



TREATMENT RESOURCE GUIDE



2010

The Greater Fall River

Substance Abuse Services

The P.O.W.E.R.



CITY OF FALL RIVER

William A. Flanagan, Mayor

The **P.O.W.E.R.** 2 save lives

Preventing **O**verdose **W**ith **E**mpowerment and **R**esources

www.power2savelives.org

Who we are

We are a three year project funded by the Massachusetts Department of Public Health's (MDPH) Bureau of Substance Abuse Services (BSAS), under the MassCALL2 Grant. This project is housed in the City of Fall River Department of Health and Human Services. We are members of the community who want to save lives!

Mission

To collaborate with the community to provide interventions, prevention strategies, and education to reduce opiate overdoses

Vision

To achieve a higher quality of life in the City of Fall River by empowering individuals and reclaiming lives

What we found

BSAS reported in the years 2004-2006 there were 205 nonfatal overdoses and 60 fatal overdoses, due to opiates, in the City of Fall River. BSAS reported there are 12 fatal opiate overdoses a week in the State of Massachusetts!

What we offer

1. Trainings, education and outreach for opiate users (in and out of treatment)
2. Trainings, education and outreach to bystanders of opiate users (family, friends, bystanders, service providers)
3. Trainings, education and outreach to healthcare providers on opiates
4. Working with first responders to decrease barriers to contacting emergency services in the event of an overdose
5. Working on a "Good Samaritan Policy"

Are you interested in joining our coalition?
Would you like to collaborate in the community?
Want to utilize our trainings and education?

for more info

Jenna Lagasse

MassCALL2 Coordinator

One Government Center

Fall River, MA 02722

P 508-324-2415

F 508-324-2429

E jlagasse@fallriverma.org

ABBREVIATIONS

...take note

AA

Alcoholics Anonymous

CHNA

Community Health Network Areas

CSAC

Community Substance Abuse Center

GA

Gambler's Anonymous

HPTC

High Point Treatment Center

MATC

Men's Addiction Treatment Center

MC2

Mass Call 2

NA

Narcotics Anonymous

PAACA

Positive Action Against Chemical Addiction

Project ASSERT

Alcohol, Substance abuse, Services, Education, Referral, Treatment

SHBH

Seven Hills Behavioral Health

SSTAR

Stanley Street Treatment and Resources

WATC

Women's Addiction Treatment Center

M=Male

F=Female

C=Child

OP=Outpatient

IOP=Intensive Outpatient

IP=In Patient

DD=Dual Diagnosis

TSS=Transitional Support Services

UNDERSTANDING *the* TREATMENT PROCESS

1) Recovery from addiction is a lifelong process. This process may require multiple attempts at abstinence and treatment, possibly including: hospitalizations, detox programs, inpatient and outpatient services, medical intervention and mental health support. It is important to be supportive, committed and persistent throughout the process so that lives can be transformed! It is important to be patient when searching for services, as well as persistent and inquisitive. It is normal to ask questions to make sure you find the services that best meet your needs.

2) A provider will determine an individual treatment plan. Not all treatments are best for everyone.

3) A "Treatment Plan" identifies challenges, goals and the strategies to accomplish those goals. This plan should be a team approach or a collaborative effort with the patient, treatment provider and any support member of the patient's personal circle.

4) Treatment programs are VOLUNTARY, except for those that are court ordered, also known as SECTION-35*. (See Section-35) It is important to ask a treatment facility their policy about engaging in treatment.

5) Finding a treatment appropriate to your needs is the beginning of the process. It is important to realize that staying in treatment and possibly transitioning from service to service are part of the long-term commitment necessary for a person to continually engage in services.

6) Medical detoxification programs should also provide access to medical services and mental health services and social services case management.

7) The usual course of treatment after detox is outpatient therapy, group/family counseling and community support (such as AA, NA, etc.). Some may opt for structured residential services better suited to their needs.

** In Massachusetts only*

POSSIBLE

symptoms of WITHDRAWL

Nausea

Vomiting

Seizures

Insomnia

Lack of appetite

Dizziness

Violent/Angry outbursts

Hot/Cold flashes

Irritability

Lack of concentration

Bone and muscle aches

Diarrhea

Pinpoint pupils

Nodding off

Shallow breathing

Goose bumps



Cold clammy skin

Possible
Signs
of
Overdose (OD)

If someone appears to be overdosing, experiencing shortness of breath or chest pains, seizing, or passing out, it is IMPORTANT to call 911 to get them to an Emergency Room as soon as possible.


steps to TAKE in case of OD

1. Assess the Signs
Stimulation—Call name
loudly & Sternal rub
2. CALL 911
3. Rescue Breathing
4. Recovery Position
5. Administer Narcan
6. Stay with the Person



Narcan is used to reverse the effects of an opiate overdose

It prevents the narcotic from attaching to the part of the brain that is affected when too much opiates are used



Please call us @ 508.235.1012
STEP Outreach Center
310 South Main Street - Fall River, MA 02721

TREATMENT PROGRAMS

Assessment Counseling

Assessment meetings can usually be scheduled by calling and requesting an appointment. A clinician or specialist will gather information about the situation, diagnose the patient and help identify and plan the most appropriate treatment method with the highest rate of success for the individual. He or she provides support and guidance to engage and educate the patient about the treatment process. Ideally, a multidisciplinary treatment team will work with the patient to assess and address physical, psychological, emotional, social and spiritual needs.

Detox (Inpatient)

Short-term, usually 3-7 days (possibly longer), will alleviate or medically assist the body from chemical dependence. Usually uses medically supervised withdrawal and most often requires a "medical clearance", to evaluate other possible health concerns prior to admission.

Rehabilitation

Detoxification and therapeutic support program in a hospital, typically 1-2 weeks, usually covered by private insurance or self-pay; limited 'free care' beds available.

Outpatient Therapy

Many types including therapy sessions (individual, group or family,) Intensive Outpatient services (a few hours a day or 3-5 days a week), Methadone or Suboxone maintenance programs

Mutual Help and Support Groups

Can include AA, NA, Al-Anon, Al-A-Teen, GA

DETOXIFICATION PROGRAMS

Detox programs admit patients when they are actively using and will require labwork

What to expect upon entering

- Usually require medical clearance (to identify other possible dangerous conditions)
- Often require many phone calls so be patient!
- Be courteous and persistent!
- Have a valid license or picture ID ready
- Have insurance card or insurance information ready
- Have a paper and pen to write down any instructions or detailed information (i.e., “call back at noon”)
- Have detailed information available about current medications (bring with you), current treatment providers, last time used and how much or what, court information, etc.
- Have a friend/relative with you to coordinate transportation (some facilities provide transportation).

Other TIPS that might make treatment helpful

- Encourage the person entering the treatment process to sign a “Release of Information” waiver for a family or support member
- Inquire how the program will work including, rules, regulations, policies, procedures, and finances
- Inquire about the available Mental Health Services and supports that are available for aftercare
- Utilize the staff for advice and information regarding other information that is vital to your situation

asked QUESTIONS

What is Section-35?

SECTION-35* is a Court Ordered Treatment—A petition for “the procedure for Commitment of Substance Abusers.” Any family concerned for the health and safety of their addicted/dependent relative can request to meet with a court psychologist and present the severity of the issue. If the court deems that the individual is in danger of hurting himself or others, they will mandate that person to substance abuse treatment, legally for 30 days.

How long does a Section-35 commitment last?

The length of the civil commitment will vary with the severity of the client’s addiction and the client’s response to treatment. The commitment cannot exceed 30 days.

What if there is a co-occurring mental health problem?

If a client has a psychiatric disorder which needs to be stabilized and/or managed to be able to treat the substance addiction they will have to be referred to a psychiatric facility or be assessed in an Emergency Room for possible referral to a dual diagnosis unit.

Some examples of these disorders of symptoms are:

- Mood Disorder
- Psychological Disorder
- Anxiety Disorders

** Substance abuse dependence and w/d can mimic or resemble these illnesses

How do I handle the Insurance information?

- It is important to check with your insurance carrier to find out what Mental Health/Behavioral/Substance Abuse services that are covered. He or she may also assist in locating treatment

asked QUESTIONS

placements. (Check the back of your insurance card for the phone number to call.)

- Some facilities will offer free care beds-this is a question you will need to ask when calling for information.
- Sign up for Mass Health if possible: Applications can be completed online, at a Clinic or Hospital or through MassHealth Member Services by calling 1-800-841-2900 (In order to complete application, you will need proof of income.)

How do I find a Referral?

For referrals or assistance with screenings for treatment—

PROJECT ASSERT—www.gfrpartners.com/healthcity-projectassert.html

- 508.679.3131—*Charlton Hospital, Fall River*
- 508.674.5600 x5514—*St. Anne's Hospital, Fall River*
- 508.961.5399—*St. Luke's Hospital, New Bedford*
- 508.961.5186—*St. Luke's Hospital, New Bedford*

Health Promotion Advocates will provide assistance:

- Information and Education
- Referral to substance abuse treatment
- Tobacco/Smoking cessation information
- Community resources and referrals

1-800-ALCOHOL—*A service of AdCare Hospital*

- National Hotline or www.adcare.com

SSTAR—www.sstar.org

- *Fall River* 1.508.679.5222

SHBH—www.sevenhills.org

- *Fall River* 1.508.679.5222
- *New Bedford* 1.508.996.0546

PAACA—www.paaca.org

- *New Bedford* 1.508.997.9051

ADOLESCENT

DUAL DIAGNOSIS

Service Name	Location	Phone	Age
Arbour Fuller	South Attleboro	800-652-5222	
Brattleboro Retreat	Brattleboro, VT	508-638-6000	13-18 in H.S.
Gosnold on the Cape	Falmouth	781-762-7764	13-18
The Castle, Highpoint	Brockton	800-738-7328	13-18 in H.S.
Westwood Lodge *primarily adult facility	Falmouth	800-444-1554	13-18
Other state DD		800-222-2237	

OUTPATIENT SUBSTANCE ABUSE COUNSELING

Service Name	Location	Phone	Age
AdCare	N. Dartmouth	508-999-1102	
Child & Family Services	New Bedford, MA	508-996-8572	
Community Care Services	Taunton, MA	508-822-2485	
Fall River Family Services	Fall River, MA	508-678-7542	
Northeast Counseling	Taunton, MA	508-824-2293	
Seven Hills Behavioral Health	New Bedford, MA	508-999-3126	
Seven Hills Behavioral Health	Fall River, MA	508-679-0962	
South Bay Mental Health	Fall River, MA	508-580-4691	
Southeast Counseling	New Bedford, MA	508-998-1115	
SSTAR	Fall River, MA	508-324-7766	

ADOLESCENT

DETOX FACILITIES

Facility Name	Town	Phone	Age
Brattleboro Retreat	Brattleboro, VT	800-738-7328	13-18 if in H.S.
Community Health Link	Worcester, MA	508-860-1200	
Motivating Youth for Recovery	Worcester	508-860-1244	13-17
Westwood Lodge	Westwood	781-762-7764	13-18
The Castle Highpoint	Brockton	508-638-6000	13-18 if in H.S.

RESIDENTIAL FACILITIES

Facility Name	Location	Phone	Age/ Gender
Brattleboro Retreat	Brattleboro, VT	800-738-7328	17 M/F
Caritas, Inc. Female Program	Pawtucket, RI	401-463-8829	13-18
Corkery House Boys Program	Wyoming, RI	401-539-3002	13-18
Gosnold on the Cape *primarily adult facility	Falmouth	800-444-1554	13-18

ADULT

DETOX FACILITIES

AdCare Hospital	Worcester	800-345-3552	24 hrs
Arbour Hospital—short-term 3-7 days m/f and Dual Diagnosis	South Attleboro	508-761-8500	24 hrs
Bournewood Hospital	Brookline	800-468-4358	24 hrs
Bridge to Recovery—m/f takes Mass Health 7 free beds	Quincy, Boston	617-471-9600	24 hrs

DETOX FACILITIES

Brattleboro Retreat	Brattleboro, VT	800-RETREAT	24 hrs
Butler Hospital—M/F insurance only	Providence, RI	401-455-6220	24 hrs
Caritas Norcap Lodge	Foxboro	508-543-1873	24 hrs
Community Health Link—M/F Dual Diagnosis 7 free beds	Worcester	508-860-1200	24 hrs
Gosnold Treatment Center	Falmouth	800-444-1554	24 hrs
Danvers Detox (CAB)—18+ Free beds	Danvers	800-323-2224	24 hrs
High Point Treatment Center	Plymouth	800-233-4478	24 hrs
NORCAP Detox Program	Foxboro	800-331-2900	24 hrs
Phoenix House Detox	Exeter, RI	401-295-0960	24 hrs
Roger Williams Hospital	Providence, RI	401-444-4300	24 hrs
SSTAR Detox Program	Fall River	508-324-7763	24 hrs
SSTAR Detox Program	Kingston, RI	800-747-6237	24 hrs
Veterans Admin Hospital	Brockton	508-583-4500	24 hrs
Veterans Admin Hospital	Providence, RI	401-457-3393	24 hrs
Westwood Lodge Hospital	Westwood	781-762-7764	24 hrs

RESIDENTIAL FACILITIES

Anchor House	Plymouth	508-746-6614	M
Channing House	Worcester	508-755-8088	M
Edwina Martin House	Brockton	508-583-0493	F/C
Harmony House	New Bedford	508-992-8948	M
High Point [TSS]	Plymouth	508-224-7701	M/F
High Point [TSS]	New Bedford	508-984-1697	M/F
North Cottage Program	Norton	508-285-2701x29	M
South Shore Recovery Home	Quincy	617-773-7023	M
Steppingstone, Inc	Fall River	508-984-1880	M/F
Wrap House-High Point	New Bedford	508-997-7175	F

SUBSTANCE ABUSE OUTPATIENT COUNSELING

AdCare Hospital OP	North Dartmouth	508-999-1102
Arbour Counseling Services	Fall River	508-678-2833
Bay State Community Services	Plymouth	508-830-3444
Cape Cod Human Services	Hyannis	508-790-3375
Catholic Charities OP	Brockton	508-587-0815
Community Care Services	Attleboro	508-222-7525
Community Care Services	Taunton	508-222-7525
Comm Counseling of Bristol	Rehobeth	508-252-3383
Comm Counseling of Bristol	Taunton	508-823-5400
Gosnold Counseling Center	Falmouth	508-548-7118
Gosnold Counseling Center	Pocasset	800-444-1554
Gosnold Counseling Center	Hyannis	800-444-1554
Family Counseling Center	Barnstable	508-775-0275
Family Service Association	Fall River	508-678-7542
High Point Treatment Center	New Bedford	508-984-1697
High Point Treatment Center	Plymouth	508-830-1234
High Point Treatment Center	Taunton	508-823-5291
Martha's Vineyard Comm Service	Matha's Vineyard	508-693-7900
Nantucket Behavioral Health	Nantucket	508-228-2689
North River Counseling	Marshfield	781-834-7433
Seven Hills Behavioral Health	Fall River	508-679-0962
SHBH Outpatient	New Bedford	508-996-3147
SHBH Methadone Clinic	New Bedford	508-996-8501
South Bay Mental Health	Attleboro	508-223-4691
South Bay Mental Health	Brockton	508-580-4691
South Bay Mental Health	Fall River	508-324-1060
South Bay Mental Health	Plymouth	508-830-0000
South Bay Mental Health	Yarmouth	508-760-1475
SSTAR	Fall River	508-679-5222
Steppingstone OP	Fall River	508-674-2788

SUBOXONE

Communtiy Substance Abuse Treatment Center/HPTC	New Bedford	508-979-1122
Habit Opco	Fall River	508-676-1307
High Point Treatment Center	New Bedford	508-997-0475
High Point Treatment Center	Taunton	508-823-5291
SSTAR Family Health Center	Fall River	508-679-5222

For detailed list of providers please visit

WWW.SUBOXONE.COM

or

HereToHelpProgram.COM

METHADONE

Community Substance Abuse Treatment Centers / High Point	New Bedford	508-984-1697
Habit Opco	Brockton	508-586-6300
Habit Opco	Fall River	508-676-1307
Habit Opco	Taunton	508-880-1598
Habit Opco	Wareham	508-295-7990
Habit Opco	Yarmouth	508-398-5155
Lifeline/SSTAR	Fall River	508-674-5600 x5441
Seven Hills Behavioral Health	New Bedford	508-999-3126 x223

RHODE ISLAND

MENTAL HEALTH SERVICES

Community Counseling Center (Gateway Healthcare)	Pawtucket	401-724-8400
East Bay Center	Barrington	401-246-1195
Kent County Mental Health Center	Warwick	401-738-4300
Mental Health Services (Gateway Healthcare)	Johnston	401-553-1000
Newport County Mental Health Center	Middletown	401-846-1213
Northern Rhode Island	Woonsocket	401-765-3700
The Providence Center	Providence	401-276-4020

MASSACHUSETTS

MENTAL HEALTH SERVICES

Brockton Multi-Service Center	Taunton/Att	508-285-9400
Child and Family Services	Fall River	508-676-5708
Child and Family Services	New Bedford	508-996-8572
Community Care Services, Inc	Attleboro	508-222-7525
Community Care Services, Inc	Taunton	508-990-0972
Community Counseling of Bristol County	Taunton	508-828-9116
Corrigan Mental Health Center	Fall River	508-235-7200
Gosnold-Thorne Outpatient Center	North Dartmouth	800-444-1544
Family Services Association, Inc	Fall River	508-678-7542
Justice Resource Institute	Swansea	508-672-6560
Mass Mental Health Center	Jamaica Plain	617-626-9300
May Institute, Behavioral Health Service	Fall River	508-675-5888
May Institute, Behavioral Health Service	New Bedford	800-778-7601

MASSACHUSETTS

MENTAL HEALTH SERVICES

Seven Hills Behavioral Health	New Bedford	508-996-3147
South Bay Mental Health Center	Fall River	508-324-1060
SSTAR	Fall River	508-679-5222
State Mental Health Agency - questions for referrals	Boston	800-221-0053
Taunton State Hospital	Taunton	508-977-3000
The Professional Counseling Center	New Bedford	508-824-6064

NOTES

...some thoughts

HOTLINES

Alcohol and Drug Helpline	800-327-5050
Alcoholics Anonymous	617-426-9444
Alcoholism Info Counseling and Referral–NB	508-992-7788
Ask-A-Nurse	800-544-2424
Brockton Fire Department	508-583-2933
Brockton Police Department	508-941-0200
Charlton Hospital	508-679-3131
Dept. of Children and Family Services	800-792-5200
Elder Abuse Hotline	800-922-2275
Emergency Medical Services	911 for EMS for state
Fall River Police Department	508-676-8511
Families Anonymous	800-736-9805
Helpline for MDPH, BSAS	800-327-5050
MA HIV/AIDS Hotline	800-235-2331
Mass Smokers Quit Line	800-TRY-TO-STOP
Mass State Police	508-820-2121
Mass.Subs. Abuse Info and Education	800-327-5050
Medicaid/Mass Health	800-682-1062 800-841-2900
Narcotics Anonymous	866-624-3578
National Child Abuse Hotline	800-422-4453
National HOPELINE Network	800-784-2433
Poison Hotline	800-222-1222
Parental Stress Hotline	800-632-8188
New Bedford Police Department	508-979-5042
Taunton Police Department	508-824-7522
Samaritans (Fall River/NB): 8a–11p Suicide Holine	508-673-3777
Samaritans: Teen Suicide Hotline	800-252-8366
Seekonk Polilce Department	508-336-8123

HOTLINES

Somerset Police Department	508-679-2138
St. Anne's Hospital	508-674-5600
St. Luke's Hospital	508-997-1515
Swansea Police Department	508-674-6484
Teen Help	800-673-0701

...some thoughts

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Opioid Overdose Prevention & Reversal

Information Sheet

The Opioid Overdose Prevention and Reversal Project

In Massachusetts, between 1996 and 2006, there was a sharp rise in the annual number of deaths due to opioid overdose, increasing from 178 to 637. In fact, opioid overdose has become the leading cause of injury deaths in Massachusetts, surpassing motor vehicle injury deaths. Some examples of opioids include Heroin, Oxycodone, Methadone, Fentanyl, Codeine, & Morphine. In order to save lives, the Department of Public Health launched a pilot project to distribute a medication called nasal naloxone that can reverse an overdose.

Nasal Naloxone (Narcan®) Administration and Effects

In an overdose, opioids can slow breathing to the point of death. Nasal naloxone blocks the opioids and restores normal breathing when sprayed into the nose of someone who has overdosed. It is safe, easy to administer, and has no potential for abuse. *Reference: K Sporer and A Kral, Prescription Naloxone: A Novel Approach to Heroin Overdose Prevention, Annals of Emergency Medicine, 2007, Volume 49, Issue 2, Pages 172-177.*

Program Overview

Programs participating in the pilot project offer counseling and referrals to substance abuse treatment for all participants who are misusing opioids. These programs train opioid users, their families and their friends on how to prevent and recognize an opioid overdose, and what to do if one occurs. The training covers the importance of calling 9-1-1, how to perform rescue breathing, how to administer nasal naloxone, and how to provide after-naloxone care.


This pilot project is possible under Massachusetts General Law - MGL c. 94C and DPH Drug Control Program regulations at 105 CMR 700.000.

Where to Get Naloxone in Massachusetts

- **AIDS Support Group of Cape Cod**
96-98 Bradford Street, Provincetown
Contact: 866-668-6448
428 South Street, Hyannis
Contact: 866-990-2437
- **Boston Public Health Commission**
Mobile Unit—call for locations
Contact: 617-592-7828
- **CAB Health and Recovery**
280 Union Street, Lynn
Contact: 781-592-0243
42 Washington Street, Gloucester
Contact: 978-283-4363
- **Brockton Area Multi-Services, Inc.**
81 Pleasant Street, Brockton
Contact: 508-583-3405
- **Cambridge Cares About AIDS**
17 Sellers Street, Cambridge
Contact: 617-599-0246
- **Seven Hills Behavioral Health**
1287 Acushnet Avenue, New Bedford
Contact: 508-996-0546
310 South Main Street, Fall River
Contact: 508-235-1012
- **Tapestry Health**
16 Center Street, Suite 423, Northampton
Contact: 413-586-0310
39 Mulberry St, lower level, Springfield
Contact: 413-734-8766

For More Information

- To hear recorded information on how to prevent, recognize, and respond to an opioid overdose call: **800-383-2437**
- If you have questions about the DPH naloxone distribution pilot contact: Sarah Ruiz at 617-624-5136 or at Sarah.Ruiz@state.ma.us
- For the latest information on where to get naloxone or for a treatment referral call: the Massachusetts Substance Abuse Information and Education Helpline at **800-327- 5050**



TREATMENT RESOURCE GUIDE

Please Visit

www.power2savelives.org

www.healthycityfallriver.org

www.myfallriver.org

www.adcare.com

www.boldcoalition.org

www.sevenhills.org

The P.O.W.E.R.



Seven Hills

Behavioral Health



BUILDING OUR LIVES DRUG-FREE

ADCARE  HOSPITAL