedham, MA 02026

Phone Number: 781-329-0909, ext. 5445

Website: www.mindwise.org

Email: dveira@mindwise.org



MindWise Innovations is powered by the behavioral health experts at Riverside Community Care. MindWise equips schools, workplaces, colleges, and communities with tools to help them address mental health issues, substance use, and suicide risk – enabling their members to live healthier lives. Our suite of products have been proven to reduce suicide attempts and includes online tools and trainings that provide guidance to those struggling with depression, opioid and substance use, anxiety, trauma, eating disorders, and more. MindWise partners with organizations who want to end the stigma that prevents their members from seeking assistance. Through informing, identifying, and connecting individuals with quality resources, MindWise empowers organizations to promote the well-being their community members deserve – and ultimately saves lives.

Northeast Tobacco Free Community Partnership**1 Griffin Brook Drive, Methuen, MA 01844****Phone Number:** 978-722-2864**Website:** www.makesmokinghistory.org**Email:** ashley.hall@glfhc.org

Funded by the Massachusetts Tobacco Cessation and Prevention Program, the Northeast Tobacco Free Community Partnership serves 49 cities and towns in Northeast Massachusetts and supports communities' efforts to help people quit using tobacco/nicotine products, prevent youth from using tobacco/nicotine products, and protect people from secondhand smoking. We provide free education and support about vaping, smoke-free housing, and cessation. We also support local municipalities on tobacco regulations.

For inquiries, please contact Program Manager Ashley Hall at 978-722-2864.

The New England Consortium**600 Suffolk St, Lowell, MA 01854****Phone Number:** 978-934-3257**Website:** www.uml.edu/tnec**Email:** therese_odonnell@uml.edu

The New England Consortium (TNEC) at UMass Lowell is the region's model Hazardous Waste Operations and Emergency Response (HAZWOPER) Worker Health and Safety training organization.

Since 1987, TNEC has provided dynamic hands-on, participatory health and safety training. With simulated works tasks and mock incidents, students gain a better understanding of work site hazards and how to properly respond in an emergency situation. We offer training on-site and at our training center for public agencies and private companies.

Workers who can benefit from TNEC's training are employees who come in contact with hazardous waste and materials, employees who respond to hazardous work site situations and emergencies and Management, Supervisors, Training leaders, Health and Safety officers, and Material handlers. We train municipal employees, engineering firms, chemical manufacturers, waste facilities, Police Officers and Colleges and Universities.

For further information contact Therese O'Donnell at 978-934-3329 or therese_odonnell@uml.edu. Visit our website www.uml.edu/tnec and to register for our courses as well as our open enrollment calendar with regularly scheduled courses.

Partnerships for Success

341 Pine Street, Lowell, MA 01851

Phone Number: 978-674-4304

Website: www.drugfreegreaterlowell.com

Email: LEmond@lowellma.gov



In February 2015, the Lowell Health Department received the Partnerships for Success 2015 (PFS-2015) grant from the Department of Public Health, Bureau of Substance Addiction Services. The goal of the grant is to implement evidence-based prevention programs, policies, and practices to reduce the nonmedical use of prescription drugs (NMUPD) amongst individuals ages 12 to 25 years old in the high-need communities throughout the Commonwealth.

The Lowell Partnerships for Success (PFS) Coalition was started as a means to bring awareness to and educate youth and parents/guardians on the topic of NMUPD. The PFS Coalition is working on social marketing campaigns aimed towards youth and parents/guardians with the intention of decreasing the NMUPD and increasing proper storage and disposal of medications. The PFS Coalition helps to educate and provide resources to youth-serving agencies within Lowell, including sports teams, classes, and after school and summer programs. PFS Coalition members also host resource and educational tables at community events.

SAPC Collaborative (Tewksbury Police Department)

918 Main Street, Tewksbury, MA 01876

Phone Number: 978-851-7373 (Office); 978-382-4989 (Cell)

Website: www.drugfreegreaterlowell.org

Email: mruggiero@tewksbury-ma.gov



Based out of the Tewksbury Police Department, SAPC works collaboratively with the communities of Billerica, Chelmsford, Dracut, Lowell, Tyngsboro, Westford and Wilmington to provide universal prevention intended to prevent underage drinking and other drug use in our youth. Research has shown that addressing the issue of underage drinking reduces the risk that youth will go on to use opioid and other substances as well as help prevent addiction.

Our efforts include cost effective, evidenced-based prevention training with the Botvin-LifeSkills curriculum, community forums and table talks, the use of mass media to send appropriate positive messages, sticker shock and social hosting liability campaigns. We are an active member of the Massachusetts Opioid Abuse Prevention Collaborative (MOAPC) as well as the Greater Lowell Health Alliance (GLHA) allowing for cohesive and consistent messages across our communities.

Please contact Maria Ruggiero at mruggiero@tewksbury-ma.gov or at 978-851-7373 (office number) or 978-382-4989 (cell number) for further information on our activities or to become involved.

Westford Health Department (Westford Board of Health)

55 Main Street, Westford, MA 01886

Phone Number: 978-692-5509

Website: <https://www.westfordma.gov/215/Health-Department>

Email: jstephens@westfordma.gov



The mission of the Westford Health Department / Board of Health is to achieve the highest level of wellness for all Westford residents and employees by reducing the incidence of illness and death. This is accomplished by assessing community needs, adopting and enforcing health regulations and implementing improved community strategies to provide affordable quality health care and preventative health programs and services.

Our Substance Misuse Prevention Program works closely with Westford Police, School Departments, the Westford Parent Connection (WPC), Westford Against Substance Abuse (WASA) and other local and state organizations to bring substance abuse prevention programs to the community. We have helpful resources available on alcohol, tobacco, drug and substance misuse.

Contact the Westford Health Department at 978-692-5509 for more information on available resources or contact Jeffrey Stephens at jstephens@westfordma.gov.

Wilmington Police Department

1 Adelaide Street, Wilmington, MA 01887

Phone Number: 978-694-2064

Website: www.wilmingtonma.gov/wilmington-substance-abuse-coalition

Email: sreif@wpd.org



Funded by the Town of Wilmington, the Public Safety Department has an in-house clinician whom has the ability to serve anyone connected to Wilmington, MA. The clinician works primarily in partnership with police and fire/EMT around calls for service involving mental health and substance use; in addition, the clinician assists in resources sharing, referrals and admissions, continuum of care, service applications, brief treatment, and crisis assessments. Community members can access services outside of police/EMT involvement by contacting the Wilmington Police Department or by stopping into the station, all involvement is voluntary at the individual's choice. In addition, the Wilmington Substance Abuse Coalition organizes prevention and educational events to encourage community involvement and awareness of mental health and substance use across ages.

Zack's Team Foundation

50 Tower Farm Road, Billerica, MA 01821

Website: www.zacksteam.org

Email: zacksteam818@gmail.com



Zack's Team foundation was founded by Louise Griffin and Michael Gys following the passing of their son Zachary Dennis Gys after struggling with substance abuse for many years.

We believe that recovery is possible. We consider it our duty to bring attention to the common misconceptions of substance abuse. It is our mission to provide knowledge, hope and funds to help those families and persons affected by this wide-spread epidemic and disease. Many people fail to realize that substance abuse takes over one's mind and body. It becomes a lifelong battle and it is almost impossible to win the battle alone.

Finding appropriate treatment programs can be expensive, difficult, and confusing. Zack's Team Foundation uses 100% of its proceeds to send individuals to treatment. We believe in a 12-step based approach committed to helping individuals overcome the disease of addiction. We are also committed to spreading awareness and reversing the stigma that is often associated with those that suffer from this debilitating disease.

To apply for a scholarship through Zack's Team Foundation, the following criteria must be completed:

- Residency in the Greater Lowell Area
- Between the ages of 18-30 years old
- Exhaustion of all other financial means

Applications are available online www.zacksteam.org. We are happy to answer all other questions you may have at zacksteam818@gmail.com.

Harm Reduction

- Cleanslate
- Lowell Community Opioid Outreach Program (CO-OP)
- NILP Northeastern Recovery Learning Center
- Supporting Moms, Strengthening Families
- Syringe Collection Program (Lowell Health Department)

Cleanslate

170 Main Street, Unit G4-G8, Tewksbury, MA 01876

Phone Number: 781-348-9041

Website: www.cleanslatecenters.com



Cleanslate provides outpatient medication assisted treatment for opiate and alcohol addiction. We serve all of Merrimack Valley and the surrounding communities and accept many insurances including MassHealth, Medicare and most private plans. We also offer a self-pay plan for patients without insurance. On site counseling as well as care coordination provide support services as people travel down the road to recovery. To schedule an appointment or to set up a site tour, call 781-348-9041 or visit cleanslatecenters.com.

Lowell Community Opioid Outreach Program (CO-OP)

291 Summer Street, Lowell, MA 01852

Phone Number: 978-674-4010



The Lowell Community Opioid Outreach Program (CO-OP) is an innovative program made up of first responders and clinicians that brings together public and nonprofit organizations to address the opioid crisis in the City of Lowell. The CO-OP is a partnership between the Lowell Police Department, Lowell Fire Department, Lowell Health Department, Lowell House, and Trinity EMS.

The Lowell CO-OP is committed to reducing the number of deaths attributed to overdose and is helping its clients towards the path to recovery by bridging the gaps in treatment services. The CO-OP follows-up with overdose victims and their families within 24-48 hours of an opioid overdose and facilitates access to treatment and harm reduction services for the overdose survivor and supportive services for their families. Children of overdose victims are referred to Project CARE for therapeutic and support services. The Lowell CO-OP completes outreach work specifically in the Lowell community by following up with clients in personal residences, the local shelter, and camp sites and offers education on treatment services, harm reduction, and other support services. The Lowell CO-OP also builds relationships with treatment providers and other local resources.

The CO-OP can be reached at (Cell) 978-631-7240 and (Office) 978-856-1260 and is located at 291 Summer St, Lowell, MA 01852.

NILP Northeast Recovery Learning Community**35 John Street, Lowell, MA 01852****Phone Number:** 978-687-4288, ext. 200**Website:** www.nilp.org**Email:** Dave Carignan: dcarignan@nilp.orgMike Berggren: mberggren@nilp.org

NILP's Northeast Recovery Learning Community (NERLC) of Greater Lowell creates welcoming, safe, genuine and understanding spaces where diverse communities gather for healing and growth. NERLC is committed to creating a strong peer-to-peer community for persons recovering from extreme emotional distress, trauma, co-occurrence, psychiatric diagnoses, addiction and a variety of other challenges in life. The NERLC supports individuals who have lived experience with these life challenges find their own paths to recovery and wellness in the communities of their choice. By offering trauma-sensitive peer supports, we encourage each other to lead meaningful, productive lives and, together, create a welcoming and diverse peer community.

We offer the following services:

- Aging and Disability Resource Consortium (ADRC)/Long Term Care Options Counseling
- Community Support Services
- Independent Living Vocational Rehabilitation
- Long Term Services & Supports (LTSS)
- Nursing Home Transitions
- Personal Care Assistance (PCA) Program (Accepts MassHealth)
- Youth Services

Contact Dave Carignan or Mike Berggren at 978-687-4288 (ext. 200) for more information on NILP's services and eligibility for referral.

Supporting Moms, Strengthening Families**161 Jackson Street, Lowell, MA 01852****Phone Number:** 978-941-2782 or 978-322-8848

For pregnant and postpartum women with current or past substance use disorder. Supporting Moms, Supporting Families uses a multi-disciplinary approach to support women up to a year after delivery, including medication assisted treatment, nurse care management, behavioral health services, recovery coaching and educational support groups.

Syringe Collection Program (Lowell Health Department)

341 Pine Street, Lowell, MA 01851

Phone Number: 978-674-1049

Website: www.lowellma.gov/1166/Sharps-Needles-Disposal



The Syringe Collection Program (SCP) was created to educate the community on the importance of safe and proper sharps storage and disposal, and to respond to discarded needle pick-up requests within the Lowell community.

The Syringe Collection Program Coordinator builds relationships with community organizations to identify locations of frequent needle discard, proactively removes discarded needles from reoccurring in public places, coordinates educational activities surrounding safe needle protocol, and is available to support community clean-up efforts. The Syringe Collection Program Coordinator also works to educate community organizations, neighborhood groups, schools, and youth-serving agencies regarding the importance of avoiding used sharps and the protocol to report discarded needles that are found in the community.

There are two ways to report a discarded needle found in Lowell during program hours:

- Call the program. Leave the address and specific location of where the needle(s) was found, the number of needle(s), and any additional information that is relevant to locating the needle(s). While it may be helpful to leave a return phone number in case more information is needed to locate the discarded needle(s), service is confidential and anonymous.
- Electronically submit a "Report a Hyperdermic Syringe" report. To do this, log into Civic Plus via the City of Lowell's website, www.lowellma.gov.

For discarded needle pick-up requests outside of program hours, residents should call the Lowell Police Department non-emergency line at 978-937-3200. The Lowell Police Department will report the request to Trinity EMS. Residents ***should not*** call Trinity EMS directly to report a discarded needle.

Treatment

- Bridgewell, Inc.
- Cleanslate
- Column Health
- Community Crisis Stabilization Program
- Cordant Health Solutions
- Elm Tree Clinic
- Farnum Center
- GateHouse Treatment
- Habit OPCO Lowell
- HART House
- Holy Family Hospital
- Into Action Recovery, Inc.
- Lowell Community Health Center, OBAT Program
- Lowell Community Health Center, PASS Program
- Lowell House Addiction Treatment and Recovery
- Megan's House
- Middlesex Recovery - MAT Chelmsford
- Place of Promise
- Recovery Centers of America
- Serenity at Summit Detox
- Tewksbury Treatment Center (Lahey Behavioral Services)

Bridgewell, Inc.

35 Market Street, Lowell, MA 01852

Phone Number: 978-259-1370

Website: www.bridgewell.org

Email: astephens@bridgewell.org



Bridgewell strengthens communities by providing an unmatched range of social and human services that empower people with disabilities and other life challenges to live safe, self-directed and productive lives. Bridgewell delivers support through community housing, day programs, outpatient treatment, recovery services, education and employment training. We are committed to helping people in need, from those with autism to people with substance use disorders, become engaged members of their communities. Bridgewell is also the industry leader in developing innovative offerings in response to unmet or emerging needs. Bridgewell supports people with intellectual, developmental, psychiatric and physical disabilities through community housing, day programs, employment services and other offerings.

For more information, please visit www.bridgewell.org or call 978-259-1370.

CleanSlate

170 Main Street, Unit G4-G8, Tewksbury, MA 01876

Phone Number: 781-348-9041

Website: www.cleanslatecenters.com



Cleanslate provides outpatient medication assisted treatment for opiate and alcohol addiction. We serve all of Merrimack Valley and the surrounding communities and accept many insurances including MassHealth, Medicare and most private plans. We also offer a self-pay plan for patients without insurance. On-site counseling, as well as care coordination, provide support services as people travel down the road to recovery.

To schedule an appointment or to set up a site tour, call 781-348-9041 or visit cleanslatecenters.com.

Column Health

77 E Merrimack Street, Lowell, MA 01852

Phone Number: 339-368-7696

Website: www.columnhealth.com

Email: jgrillo@columnhealth.com



Column Health facilitates full recovery from mental illness and substance use disorders, enabling stability and self-actualization for our patients and team members. We restore hope to individuals and families suffering from these debilitating illnesses through evidence-based world-class treatment and education, while conducting industry-leading research and analysis to continuously improve the efficacy of treatment and service delivery.

We offer a full suite of mental health and substance use treatment related services including psychotherapy, integrated lab testing, detoxification, and medication management. By integrating a more comprehensive range of care needed to properly treat these illnesses, we are able to provide convenience for patients seeking a full range of needed care, enable better coordination of care, and facilitate improved effectiveness of the program for our patients and staff. We recognize that success in overcoming mental illness and substance use disorders is built on many factors, especially the interaction with and support of an extended community of people, programs, and places well beyond the walls of the clinic. We also recognize that our success is based on the success of our patients and of our extended community. We welcome opportunities to partner with other community businesses and organizations as we look for ways to expand the scope of benefits made available to our patients and staff. If you are an organization or local business interested in teaming with us and collaborating with our community of patients and providers, please reach out to us.

Treatment modalities include: Buprenorphine (Suboxone and others), Naltrexone (Vivitrol and others), Probuphine (implantable buprenorphine), Psychopharmacology (medications for mental illness), Psychotherapy (talking therapy)

Community Crisis Stabilization Program**391 Varnum Avenue, Lowell, MA 01854****Phone Number:** 800-830-5117 (Hotline); 978-322-5120**Website:** www.nebhealth.org

The Community Crisis Stabilization (CCS) Program is a six-bed program for adults (18+) who have MassHealth, Medicare, or who are uninsured. The typical length of stay is 3-5 days. We serve the communities of Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro and Westford.

We offer the following services:

- Medication evaluations
- Care management
- Supportive environment
- Individual and group counseling
- Coordination of care with other providers, family and other natural supports

For a referral for our program, you or your loved one must be evaluated by our mobile crisis team. Our crisis team is available 24 hours a day, 7 days a week, 365 days a year. Our Master's level clinician team can come to you or you can come to us for an onsite evaluation at 391 Varnum Avenue, Lowell, MA.

To avoid a wait, contacting us at 800-830-5177 is recommended.

Cordant Health Solutions**415 Main Street, Suite 4, Worcester, MA 01608****Phone Number:** 508-831-0703**Website:** www.cordantsolutions.com**Email:** jcohen@cordanth.com

Cordant Health Solutions™ processes thousands of urine samples a day for private-practice physicians, treatment agencies, drug courts, correctional facilities, businesses requiring pre-employment drug screens, professional health programs, clinical labs, hospital-based labs, and more. We can also do hair, oral fluid, and blood testing.

Urine testing is the most widely used drug-testing method for four simple reasons:

- Suitable for multiple testing goals
- Simple sample collection
- Extended window of detection
- Flexible testing options—point of care, traditional screening, and lab confirmation

Elm Tree Clinic**12 Wood Street, Lowell, MA 01851****Phone Number: 978-341-4144****Website: www.elmtreeclinic.com**

The Elm Tree Clinic is proud to announce our new opening to serve the Greater Lowell area in Addiction medicine. We offer treatment for Heroin, Percocet, Fentanyl, Alcohol, and Cocaine addiction. We administer medicated assisted treatment with Buprenorphine (Suboxone) and Vivitrol. Our goal is to provide the most clinically indicated individualized treatment plan for each patient.

We will also be providing psychiatric and counseling services to patients. Our mental health staff collaborates with addiction providers to offer the most comprehensive addiction and psychiatric treatment to patients. Our office staff is highly skilled in handling their daily administrative duties and responsibilities. They have been trained on how to manage certain situations or scenarios that could arise in patient interactions.

We have specific protocols and procedures when it comes to defining our staff's role and communicating expectations. Our primary goal with each patient is to help them move through a visit smoothly, efficiently, and without conflict. We have an in-house laboratory and require urine screening for every patient. This allows our staff to monitor any illicit drug use and medical conditions such as HIV and Hepatitis C.

Our mission is to meet every patient's recovery needs. If you, a friend, or loved one is suffering with substance use, please call us to book an appointment. We are looking forward to providing substance abuse services in the Greater Lowell area.

Farnum Center**140 Queen City Avenue, Manchester, NH 03103****Phone Number:** 603-622-3020; 917-797-6719 (cell)**Website:** www.farnumcenter.org**Email:** pburke@eastersealsnh.org

The Farnum Center is a clinical, comprehensive alcohol and other drug treatment facility operating under the Easter Seals umbrella. Farnum provides quality treatment in 5 state-of-the-art facilities located in Manchester, NH, and Franklin, NH. A variety of insurance options are available. The Queen City Avenue facility in Manchester includes a medical detox unit with 30 beds, residential programs with gender specific treatment and a new 16 bed stabilization unit. Farnum's Outpatient Services location, also in Manchester, is a warm and spacious facility with large group rooms, an on-site drug screening laboratory and multiple offices for client and staff use. Outpatient programs there include an Intensive Outpatient Program (IOP) with several tracks, a Partial Hospitalization Program (PHP), the Open Access assessment program, a weekday walk in service with limited daily availability to determine appropriate placement, a robust suboxone clinic and many group meetings covering DWI Aftercare, Family Education, Parenting in Recovery and Innate Health. In addition, Farnum's transitional living facility in Manchester-with a 7-bed capacity- is designed for women seeking the structure of a sober living environment and lower-level outpatient care while transitioning back into the community.

The Farnum North facilities, Ray House and Webster Place, are located on a beautiful 15-acre property in nearby Franklin, NH. Ray House is a residential facility with a 21- bed capacity for women over the age of 18. Webster Place is also a residential facility with a 42-bed capacity for men. Open access assessments and outpatient IOP and PHP services are available there as well. Clients also enjoy a variety of recreational sports, music and other creative activities while staying at Farnum North.

GateHouse Treatment**74 Northeastern Boulevard, Suite 10A, Nashua, NH 03062****Phone Number:** 844-448-0123**Website:** www.gatehousetreatment.com

GateHouse Treatment is one of the leading Addiction Treatment Programs in NH. Our addiction treatment program is located in beautiful Nashua, New Hampshire, conveniently minutes from downtown Nashua. Our addiction treatment center in Nashua is an intimate setting with very individualized and focused care. GateHouse Treatment accepts most insurances and offers our clients the following treatment amenities and options:

- Individualized treatment plans
- Expert clinical care
- Safe and supervised housing
- 12-step immersion program
- Life skills & case management services
- Trauma therapy
- Routine and structure-based treatment

Habit OPCO Lowell**22 Olde Canal Drive, Lowell, MA 01851****Phone Number: 978-452-5155**

The Habit OPCO - Lowell Program is a comprehensive treatment program providing quality medicated-assisted treatment to individuals in the Greater Lowell area seeking interventions for addictive disorders with a primary focus on opioid abuse and dependence. The Habit OPCO - Lowell Program partners with other local health and social service agencies and supports the City of Lowell and the Greater Lowell region. The primary goals of the program are to assist the individuals we serve to improve their quality of life and increase public safety within our community.

In 2014, Habit OPCO - Lowell relocated to a new, state-of-the-art medical facility, located in a light industrial area on the Lowell/Chelmsford town line. The program opened at the new site in August of this year after operating in an historical mill building since its original opening. The move, originally planned for April, was completed in August. The new site is located at 22 Olde Canal Drive, Lowell, MA 01851. The 14,000 sq. ft. building was renovated to accommodate the needs of the program which now provides services for over 950 patients. The building is separated into two distinct areas, one area for the dispensing of medication and the other for clinical services and administrative offices. Both areas of the program have large open waiting areas that make the facility feel warm and welcoming. The building features 6 large group rooms, updated IT equipment, including a new server and phone system, and five dosing windows. Lowell dosing schedule is Monday thru Friday 6 AM until 12 noon, Weekends and Holidays 6 AM until 11 AM. We provide early counseling starting at 4:45 AM, Thursdays until 6:30 PM, and Saturdays 6 AM until 11 AM.

HART House**365 East Street, Tewksbury, MA 01876****Phone Number: 978-851-0969****Intake Number: 617-661-3991**

The HART House (Healing and Recovering Together) is an alcohol treatment program focusing on substance abuse treatment services. Located in Tewksbury Massachusetts, we provide substance abuse treatment with residential long-term treatment.

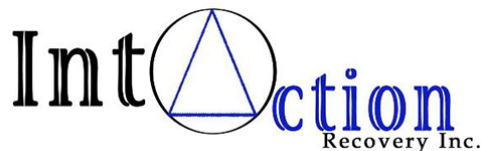
We can provide support for the following populations for drug rehab: dual diagnosis or persons with co-occurring disorders, pregnant or postpartum women, women, and provide beds for children of the client. Services in Spanish language are also available for clients. For services and more information, contact our intake number at 617-661-3991.

Holy Family Hospital**140 Lincoln Avenue, Haverhill, MA 01830****Phone Number:** 978-420-1156**Website:** www.steward.org**Email:** Melissa.stpierre@steward.org**Holy Family Hospital****Methuen • Haverhill**

A STEWARD FAMILY HOSPITAL

Steward

We are a comprehensive addiction program that provides a Day IOP, a Day SOAP, Step Down program, Recovery Group, and Individual Counseling. We tend to see people in the Merrimack Valley area, however if someone can get here from further all are welcome. The only requirements are that you are already detoxed and ready to make a change. The Day programs run Monday through Friday from 9 AM to 12:30 PM. The program runs for 3 weeks on a rotating schedule with various educational topics such as relapse prevention and communication. To complete the program with a Certificate, you must have all clean drug screens and two or fewer absences. Drug tests are given randomly twice a week and at intake. Step Down last for 6 weeks after the initial 3 weeks, however it is 3 days for 2 weeks, 2 days for 2 weeks, and one Day and one Recovery Group for 2 weeks. Recovery Group is available Thursdays 5 PM to 6 PM, for as long as you want to do it. If someone would prefer Recovery Group and not Step Down, they can choose to do that. In order to stay in all programs, you must remain sober. Individual counseling is available to anyone in or out of the program who needs counseling about their addiction and any co-morbidity. Most insurances are accepted as well as self-pay patients.

Into Action Recovery, Inc.**20 Fox Run Drive, Tewksbury, MA 01876****Phone Number:** 978-455-4869; 978-804-7844 (Cell)**Email:** david@foxrunsoberliving.org

Into Action Recovery, Inc. is a non-profit organization founded in 2015 by 2 sisters from Tewksbury and Wilmington, in an effort to fight the opioid crisis. Since that time, we have opened a long-term residential home that is highly structured and affordable. We model the philosophy of our home after the 12 Steps of Alcoholics Anonymous. Guests must adhere to a daily itinerary that consists of meetings, exercise, chores, meditation, inventory, random drug testing, community service, and making amends to all who have been affected by their behaviors. IAR is all about educating and preparing our guests to acclimate back in to their family life and to be productive members of society. In September of 2018, IAR opened the doors to our first home “Fox Run Sober Living”, a beautiful 3900 square foot home that houses 12 beds. All of the renovations were completed by volunteers from our community. Our next goal is to raise enough funds to open a second home for women. Our Program Director is David Hanley, who is entering his 8th year of sobriety. David has dedicated his life to giving back and helping others find the path to recovery by assisting families and loved ones with finding detox beds, support services, and the navigation of the limited resources. IAR also serves as a resource for local police departments, as they often refer residents to our foundation for help.

For more information, please contact us at david@foxrunsoberliving.org or call 978-455-4869.

Lowell Community Health Center – OBAT Program

161 Jackson Street, Lowell, MA 01854

Phone Number: 978-322-8848

Website: www.lchealth.org



Lowell Community Health Center (Lowell CHC) is a federally qualified health center serving low income, immigrant and refugee populations in the Greater Lowell (MA) area. Services include: primary medical care; OB-GYN; behavioral health services; HIV testing, counseling and treatment; Office Based Addiction Treatment (OBAT) program; alternative therapies; case management; community health promotion; specialty care; 403(B) pharmacy; dental and vision clinics; an afterschool youth development program, and comprehensive school-based health clinics. Lowell CHC is the community partner of Wellforce Care Plan, a MassHealth Accountable Care Organization (ACO) Partnership Plan to improve access to care and reduce health disparities for low-income individuals and families. Our mission is to provide caring, quality and culturally competent health services to the people of Greater Lowell, regardless of their financial status; to reduce health disparities and enhance the health of the Greater Lowell community; and to empower everyone to maximize their overall wellbeing.

The OBAT Department provides outpatient treatment of alcohol and opioid use disorders using Medication Assisted Treatment, specifically Suboxone (Buprenorphine-Naloxone) or Vivitrol (Naltrexone). To promote overall wellness, a team approach is used consisting of nursing, counseling and support services for an individualized care plan. Recovery Coach and Counselors offer individual and group support. Individuals can be referred to primary care and other medical and behavioral health services as needed.

For more information on accessing MAT, individuals can call 978-322-8848 or come to Lowell Community Health Center and ask to speak to a member of our OBAT team on Floor 3.

Lowell Community Health Center – PASS Program

161 Jackson Street, Lowell, MA 01854

Phone Number: 978-221-6767

Website: www.lchealth.org



PASS services are available to all patients of Lowell Community Health Center, with or without insurance. PASS offers testing for HIV, Hepatitis C, Syphilis, Chlamydia, and Gonorrhea with same-day treatment available for Syphilis, Chlamydia, and Gonorrhea. Access to Hepatitis C treatment as well as HIV treatment/Case Management services are offered subsequently to testing with the PASS Department. Naloxone (Narcan) education and distribution is offered via outreach as well as in-house to the Greater Lowell community to high-risk patients, families, and providers.

For more information or to book an appointment, please call 978-221-6767 to speak with a PASS team member.

Lowell House Addiction Treatment and Recovery

555 Merrimack St. Lowell, MA 01852

Phone Number: 978-459-8656

Website: www.lowellhouseinc.org



**LOWELL HOUSE ADDICTION
TREATMENT AND RECOVERY**

The Lowell House Addiction Treatment and Recovery (LHATR) empowers people and their families to rebuild their lives and strengthen our communities by providing the skills and freedom to live a sober and dignified life. LHATR serves adolescents and adults struggling with addiction and consists of two divisions: Center for Integrated Treatment and Recovery (CITAR) and Residential Services.

The Center for Integrated Treatment and Recovery (CITAR) operates at 101 Jackson Street, Lowell, MA, adjacent to Lowell Community Health Center. Services within this division include: Individual and Group counseling, Substance Use Disorder Evaluations, Driver Education Programs, Structured Outpatient Addiction Program (SOAP), Case Management Programs, Diversion Programs, Outreach Programs, including Naloxone training and distribution, and Recovery Coaching.

LHATR has two Residential Treatment Programs for adults:

- **The Men's Recovery Home**, a 24-bed program
- **The Women's Sheehan Program**, a 40-bed program

Both programs are located on the grounds of Tewksbury State Hospital with a maximum stay of six months.

LHATR also offers sober housing:

- **Hanover House**, a six-bed sober house for men
- **Saving Grace**, an eleven bed women's sober house
- **Zack's House**, an eight-bed staffed transitional sober house for young men under the age of 30

Applications for Residential Programs and Sober Houses as well as additional information on all programs and activities offered by Lowell House Addiction Treatment and Recovery can be found on our website, www.lowellhouseinc.org.

The Megan House Foundation

100 Merrimack Street, Suite 301D, Lowell, MA 01852

Phone Number: 978-455-6973

Website: www.themeganhouse.org



The Megan House Foundation is a 501 (C) (3) public charity that was incorporated with the intention to assist the Merrimack Valley community and surrounding areas to develop and provide treatment services for people who suffer from addiction. The vision includes providing treatment services across the continuum of care.

Megan's House is a comprehensive residential substance abuse treatment home for young ladies, prioritizing between the ages of 18-26 years, with the average length of stay being six months. The program provides a culture of recovery by promoting an environment that reinforces a substance-free lifestyle including attitudinal and behavioral changes. All services provided are evidence-based. To make a referral, please call 978-455-6973.

Erin's House is a MASH-certified success home for graduates of Megan's House and similar treatment programs. We provide safe, structured, sober living for individuals in long-term recovery from substance use disorders. Contact Kylee at 978-606-9908.

Emma's Place, the Foundation's second Success Home, will provide nine sober apartment units; six are dedicated to families with parents in recovery and three are dedicated to individuals in recovery. Life Coach and advocacy services will be provided by an on-site Success Coach. Emma's Place is expected to open in late 2018. To begin the application process, please call 978-455-6973.

For more information, please visit www.themeganhouse.org.

Middlesex Recovery – MAT, Chelmsford**2 Courthouse Lane, Chelmsford, MA 10824****Phone Number:** 978-455-0807 (Chelmsford location)**Website:** www.middlesexrecovery.com**Email:** nicolescione@middlesexrecovery.com

Middlesex recovery is an organization serving as a place for treatment, connection, and healing toward substance use disorder. We treat our patients with respect, kindness, and equality. We offer ongoing medication-assisted treatment with Suboxone© and Vivitrol©. Our mission is to help each patient sustain a productive lifestyle, free from the harmful overuse of alcohol and addictive opiates.

In addition to medication assisted treatment, we offer psychosocial support for our patients. This includes recovery assessments, one-on-one counseling, and group sessions. We practice consistency, seeking to offer the best possible care for each recovering patient. Our focus is on providing patients with comprehensive care and support as they seek recovery from opioids or alcohol. We have many dedicated physicians on staff, as well as a comprehensive testing lab and a variety of social support groups. Our resources and unique approach allow us to serve each patient to the fullest.

Our program is available to anyone struggling with opioid or alcohol addiction. We have locations in Woburn, Chelmsford, Gloucester, and Stoughton.

For more information or to get a referral, please call us anytime:

- **Chelmsford:** 978-455-0807
- **Gloucester:** 978-515-7664
- **Stoughton:** 781-436-3670
- **Woburn:** 781-305-3300

Place of Promise

204 Ludlam Street, Lowell, MA 01853

Phone Number: 978-452-7217

Website: www.placeofpromise.org

Email: info@placeofpromise.org



Place of Promise, based in Lowell, is a non-denominational Christian, registered non-profit 501(c)3 organization that provides adult long-term residential addiction recovery, children's programming for those impacted by addiction, and training. Our mission is to offer new life to society's most hurt and broken.

Residential Adult Recovery: Individuals come to Place of Promise with a long history of homelessness, incarceration, neglected medical conditions, mental disorders, abuse, trauma, and substance addictions. Referrals are received from social service agencies, drug and alcohol treatment centers, health care facilities, courts, prisons, family and churches. Combined with advocacy and clinical support for necessary medical and mental health care, we offer a weekly schedule of that includes time for journaling, prayer, Bible study and instruction in life skills such as relapse prevention, setting healthy boundaries, and support for education and employment – including tutoring of residents working on their SATs and applying for opportunities with MassRehab.

Kids of Promise: We currently offer a summer program, and with recent investments, will soon be able to offer year-round programming serving the children of Lowell.

Training: We provide training in Mentoring and Systems Advocacy to come alongside those in recovery.

We can be reached at 978- 452-7217, info@placeofpromise.org, or through our website www.placeofpromise.org.

Recovery Centers of America

75 Lindall Street, Danvers, MA 01923

Phone Number: 844-242-7956

Website: recoverycentersofamerica.com/danvers



Recovery Centers of America provides patients with a complete continuum of care, including Acute Treatment Services (ATS) and Clinical Stabilization Services (CSS). Their comprehensive, evidence-based approach to treating addiction ensures all underlying aspects of addiction is treated.

Recovery Centers of America's full continuum of care includes: Medication-Assisted Detox, Residential Inpatient Care, Partial Hospitalization, Intensive Outpatient, General Outpatient, Medication-Assisted Treatment, and Social Support Programs.

Serenity at Summit Detox**61 Brown Street, Haverhill, MA 01830****Phone Number:** 978-312-9830**24 Hour Number:** 888-608-4305**Website:** www.serenityatsummit.com/locations/haverhill-ma/

Serenity at Summit is a licensed and accredited provider of alcohol and drug rehab services. We provide detoxification services to those that need medical supervision as they rid their bodies of addictive substances. This may include medications to deal with withdrawal symptoms or even a tapering method to wean clients off of the substance in the safest way possible.

We provide Addiction Treatment Services and Clinical Stabilization Services at our location in Haverhill, Massachusetts. The Serenity at Summit location in Haverhill is the perfect place to get started along the road to recovery. Here, our Acute Treatment Services programs works to rid the body of addictive substances, as well as our Clinical Stabilization Services to address the root of addiction while living at the treatment center. This facility provides the perfect environment for clients to comfortably and privately begin recovering from a drug or alcohol addiction. Our caring team of clinicians is trained in the latest evidence-based medical treatment methods. Contact us at 978-312-9830 for more information.

For support services, call our 24-hour hotline at 844-326-4514.

Tewksbury Treatment Center**365 East Street, Tewksbury, MA 01876****Phone Number:** 978-259-7000**Admission Number:** 978-259-7001**Website:** <http://nebhealth.org/site/assets/files/TewksburyFINAL.pdf>

Tewksbury Treatment Center is a 32-bed inpatient detoxification service that treats and cares for clients (men and women, 18 and older) in need of medical detoxification from alcohol, opiates and benzodiazepines. We treat all our clients with dignity and respect and believe that each person is unique. Our goal is to help you to your own path to recovery. At the Tewksbury Treatment Center, we understand substance use and addiction as a problem that has genetic, biological, psychological and social origins. We work with men and women, age 18 and older, from across the greater Merrimack Valley and southern New Hampshire.

Our services include Medically monitored detoxification, Treatment, Group and individual counseling, Risk assessment for tuberculous, sexually transmitted diseases and HIV/AIDS, HIV education, Bio-social evaluation, Case management, Aftercare and follow-up services.

Many sources refer a client to us, including families, hospitals, shelters, physicians and other health care providers, police, the legal system and others. Clients may also self-refer. We accept most insurances, including private or commercial plans, Medicaid and Medicare. We also accept most major credit cards. Contact our Admissions Department at 978-259-7001.

Mental Health Services

- Anne M. Grant, LICSW (Private Practice)
- Bridgewell, Inc.
- Community Crisis Stabilization Program
- Elm Tree Clinic
- Ferreras Counseling & Wellness Center
- Greater Lowell Pediatrics
- INTERFACE Referral Service (William James College)
- Beth Israel-Lahey Behavioral Health Services
- Beth Israel-Lahey Behavioral Health Services Jail Diversion Program
- Lowell Community Health Center, Behavioral Health Services
- Lowell Emergency Psychiatric Assessments & Services
- The Mental Health Session of Lowell District Court
- Merrimack Valley Trauma Services
- The NAN Project
- NILP Northeast Recovery Learning Community
- Samaritans of Merrimack Valley
- South Bay Community Services
- Wayside Lowell
- Wilmington Police Department

Anne M. Grant, LICSW (Private Practice)

33 Walker Road, Suite 22, North Andover, MA 01845

Phone Number: 978-288-1929

Website: <https://annemgrantlicsw.com/>

Email: agrant@annemgrantlicsw.com

Anne M. Grant, LICSW provides outpatient therapy to North Andover and surrounding towns. The private practice specializes in treating trauma, depression and anxiety, which can co-occur with substance use, utilizing CBT, EMDR, and Solution Focused and Narrative Therapy. BCBS, Tufts, and Medicare are accepted. Anne M. Grant's private practice provides treatment to children, adolescents, adults and families.

Bridgewell, Inc.

35 Market Street, Lowell, MA 01852

Phone Number: 978-259-1370

Website: www.bridgewell.org

Email: astephens@bridgewell.org



Bridgewell strengthens communities by providing an unmatched range of social and human services that empower people with disabilities and other life challenges to live safe, self-directed and productive lives. Bridgewell delivers support through community housing, day programs, outpatient treatment, recovery services, education and employment training. We are committed to helping people in need, from those with autism to people with substance use disorders, become engaged members of their communities. Bridgewell is also the industry leader in developing innovative offerings in response to unmet or emerging needs. Bridgewell supports people with intellectual, developmental, psychiatric and physical disabilities through community housing, day programs, employment services and other offerings.

For more information, please visit www.bridgewell.org or call 978-259-1370.

Community Crisis Stabilization Program

391 Varnum Avenue, Lowell, MA 01854

Phone Number: 800-830-5117 (Hotline); 978-322-5120

Website: www.nebhealth.org

The Community Crisis Stabilization (CCS) Program is a six-bed program for adults (18+) who have MassHealth, Medicare, or who are uninsured. The typical length of stay is 3-5 days. We serve the communities of Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro and Westford.

We offer the following services:

- Medication evaluations
- Care management
- Supportive environment
- Individual and group counseling
- Coordination of care with other providers, family and other natural supports

For a referral for our program, you or your loved one must be evaluated by our mobile crisis team. Our crisis team is available 24 hours a day, 7 days a week, 365 days a year. Our Master's level clinician team can come to you or you can come to us for an onsite evaluation at 391 Varnum Avenue, Lowell, MA.

Elm Tree Clinic

12 Wood Street, Lowell, MA 01851

Phone Number: 978-341-4144

Website: www.elmtreeclinic.com



The Elm Tree Clinic is proud to announce our new opening to serve the Greater Lowell area in Addiction medicine. We offer treatment for Heroin, Percocet, Fentanyl, Alcohol, and Cocaine addiction. We administer medicated assisted treatment with Buprenorphine (Suboxone) and Vivitrol. Our goal is to provide the most clinically indicated individualized treatment plan for each patient.

We will also be providing psychiatric and counseling services to patients. Our mental health staff collaborates with addiction providers to offer the most comprehensive addiction and psychiatric treatment to patients. Our office staff is highly skilled in handling their daily administrative duties and responsibilities. They have been trained on how to manage certain situations or scenarios that could arise in patient interactions.

We have specific protocols and procedures when it comes to defining our staff's role and communicating expectations. Our primary goal with each patient is to help them move through a visit smoothly, efficiently, and without conflict. We have an in-house laboratory and require urine screening for every patient. This allows our staff to monitor any illicit drug use and medical conditions such as HIV and Hepatitis C.

Our mission is to meet every patient's recovery needs. If you, a friend, or loved one is suffering with substance use, please call us to book an appointment. We are looking forward to providing substance abuse services in the Greater Lowell area.

Ferreras Counseling and Wellness Center

Heritage Place - Building 2, 439 South Union Street, Suite 104, Lawrence, MA 01840

Phone Number: 978-648-8515

Website: www.ferrerascounselingwellness.com

Our mission is to serve the community with dignity and respect. We are committed to helping clients through their healing process, as well as, helping those who have behavioral challenges realize that changes in their own behavior are an important part of healing. We also believe working with both sides is an important aspect of creating a less violent society. The Ferreras Counseling & Wellness Center offers cultural and linguistic appropriate behavioral health services. Their clinical specialties are Depression/Anxiety, PTSD/Anger Management, Bipolar/Schizophrenia, Ethnic/Cultural Minority Issues, Psychological Evaluation and Treatment in general and Victims of Domestic violence and abusers. Ferreras also offers Substance Use Disorder groups in Spanish and English.

Greater Lowell Pediatrics

33 Bartlett Street, Lowell, MA 01852

Phone Number: 978-452-2200

Website: www.greaterlowellpediatrics.com



Greater Lowell Pediatrics serves children 0-23 years old and has two locations, one in Lowell and one in Westford. Our catchment area is the Merrimack Valley and Nashua, New Hampshire. Greater Lowell Pediatrics provides integrated care that includes medical, public health, and mental health providers.

INTERFACE Referral Service (William James College)

1 Wells Avenue, Newton, MA 02459

Phone Number: 617-564-9432

Website: interface.williamjames.edu

Email: tanya_snyder@williamjames.edu



**WILLIAM JAMES
COLLEGE**

INTERFACE Referral Service

Wondering about what mental health services exist in and around your community? How to navigate the mental health system in Massachusetts and where to find information about mental health related topics? Find answers at the William James College INTERFACE Referral Service!

Members of subscribing communities may call the William James College INTERFACE Referral Service Helpline at 888-244-6843 (Monday to Friday between the hours of 9 AM and 5 PM) for resource information and/or provider referrals matched by a mental health professional. To find out if you are eligible to use our service, please visit www.interface.williamjames.edu for a list of subscribing communities.

William James College INTERFACE Referral Service also works to increase awareness of mental health issues impacting children, families and adults and to facilitate access to appropriate services. Learn more about anxiety, depression, divorce, substance use disorder, suicide and much more at www.interface.williamjames.edu.

Beth Israel-Lahey Behavioral Health Services

199 Rosewood Drive, Suite 250, Danvers, MA 01923

Phone Number: 978-968-1700

Website: www.nebhealth.org

Email: info@nebhealth.org



**Beth Israel Lahey Health
Behavioral Services**

Lahey Behavioral Health Services is a member of Lahey Health. We serve the greater Boston area, the North Shore and the Merrimack Valley to provide individual and group therapy for mental health and substance use issues. We also provide addiction treatment; family services (including couples counseling); mobile crisis teams for behavioral and substance-related emergencies; inpatient psychiatric care, plus home and school-based programs for children and teens. Many of our services are available in Spanish, Khmer and other languages as well as English.

The following is a sample of the services we have to offer:

- **Outpatient Counseling** — Depression, eating disorders, trauma, school-based student assistance
- **Children's Behavioral Health** — CSAs (community service agency), In-Home Therapy and Therapeutic Mentoring
- **Addiction Treatment** — Outpatient and inpatient treatment and prevention for adults and teens
- **Inpatient psychiatric care**
- **Psychiatric emergency services and psychiatric psychopharmacological care**
- **Youth residential programs** — and a specialized alternative day school

Lahey Health Behavioral Services works with many hospitals, primary care providers, social service agencies and other organizations to provide quality treatment for patients who need addiction treatment and/or mental health services. We accept most health insurances, as well as major credit cards, MassHealth, Medicaid and Medicare. For information on services for you or someone you know, contact us at 978-968-1700 (Monday - Friday: 8:30 AM - 5:00 PM).

Beth Israel-Lahey Behavioral Health Services Jail Diversion Program

918 Main Street, Tewksbury, MA 01876

Phone Number: 978-215-9642

Website: www.nebhealth.org

Email: Matthew.C.Page-Shelton@lahey.org



**Beth Israel Lahey Health
Behavioral Services**

The Lahey Behavioral Health Services Jail Diversion Program works in conjunction with the Towns of Tewksbury, Billerica, Dracut and Chelmsford Police Departments to provide co-response and follow-up Crisis Mental Health Services to citizens in these communities. This service offered through Lahey Behavioral Health Services Emergency Psychiatric Services (Mobile Crisis) Team provides a crisis trained clinician who acts as the intermediary between the citizen, police, hospital and crisis provider and can assist with holistic client care. The Jail Diversion Clinician serves as a co-responder with police officers in these communities allowing for a live immediate response to emergency psychiatric issues. In addition, the Jail Diversion Clinician can act as a mental health care provider during gaps in services, provide case management services, outreach and guidance for family members. The Tewksbury Collaborative JDP program provides comprehensive mental health services, assistance with attainment of levels of care, and transportation to treatment as needed through Our Community Transportation Grant Program. The Tewksbury JDP Collaborative in partnership with Lahey Behavioral Health Services works closely with its partners: Lowell General Hospital, Department of Mental Health, and the Lowell Crisis Team.

Lowell Community Health Center Behavioral Health Services

161 Jackson Street, Lowell, MA 01854

Phone Number: 978-937-9700

Website: www.lchealth.org



Lowell Community Health Center Behavioral Health Services supports cultural diversity and clinical excellence. With an experienced team of bi-lingual, bi-cultural Clinicians and Prescribers, (and other support staff); treatment such as psychotherapy and psychopharmacology are offered. All of the professional staff develops individualized treatment plans that assist all patients in uniquely identifying needs and long-term goals. We offer individual, family, couple and group (anger management, relapse prevention/harm reduction, parenting) counseling, medication management, acupuncture services and integrated services.

You do not need to be a patient of the health center to schedule an appointment. Appointments can be made by calling the health center or speaking with your Lowell CHC provider for a referral.

Lowell Emergency Psychiatric Assessments & Services

391 Varnum Avenue, Lowell, MA 01854

Phone Number: 1-800-830-5177 (Crisis Team)

Website: <http://nebhealth.org>

Serving the communities of Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro and Westford, we provide high quality, culturally competent behavioral health assessments, interventions and stabilization services for adults, teens and children who have a psychiatric emergency. Our Mobile Crisis Intervention Team can provide mobile services in your home, school, outpatient clinic, and at our offices 24 hours a day, 7 days a week, 365 days a year. After the initial assessment and intervention, we may remain involved for up to seven days.

We offer children and their families ongoing support and stabilization services, including:

- Continued individual crisis counseling
- Family meetings
- School meetings
- Referrals to other community services
- Education and support for parents

Upon completion of their assessment and intervention, we provide each family with a risk management safety plan. We will see anyone in need within the Greater Lowell area regardless of insurance.

To get a referral, call our crisis team at 1-800-830-7177 or come for a walk in at our office at 391 Varnum Avenue, Lowell, MA.

Merrimack Valley Trauma Services

7 Technology Drive, Suite 204, North Chelmsford, MA 01863

Phone Number: 978-677-6191

Website: www.mvtraumaservices.com

The Merrimack Valley Trauma Services is an organization founded on the need for specialized trauma services for young children in the greater Lowell Area. Our approach takes into consideration the behavioral, emotional, physical, familial, social, and educational dimensions of a person's life. We also assess and integrate the strengths of the individual client and their family, which provides a strong foundation for the client's treatment plan.

Our services include:

- Trauma impact assessment
- Infant mental health services
- Trauma-focused therapy, using the latest evidenced-based approaches
- Trauma-focused play therapy for children (ages 3 and older)
- Family therapy
- Parent support and training

We also offer consultation services involving strategies for creating proactive, safe, trauma-sensitive programs and school communities, ways to enhance a program's existing mental health services and crisis management capacity, and trauma-focused behavior management strategies for children.

Access to our program requires one of the following:

- Massachusetts Behavioral Health Plan (MBHP) insurance plan (under MassHealth)
- MassHealth Primary Care Clinician (PCC) Plan
- Partners HealthCare Choice Primary Care Accountable Care Organization
- Steward Health Choice Primary Care Accountable Care Organization
- Be-Healthy Partnership: Baystate Health Care Alliance with Health New England
- Accountable Care Partnership Plan

Our staff can provide assessment and counseling services for treatment only. Home visits during treatment can be considered following an assessment of the client's needs. For more information please contact us at 978-677-6191 or visit us at mvtraumaservices.com.

The NAN Project**125 Hartwell Ave, Lexington, MA 02421****Phone Number:** 978-810-1455**Email:** info@thenanproject.org

The NAN Project is an initiative that promotes mental health awareness and suicide prevention programs in classrooms across Massachusetts. We do this through a peer-to-peer model, where our peer mentors present their comeback stories to students with the goal of opening up the conversation around mental health issues and reducing the stigma. These stories detail their struggles with mental illnesses, trauma, sexual identity/orientation or other issues facing young people, but more importantly, discuss the supports they were able to access and the coping strategies they have employed to get on to a path to recovery. This approach creates a safe space for students to discuss mental health and related topics and educates them on the resources available and steps to take when concerned about themselves or a peer.

So that this is not a one-and-done approach, we also work with students to develop Peer Leadership Teams within the schools that will continue to educate their classmates about mental health, emotional wellbeing and the available supports through regular activities and events throughout the school year. We also provide professional development for school staff on the signs, risks and responses to a student in crisis, to ensure that there are trusted adults available to provide support for their students.

We have trained over 120 Peer Mentors and are constantly looking for additional young people that share our desire to tear down the stigma around mental health. The goal is to show all young people that there is help and there is hope.

NILP Northeast Recovery Learning Community

35 John Street, Lowell, MA 01852

Phone Number: 978-687-4288, ext. 200

Website: www.nilp.org

Email: Dave Carignan: dcarignan@nilp.org

Mike Berggren: mberggren@nilp.org



NILP's Northeast Recovery Learning Community (NERLC) of Greater Lowell creates welcoming, safe, genuine and understanding spaces where diverse communities gather for healing and growth. NERLC is committed to creating a strong peer-to-peer community for persons recovering from extreme emotional distress, trauma, co-occurrence, psychiatric diagnoses, addiction and a variety of other challenges in life. The NERLC supports individuals who have lived experience with these life challenges find their own paths to recovery and wellness in the communities of their choice. By offering trauma-sensitive peer supports, we encourage each other to lead meaningful, productive lives and, together, create a welcoming and diverse peer community.

We offer the following services:

- Aging and Disability Resource Consortium (ADRC)/Long Term Care Options Counseling
- Community Support Services
- Independent Living Vocational Rehabilitation
- Long Term Services & Supports (LTSS)
- Nursing Home Transitions
- Personal Care Assistance (PCA) Program (Accepts MassHealth)
- Youth Services

Contact Dave Carignan or Mike Berggren at 978-687-4288 (ext. 200) for more information on NILP's services and eligibility for referral.

Samaritans of Merrimack Valley**430 North Canal Street, Lawrence, MA 01840****Phone Number:** 978-327-6607**Website:** www.stop-suicide.org, www.fsmv.org**Email:** dhelms@fsmv.org**Samaritans**
OF MERRIMACK VALLEYwww.stop-suicide.org
www.fsmv.org

Samaritans of Merrimack Valley became a program of Family Services of the Merrimack Valley in 2005. We are a suicide prevention and postvention center. We run a crisis help line, provided support groups and other support services to people who have lost someone to suicide, run a support group for people who have attempted suicide and survived, provide over 12 different trainings to all disciplines that are customized to your needs; provide DPH sponsored trainings for gatekeepers of older adults as well as a training geared for mental health professionals and middle age people, provide support for organizations after a suicide death and general suicide prevention work.

For all information on the services provided, either call or email Debbie Helms, Director, at 978-327-6671 or dhelms@fsmv.org.

South Bay Community Services**22 Old Canal Drive, Lowell, MA 01851****Phone Number:** 978-674-5400**Website:** www.southbaycommunityservices.com**Email:** duncan.speel@sbcsc.com**SouthBay**
Community Services
Compassion | Outreach | Wellness

South Bay Community Services, Lowell Day Services provides services to individuals needing substance abuse and or mental health treatment. Services take place in a group therapy- milieu setting and are typically more intense than traditional 1:1 therapy. In addition to group therapy, individuals can expect a collaborative treatment team approach where family and community supports and resources are fully utilized to support one's recovery.

The program is open from 8:30 AM to 4:30 PM and programing is from 9 AM to 3 PM. Referrals can be processed easily by calling the central intake line at 508-521-1020 or by contacting the program directly at 978-674-5400. Most insurances are accepted. There is no wait list and in most cases, transportation can be made available. The program has coffee and water available for clients as well as lunch every day.

Wayside Lowell

73 E. Merrimack St. Lowell, MA 01852

Phone Number: 508-879-9800 (Main); 978-221-6923 (Lowell)

Website: www.waysideyouth.org

Email: beth_chin@waysideyouth.org



Wayside Youth & Family Support Network provides a wide variety of mental health counseling and family support services to children, young adults and families in Massachusetts. Wayside's mission is to: "Empower children, young adults and families to achieve greater independence and emotional well-being." Wayside provides in-home therapy/family-based services as well as out-patient counseling services for the Middlesex county area including service programs for young adults aged 17-24 and clients facing transitional housing is located in the Somerville/ Arlington area and referrals are accepted from various MA communities.

Our newest location, Wayside Lowell, is home to Wayside's Community Service Agency; which provides Intensive Care Coordination as well as In-Home Therapy & Therapeutic Mentoring. Community Care coordination focuses on helping families raising a child with behavioral issues. In home therapy/family-based services provides clinical and supporting in-home services to families needing more than outpatient therapy.

Individuals may self-refer for access to these services in Lowell. For other information on referral requirements for services, please contact us at 508-879-9800 or Beth Chin at beth_chin@waysideyouth.org.

Visit our website at www.waysideyouth.org for our full list of services.

Wilmington Police Department

1 Adelaide Street, Wilmington, MA 01887

Phone Number: 978-694-2064

Website: www.wilmingtonma.gov/wilmington-substance-abuse-coalition

Email: sreif@wpd.org



Funded by the Town of Wilmington, the Public Safety Department has an in-house clinician whom has the ability to serve anyone connected to Wilmington, MA. The clinician works primarily in partnership with police and fire/EMT around calls for service involving mental health and substance use; in addition, the clinician assists in resources sharing, referrals and admissions, continuum of care, service applications, brief treatment, and crisis assessments. Community members can access services outside of police/EMT involvement by contacting the Wilmington Police Department or by stopping into the station, all involvement is voluntary at the individual's choice. In addition, the Wilmington Substance Abuse Coalition organizes prevention and educational events to encourage community involvement and awareness of mental health and substance use across ages.

Recovery & Support Services

- Alternative House
- BRIDGE Program (Tewksbury Police Department)
- Crescent House Transitional Residence Program
- GateHouse Recovery Solutions
- Greater Lowell MOAPC Coalition
- Learn to Cope
- Living House
- Living Waters
- Living My Dream Yoga
- Lowell Transitional Living Center
- Medical Reserve Corps
- NILP Northeast Recovery Learning Community
- Place of Promise
- Samaritans of Merrimack Valley
- SAPC Collaborative (Tewksbury Police Department)
- South Bay Community Services
- Stepping Stones Sober House
- Steven Hines, Certified Peer Specialist – ENRM Veteran's Hospital*
- The Phoenix – Lowell
- Transitions Residential Recovery for Adult Men (Lahey Behavioral Services)
- UTEC
- Wilmington Police Department
- Zack's Team Foundation
- Zack's House

Alternative House**Phone Number:** 978-937-5777**24 Hour Emergency Hotline:** 1-888-291-6228**Website:** www.alternative-house.org**Email:** Admin2@alternative-house.org

Alternative House is a domestic violence shelter and advocacy program located in Lowell, Massachusetts. The mission of Alternative House is to facilitate the creation of a society in which violence and oppression will no longer exist. We are committed to the empowerment of all victims toward self-sufficiency. We do not discriminate against any race, class, culture, age group or sexual orientation.

We offer a variety of services. These include access to safe shelter, support, children's programming, legal, housing, and community advocacy. Alternative House offers emergency, confidential shelter for survivors of domestic violence, regardless of race, religion, and gender. We offer short term safe housing and shelter and work with victims to find a safe place to transition to. In addition, we also provide community education and support groups with the goal of reforming societal attitudes that permit violence and oppression against anyone. Education and training on domestic violence, teen violence, dating violence, and bullying prevention is also available.

Advocates for support or for shelter are present 24 hours a day, 365 days a year through our hour emergency hotline (1-888-291-6228 or 978-454-1436 for Local Lowell Line). Please contact us anytime for advocacy advice, shelter assistance referrals, or education/training.

Bridge Program (Tewksbury Police Department)**918 Main Street, Tewksbury, MA 01876****Phone Number:** 978-851-7373**Email:** jwelch@tewksbury-ma.gov
mpage-shelton@tewksbury-ma.gov

The Bridge Program is committed to serving our most vulnerable populations:

- Mental Illness
- Substance Use/Co-Occurring Disorder
- Family/Housing Issues

The core values of the Bridge Program include respect for individual's needs and preferences; a commitment to serve individuals regardless of their needs, resistance and presentation; increased access to service; value for individual natural support systems; and promoting needed services.

Contact one of our team members to see how we can work together to help you or a loved one live your best life!

Crescent House Transitional Residence Program

15 Veterans Way, Lowell, MA 01852

Phone Number: 781-687-4922

Website: https://www.bedford.va.gov/services/Crescent_Building_Transitional_Residence_Program.asp

The Crescent House Transitional Residence Program (CWT/TR), located in Lowell, MA, is a unique rehabilitation program which is designed to intervene in the cycle of homelessness and institutionalization by providing an environment in which veterans can acquire skills and supports needed to function productively and independently in competitive employment and community-based housing. We identify and address obstacles which have historically prevented individual Veterans from accomplishing the goals of independent living and competitive employment while also promoting clean and sober living.

To gain access to services, the following are required for eligibility:

- Eligibility for VA Services.
- Homeless or at risk of homelessness.
- Demonstrated commitment to sobriety.
- Demonstrated ability and interest in obtaining competitive employment and involvement in the vocational rehabilitation program at Bedford VA.
- Demonstrated active involvement in ongoing treatment and problem-solving activities related to reasons for homelessness, i.e. legal problems, substance abuse, mental health issues.
- A willingness to be a part of the community and share in duties and responsibilities of community-based living.

For more information regarding the Crescent House, including program details, individualized entrance requirements or an admission packet please call at 781-687-4922.

GateHouse Recovery Solutions

491 Amherst Street, Unit #105, Nashua, NH 03063

Phone Number: 844-448-0123

Website: ghrecoveryolutions.com



GateHouse Recovery Solutions is an in-network treatment provider for most insurance policies. GH Recovery Solutions offers comprehensive substance abuse treatment that allows clients to create a foundation for their recovery. Our program allows the necessary time to heal and develop healthy coping and life skills. These are necessary to make sobriety a way of life. Our mission is to offer help and hope to you or your loved one to start a life in recovery.

Services include: Individualized & Group Therapy Sessions, Mental Health Groups & Counseling, EMDR Trauma Therapy, Experiential Psycho-Dramas, Unique 12-Step Immersion Process, Medication-Assisted Treatment Options, Medication Compliance and Management, Partial Hospitalization Program, Intensive Outpatient Program, and Relapse Prevention Skills.

Greater Lowell MOAPC Coalition**341 Pine Street, Lowell, MA 01851****Phone Number:** 978-674-1674**Website:** www.drugfreegreaterlowell.org**Email:** LEmond@lowellma.gov

The purpose of the Massachusetts Opioid Abuse Prevention Collaboration (MOAPC) initiative is to implement local policy, practice, systems, and environmental change to prevent the misuse and abuse of opioids (including first use) and prevent or reduce unintentional deaths and nonfatal hospital events associated with opioid poisonings while increasing both the number and capacity of municipalities across the Commonwealth who are addressing these issues.

The MOAPC grant uses a cluster model, which includes the towns of Billerica, Chelmsford, Dracut, Lowell, Tewksbury, Westford, and Wilmington. The focus of the MOAPC grant is to prevent opioid abuse and opioid overdoses. This grant program also serves to increase both the number and capacities of participating municipalities in addressing these issues. Through this community coalition model, the MOAPC team is able to combine resources and experience across towns. Our efforts include cost effective, evidenced-based prevention training of Life Skills Training (For more information: www.botvin.com); overdose prevention and awareness trainings; community substance use supports to programs, individuals and families; and coordination of existing organizations to address opioid misuse.

We welcome all interested organizations to attend our monthly planning meetings. **Please note that the MOAPC grant is scheduled to end effective July 1, 2020.**

Learn to Cope**4 Court Street, Suite 110, Taunton, MA 02780****Phone Number:** 508-404-4153**Website:** www.learn2cope.org**Email:** dcoughlin@learn2cope.org

Learn to Cope is a peer-led support organization for parents and family members coping with a loved one addicted to opiates or other drugs. Our members are people who love their children deeply, yet still find their families damaged by addiction. In partnership with the Massachusetts Department of Public Health, Learn to Cope has chapters in cities and towns across Massachusetts.

LEARN TO COPE offers:

- Weekly meetings where our members share experiences, resources and strategies from their own journeys as they help their loved ones to treatment and recovery from opiates and other drugs
- A private, 24/7 online discussion board
- Guest speakers including individuals in long term recovery and addiction professionals
- Training in overdose prevention and the administration of nasal Narcan

Living House

365 East Street, Tewksbury, MA 01876

48 Vernon Street, Worcester, MA 01610 (Headquarters)

Phone Number: 978-656-1882

Website: www.livinghouse.org

Email: info@livinghouse.org



The Living House offers dignified and affordable homes for those who desire long term recovery from addiction. Our residents become part of a community where sobriety, self-sufficiency and support – to and from others, are our cornerstones. Our commitment is to respect the privacy and independence of our residents, while offering the support and structure needed as residents participate in 12 step recovery meetings.

All our homes have been renovated and feature fully equipped kitchens, living rooms with large screen TVs, computer stations and bedrooms complete with linens and towels. Rent includes all utilities, internet, cable and laundry. We have homes available for both men and women. Men's homes are in Attleboro, Lowell, New Bedford, and Worcester. Women's homes are in Lawrence, Leominster, and Worcester.

Applications and more information on rules, expectations, and affordable rent rates are available online at www.livinghouse.org or by contacting 978-656-1882.

Living Waters

10 Kirk Street, Lowell, MA 01852

Phone Number: 978-323-4673

Website: www.livingwaterslowell.org

Email: info@livingwaterslowell.org



Living Waters Center of Hope is a CENTER where people from area churches and the community come together and serve the poor. We are a nonprofit 501(c)(3) charitable organization staffed and primarily volunteer run. We serve all races, creeds, and faiths; the rich and poor; those living in homes, apartments, shelters and those without any.

We provide the following services to our community:

- Outreach Meals
- Outreach Services
- Educational Workshops
- Therapeutic Workshops

Our facility is open for services on Tuesdays and Thursdays from 9am to 11am as well as the 2nd and 3rd Saturdays of the Month from 9am to 1pm. For more information please contact us at 978-323-4673.

Living My Dream Yoga**Address Varies – Please call number provided below or visit website.****Phone Number:** 978-551-4628**Website:** www.livingmydreamyoga.com**Email:** living.my.dream.yoga@gmail.com

Living My Dream Yoga is a Kripalu style yoga and meditation service. Christine Connolly began practicing yoga 20+ years ago as a personal practice to relieve stress, heal and live life on life's terms. Chris is a certified 500-hour Kripalu Yoga teacher teaching since 2015. She is also a Reiki II Practitioner.

Chris is an RN of 40 years with experience in hospital nursing, home care and public health. She works at Middlesex Community College since 2015 as a Nursing Clinical Instructor. Kripalu yoga is a gentle, meditative style of yoga that includes breath work, warm up movements leading into yoga postures. In the practice of Kripalu yoga, one is guided to move at your own pace, honoring your body's needs in each moment. The Kripalu approach is a compassionate, non-judgmental self-inquiry, connecting mind, body and spirit.

Yoga classes may include a brief meditation practice. Meditation classes are also an option utilizing different styles of meditation for different personality preferences.

Benefits of yoga and/or meditation may include:

- Relaxation
- Relief of stress, anxiety & compassion fatigue
- Higher levels of awareness
- Increased focus and ability to learn
- Increased flexibility
- Decreased pain
- Improved overall health and wellness

Chris teaches yoga to adults in the Lowell area including weekly classes at North Chelmsford Community Center. She teaches for cities, towns or businesses that chose to offer yoga or meditation classes to their employees. Group classes as well as private or semi-private classes are available at her Lowell studio.

Contact Chris through her website, email (living.my.dream.yoga@gmail.com) or phone.

Lowell Transitional Living Center**193 Middlesex Street, Lowell, MA 01852****Phone Number:** 978-458-9888**Website:** www.LTLC.org

Lowell Transitional Living Center's - Engagement Bed Program's (EBP) main objective is to aid in the recent spike in HIV cases within the Merrimack Valley. Our clients meet with their case manager during the day, and sleep at the shelter at night. Funded by DPH, our target population is HIV Positive clients as well as those categorized as high-risk negatives. For HIV Positive clients, we find rental assistance and housing programs, as well as medical case management in conjunction with Case Managers from Lowell Community Health Center. We also provide help with housing search, employment search, and detox transportation. For High risk negatives, we focus on teaching risk reduction, PreP and PeP education, and motivational interviewing. To enter the Engagement Bed Program, our clients sit down with the programs Case Manager and complete an assessment.

Medical Reserve Corps**55 Main Street, Westford, MA 01886****Phone Number:** 978-399-2549**Website:** www.UMVMRC.org**Email:** nburns@westfordma.gov

The Medical Reserve Corps is a national organization of civilian responders. This public health program is comprised of nearly 900 units and 200,000 members, serving the public across the United States and its protectorates. The local Upper Merrimack Valley MRC unit covers seven communities: Billerica, Chelmsford, Dracut, Lowell, Tewksbury, Tyngsboro and Westford. The host agent is the Westford Health Department.

MRCs provide 'surge capacity' in times of great need. Our local unit responded to three disasters in 2018 alone: emergency shelter support across five of our seven communities in March during Winter Storm Quinn; numerous services during the gas explosions across Lawrence and Andover through mid-September; and staffing at an Emergency Dispensing Site in Lowell due to a measles exposure in November.

Our unit is specifically interested in collaborating with our response partners across the region. We recruit, train, and deploy volunteers for public health emergencies, mass-casualty events, and ongoing community service. Our members just provided medical and administrative support for most of the region's public flu clinics. Instructors from the UMV MRC train members in topics that include CPR and first aid, crisis behavioral health, clinical skills, and caring for vulnerable populations. Community service activities include hypertension screening, health and wellness presentations, and outreach programs such as 'Stop the Bleed' and 'Until Help Arrives.'

NILP Northeast Recovery Learning Community**35 John Street, Lowell, MA 01852****Phone Number:** 978-687-4288, ext. 200**Website:** www.nilp.org**Email:** Dave Carignan: dcarignan@nilp.orgMike Berggren: mberggren@nilp.org

NILP's Northeast Recovery Learning Community (NERLC) of Greater Lowell creates welcoming, safe, genuine and understanding spaces where diverse communities gather for healing and growth. NERLC is committed to creating a strong peer-to-peer community for persons recovering from extreme emotional distress, trauma, co-occurrence, psychiatric diagnoses, addiction and a variety of other challenges in life. The NERLC supports individuals who have lived experience with these life challenges find their own paths to recovery and wellness in the communities of their choice. By offering trauma-sensitive peer supports, we encourage each other to lead meaningful, productive lives and, together, create a welcoming and diverse peer community.

We offer the following services:

- Aging and Disability Resource Consortium (ADRC)/Long Term Care Options Counseling
- Community Support Services
- Independent Living Vocational Rehabilitation
- Long Term Services & Supports (LTSS)
- Nursing Home Transitions
- Personal Care Assistance (PCA) Program (Accepts MassHealth)
- Youth Services

Contact Dave Carignan or Mike Berggren at 978-687-4288 (ext. 200) for more information on NILP's services and eligibility for referral.

Place of Promise

204 Ludlam Street, Lowell, MA 01853

Phone Number: 978-452-7217

Website: www.placeofpromise.org

Email: info@placeofpromise.org



Place of Promise, based in Lowell, is a non-denominational Christian, registered non-profit 501(c)3 organization that provides adult long-term residential addiction recovery, children's programming for those impacted by addiction, and training. Our mission is to offer new life to society's most hurt and broken.

Residential Adult Recovery: Individuals come to Place of Promise with a long history of homelessness, incarceration, neglected medical conditions, mental disorders, abuse, trauma, and substance addictions. Referrals are received from social service agencies, drug and alcohol treatment centers, health care facilities, courts, prisons, family and churches. Combined with advocacy and clinical support for necessary medical and mental health care, we offer a weekly schedule of that includes time for journaling, prayer, Bible study and instruction in life skills such as relapse prevention, setting healthy boundaries, and support for education and employment – including tutoring of residents working on their SATs and applying for opportunities with MassRehab.

Kids of Promise: We currently offer a summer program, and with recent investments, will soon be able to offer year-round programming serving the children of Lowell.

Training: We provide training in Mentoring and Systems Advocacy to come alongside those in recovery.

We can be reached at 978-452-7217, info@placeofpromise.org, or through our website www.placeofpromise.org.

Samaritans of Merrimack Valley

430 North Canal Street, Lawrence, MA 01840

Phone Number: 978-327-6607

Website: www.stop-suicide.org, www.fsmv.org

Email: dhelms@fsmv.org



Samaritans of Merrimack Valley became a program of Family Services of the Merrimack Valley in 2005. We are a suicide prevention and postvention center. We run a crisis help line, provided support groups and other support services to people who have lost someone to suicide, run a support group for people who have attempted suicide and survived, provide over 12 different trainings to all disciplines that are customized to your needs; provide DPH sponsored trainings for gatekeepers of older adults as well as a training geared for mental health professionals and middle age people, provide support for organizations after a suicide death and general suicide prevention work.

SAPC Collaborative (Tewksbury Police Department)**918 Main Street, Tewksbury, MA 01876****Phone Number:** 978-851-7373 (Office); 978-382-4989 (Cell)**Website:** www.drugfreegreaterlowell.org**Email:** mruggiero@tewksbury-ma.gov

Based out of the Tewksbury Police Department, SAPC works collaboratively with the communities of Billerica, Chelmsford, Dracut, Lowell, Tyngsboro, Westford and Wilmington to provide universal prevention intended to prevent underage drinking and other drug use in our youth. Research has shown that addressing the issue of underage drinking reduces the risk that youth will go on to use opioid and other substances as well as help prevent addiction.

Our efforts include cost effective, evidenced-based prevention training with the Botvin-LifeSkills curriculum, community forums and table talks, the use of mass media to send appropriate positive messages, sticker shock and social hosting liability campaigns. We are an active member of the Massachusetts Opioid Abuse Prevention Collaborative (MOAPC) as well as the Greater Lowell Health Alliance (GLHA) allowing for cohesive and consistent messages across our communities.

Please contact Maria Ruggiero at mruggiero@tewksbury-ma.gov or at 978-851-7373 (office number) or 978-382-4989 (cell number) for further information on our activities or to become involved.

South Bay Community Services**22 Old Canal Drive, Lowell, MA 01851****Phone Number:** 978-674-5400**Website:** www.southbaycommunityservices.com**Email:** duncan.speel@sbcsc.com

SouthBay
Community Services
Compassion | Outreach | Wellness

South Bay Community Services, Lowell Day Services provides services to individuals needing substance abuse and or mental health treatment. Services take place in a group therapy- milieu setting and are typically more intense than traditional 1:1 therapy. In addition to group therapy, individuals can expect a collaborative treatment team approach where family and community supports and resources are fully utilized to support one's recovery.

The program is open from 8:30 AM to 4:30 PM and programing is from 9 AM to 3 PM. Referrals can be processed easily by calling the central intake line at 508-521-1020 or by contacting the program directly at 978-674-5400. Most insurances are accepted. There is no wait list and in most cases, transportation can be made available. The program has coffee and water available for clients as well as lunch every day.

Stepping Stones Sober House**223 Appleton Street, Lowell, MA 01852****Phone Number:** 978-751-0456**Website:** www.transitionalhousing.org/li/stepping-stones-sober-house

Stepping Stones Sober House is a sober house with a structured environment and a zero-tolerance policy. Our program is designed to provide a safe, sober, twelve-step oriented environment by which our clients can re-create their lives. The mission of our program is to stay sober and to help another achieve long term recovery from the disease of addiction. Stepping Stones Sober House's residents are welcomed into a clean and sober community for men. Our primary focus is helping one another achieve their goals in recovery. Stepping Stones Sober House's residents are involved in a 12 Steps recovery groups, are active in the community, and work to grow together in their journey of life. We are located near major bus stops and regional transportation stations.

Contact us at 978-751-0456 for further information on the application process and required criteria to access services.

Steven Hines, Certified Peer Specialist – ENRM Veteran's Hospital**200 Springs Road, Bedford, MA 01730****Phone Number:** 781-687-3173

Steven Hines is a member of the Community Recovery Connections Team (CRCT) at Bedford VA. He works in the Lowell region establishing and developing Veteran's Coffee Socials. The Veteran's Coffee Social is an informal networking intervention where we try to attract veterans who may be experiencing social isolation or who are simply seeking connection fellow veterans. We present about veteran-related topics, provide timely information and map VA services to veterans in a friendly and relaxed atmosphere. Stephen Hines cohosts Lowell Veteran's Coffee Social with Lowell Veteran's Service Officer, Eric LaMarche, each Friday morning at 8:00 AM at the Lowell Senior Center. He became affiliated with MOAPC in March of 2018 through a networking event at the Lowell Community Health Center. The connection with MOAPC has resulted in starting the Tewksbury Veteran's Coffee Social with Tewksbury VSO, Lisa Downey, each Monday morning at 9:00 AM at the Tewksbury Senior Center.

If you have questions about VA services or would like to connect with fellow veterans in your area, please drop in and join us for a coffee and conversation.

The Phoenix – Lowell**291 Summer Street, Lowell, MA 01852****Phone Number:** 617-417-3378**Website:** www.thephoenix.org**THE PHOENIX**

RISE | RECOVER | LIVE

The Phoenix Mission: The Phoenix offers a free sober active community to individuals who have suffered from substance use disorder and to those who choose a sober life. Using a peer support model, we help members heal and rebuild their lives while also striving to eliminate stigma around recovery. The only requirement is 48hrs continuous sobriety. Our programs are not intended to be a replacement for other forms of treatment, and we encourage members to engage in any and all forms of recovery that suit their individual needs. In the event of a setback, members are welcome and encouraged to return as soon as they have met the minimum sobriety requirements.

The Phoenix – Lowell Chapter is located inside the Office of Community Counseling building at 291 Summer Street, Lowell, MA 01852.

To access our programming, you can go online to our website at thephoenix.org, click on participate and fill out the team member agreement along with the liability waiver or stop by our Lowell location and sign up there as well. Anyone is welcome as long as they can follow the minimum sobriety requirements.

Transitions Residential Recovery for Adult Men (Beth Israel-Lahey Behavioral Services)

365 East Street Tewksbury, MA 01876

Phone Number: 978-851-8772

Transitions is a 65-bed stabilization and transitional program that provides a safe, drug and alcohol-free environment for men who are 18+ years old. At Transitions, we strongly believe in giving you a great treatment experience, and we are dedicated to having an environment that treats all with dignity and respect. We also understand that substance use, dependence and addiction have genetic, biological, psychological and social origins.

To help you recover from your addiction, we must address all of these reasons; which are unique for each of our clients. We focus on individual needs and preferences when assisting clients achieve their goals in recovery. Also, our treatment focuses on asking you to consider the specific things that play a role in your difficulties

We offer the following services through our program:

- AA and NA 12-step groups
- Case management, treatment and after-care planning, including referrals to long-term (half-way house) residential programs
- Group treatment
- Recreational activities and transportation
- Nicotine replacement therapy
- Medical services
- Discharge planning and follow-up
- Tobacco-free campus and location

To gain admission to Transitions, you must have been diagnosed with a substance use disorder and need transitional services between your current situation and the next level of care. We do not accept third-party (insurance) payments.

Please call 978-851-8776 for more information.

UTEC**5 Warren Street Lowell, MA 01852****Phone Number:** 978-856-3902**Website:** www.utec-lowell.org**Email:** info@utec-lowell.org

Founded in 1999 in Lowell, Massachusetts, UTEC is a nationally recognized agency with the mission of igniting the ambitions of at-risk youth to trade violence and poverty for social and economic success. We serve young people from Lowell and Lawrence, Massachusetts. Through UTEC, we offer an intensive series of programs outlined with three specific outcome areas: Reduced recidivism and criminal activity, increased employability, and increased educational attainment.

Some program examples include the following: “Street Outreach and Gang Peacemaking” is the starting point of UTEC’s program model. Streetworkers target and meet young people who are most disengaged and deeply involved in local youth gang networks. This sets the stage for peacemaking and bringing disconnected youth to UTEC. “Workforce Development and Social Enterprise” offers youth paid on-the-job experience. We focus on a pathway that starts with transitional employment and leads into opportunities for youth to be involved in the running of our own social enterprises. We also offer and provide education programs obtain their HiSET (formerly GED) and achieve civic engagement.

We look for clients to enroll in our program from the following demographics:

- Male and female older teens and young adults, ages 16-24
- Out of school without a high school credential with at least one risk factor:
 - Gang-involved
 - Court- or system-involved
 - Pregnant/Parenting

If you know a youth who might benefit from UTEC’s programs, we have an application available on our website at <https://www.utec-lowell.org/programs/streetworkers/referral-form>. Please feel free to call us for more information at 978-856-3902.

Wilmington Police Department

1 Adelaide Street, Wilmington, MA 01887

Phone Number: 978-694-2064

Website: www.wilmingtonma.gov/wilmington-substance-abuse-coalition

Email: sreif@wpd.org



Funded by the Town of Wilmington, the Public Safety Department has an in-house clinician whom has the ability to serve anyone connected to Wilmington, MA. The clinician works primarily in partnership with police and fire/EMT around calls for service involving mental health and substance use; in addition, the clinician assists in resources sharing, referrals and admissions, continuum of care, service applications, brief treatment, and crisis assessments. Community members can access services outside of police/EMT involvement by contacting the Wilmington Police Department or by stopping into the station, all involvement is voluntary at the individual's choice. In addition, the Wilmington Substance Abuse Coalition organizes prevention and educational events to encourage community involvement and awareness of mental health and substance use across ages.

Zack's Team Foundation

50 Tower Farm Road, Billerica, MA 01821

Website: www.zacksteam.org

Email: zacksteam818@gmail.com



Zack's Team foundation was founded by Louise Griffin and Michael Gys following the passing of their son Zachary Dennis Gys after struggling with substance abuse for many years. We believe that recovery is possible. We consider it our duty to bring attention to the common misconceptions of substance abuse. It is our mission to provide knowledge, hope and funds to help those families and persons affected by this wide-spread epidemic and disease. Many people fail to realize that substance abuse takes over one's mind and body. It becomes a lifelong battle and it is almost impossible to win the battle alone.

Finding appropriate treatment programs can be expensive, difficult, and confusing. Zack's Team Foundation uses 100% of its proceeds to send individuals to treatment. We believe in a 12-step based approach committed to helping individuals overcome the disease of addiction. We are also committed to spreading awareness and reversing the stigma that is often associated with those that suffer from this debilitating disease.

To apply for a scholarship through Zack's Team Foundation, the following criteria must be completed:

- Residency in the Greater Lowell Area
- Between the ages of 18-30 years old
- Exhaustion of all other financial means

Applications are available online www.zacksteam.org. We are happy to answer all other questions you may have at zacksteam818@gmail.com.

Zack's House**Phone Number:** Frank Campos: 978-455-8516

Diana Newell: 978-459-8656, ext. 143

Website: lowellhouseinc.org/zacks-house**LOWELL HOUSE ADDICTION
TREATMENT AND RECOVERY**

Zack's House is our staffed, transitional residential program for seven young men 18 to 26 years old to live and grow in a sober environment. Backed by Lowell House, Zack's House was purchased and designed to fill a major gap in recovery services to young men in early recovery from substance misuse. Typically, young men in early recovery go from the highly structured recovery home environment to independent living in a sober house with no transition and no community supports.

Zack's House fills that dangerous gap by providing a transitional program that includes:
 Daily meetings with an on-site recovery coach to review their recovery plan, work on developing job and independent living skills and plan for a sober future.
 Clinical consultation as needed with Clinical Director.
 Gender/Trauma-specific clinical groups.
 Health and Wellness groups and activities
 Relapse Prevention and Recovery Maintenance groups

To apply for housing with Zack's House, the following criteria must be completed:

- Completed a detox.
- 3-6 months in recovery (if at 3 months sobriety, then you must enter a Structured Outpatient Addiction Program on entrance to Zack's House).
- Active participation in recovery services or have completed a recovery program.
- Willing to abide by house rules.
- Active participation in a productive day: employment, school, volunteer work, recovery activities, etc.
- First and last month's rent down payment required

To apply, please fill our application and fax to Frank Campos, Supportive Case Manager, at 978-937-2559. For further information, you can call Frank Campos at 978-455-8516 or Diana Newell, Senior Director of Residential Services, at 978-459-8656, ext.14.

