

Cape Cod

SUBSTANCE USE RESOURCE GUIDE



Barnstable County



HUMAN
SERVICES

Creating a Healthy Connected Cape Cod

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INCLUSION POLICY

*Service providers included in this guide have met the following criteria: i. Certification as a BSAS/DPH service provider, ii. Acceptance of public insurance (Medicare or Medicaid), or iii. Provision of a service that is unique or free of charge, as determined by the **Barnstable County Department of Human Services**.*

Updated November 2019

Visit bhumanservices.net for a digital version or to request print copies of this guide.

EMERGENCY NUMBERS

CAPE AND ISLANDS EMERGENCY SERVICES PROGRAM

800-981-4357

CAPE COD INTERGROUP OF ALCOHOLICS ANONYMOUS

508-775-7060

DOMESTIC VIOLENCE/SEXUAL ASSAULT LINE

800-439-6507

EMERGENCY ASL INTERPRETER

800-249-9949

MASSACHUSETTS SUBSTANCE USE HELPLINE

800-327-5050

MASSACHUSETTS SMOKERS HELPLINE

800-784-8669 (QUIT NOW)

NATIONAL SUICIDE PREVENTION LINE

800-273-8255 (TALK)

POISON CONTROL AND PREVENTION LINE

800-222-1222

VETERANS CRISIS LINE

800-273-8255 (TALK), PRESS 1

Massachusetts Substance Use Information and Education Helpline provides free and confidential information for finding licensed and approved substance use treatment and recovery services. The Helpline connects consumers with comprehensive, accurate, and current information about treatment services throughout Massachusetts.

Services are available:

Monday through Friday from 8:00 am to 10:00 pm

Saturday and Sunday from 8:00 am to 6:00 pm

Language interpreters are available.

800-327-5050 | [helpline-online.com](https://www.mass.gov/helpline-online.com)

TREATMENT SERVICE DESCRIPTIONS

ACUTE TREATMENT SERVICES (ATS)

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

CLINICAL STABILIZATION SERVICES (CSS)

Provides clinical stabilization services for clients leaving detox and provides stabilization services for clients needing acute treatment but not meeting criteria for medically-necessary detox services. Typical length of stay is 2-3 weeks.

DUAL DIAGNOSIS SERVICES (DDS)

Dual Diagnosis services provide a comprehensive system of treatment and recovery from co-occurring mental health and substance use disorders.

INTENSIVE OUTPATIENT PROGRAMS (IOP)

A less-intensive program than a PHP. This outpatient program remains part of the continuum of care for an individual with a substance use disorder, providing structure and support for the individual as they transition back into the community.

LONG TERM RESIDENTIAL

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

MEDICATION ASSISTED TREATMENT (MAT)

MAT can be used for opioid detoxification, but is more commonly used to provide ongoing support to individuals in recovery. While MAT is available for treatment of alcoholism, it has been used primarily in the treatment of opioid use disorder. There are three FDA approved medications for the treatment of opioid dependence - methadone, buprenorphine and naltrexone (brand names Revia and Vivitrol). Suboxone, which is a combination of buprenorphine and naloxone is also used to treat opioid use disorder. Each may be used for long term maintenance therapy. The type of medication used will vary based on individual circumstances.

TREATMENT SERVICE DESCRIPTIONS

OUTPATIENT SERVICES

These services are located in the community and include:

- Medication Assisted Treatment
- Counseling
- Self-help/mutual support groups

PARTIAL HOSPITALIZATION PROGRAMS (PHP)

Part of the continuum of care, PHP's offer a transition from inpatient treatment, to a highly structured outpatient treatment.

SOBER HOME

Places for individuals to live in a substance free environment after residential substance use treatment. Not all sober homes are regulated or monitored, they are often privately run. For the directory of the Massachusetts Alliance for Sober Housing visit mashsoberhousing.org

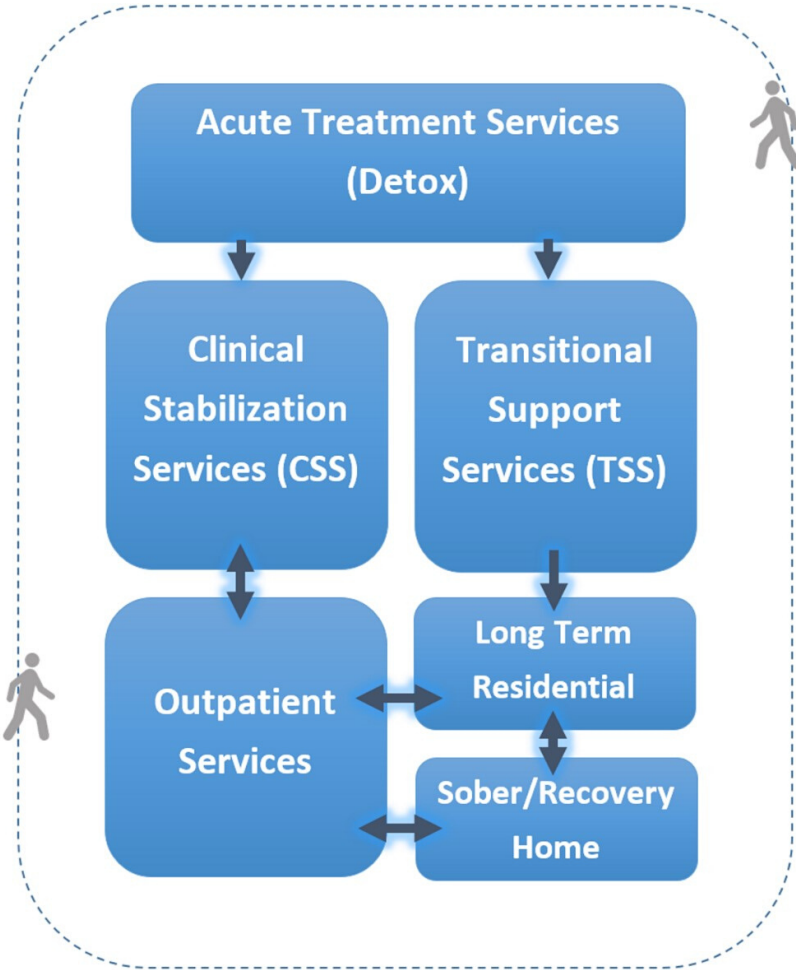
STRUCTURED OUTPATIENT ADDICTIONS PROGRAMS (SOAP)

This outpatient program consists of short-term, structured, substance use disorder services used to assist individuals being discharged from Acute Treatment Services (ATS).

TRANSITIONAL SUPPORT SERVICES (TSS)

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

SUBSTANCE USE DISORDER CONTINUUM OF CARE



INPATIENT TREATMENT SOUTHEASTERN, MA

ADCARE

adcare.com

Available services:

Outpatient Counseling - Individuals, groups, family
Mental Health Services - DDS, IOP

**Multiple locations, MA
800-252-6465**

GOSNOLD ON CAPE COD

gosnold.org

Available services:

Detox (ATS), Clinical Stabilization Services, Long-Term Residential, Dual Diagnosis (DDS)

**200 Ter Heun Drive, MA
800-444-1554**

HIGH POINT TREATMENT CENTER

hptc.org

Available services:

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

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

**Brockton Addiction Treatment Center
30 Meadowbrook Road, Brockton, MA
508-584-9210**

SSTAR

sstar.org

Available services:

Detox (ATS), Clinical Stabilization Services, Long-Term Residential, Dual Diagnosis (DDS)

**386 Stanley Street, Fall River, MA
800-937-3610
508-679-5222**

OUTPATIENT SERVICES CAPE COD

ADCARE

adcare.com

Multiple locations, MA

800-252-6465

Available services:

Outpatient Counseling - IOP

COMMUNITY HEALTH CENTER OF CAPE COD

chcofcapecod.org

Bourne, Centerville, Mashpee, MA

508-477-7090

Available services:

Outpatient Counseling - Individual, group, couples, family, SOAP,

Medication Assisted Treatment

Mental Health Services - Psychiatry, tele-psychiatry

DUFFY HEALTH CENTER

duffyhealthcenter.org

Hyannis, MA

508-771-9599

Available services:

Outpatient Counseling - Individual, group

Medication Assisted Treatment

Mental Health Services - Psychiatry

GOSNOLD ON CAPE COD

gosnold.org

Multiple locations, MA

800-444-1554

Available services:

Outpatient Counseling - Individual, group, family

Medication Assisted Treatment

Mental Health Services - Tele-psychiatry, DDS, PHP, IOP, SOAP

OUTPATIENT SERVICES CAPE COD

HABIT OPCO

capecodctc.com

**South Yarmouth, Wareham, MA
866-815-2556**

Available services:

Outpatient Counseling - Individual, group
Medication Assisted Treatment

HARBOR COMMUNITY HEALTH CENTER

Hhsi.us/iamready

**Hyannis, MA
508-778-0300**

Available services:

Outpatient Counseling - Individual, group, couples, MAT, DDS

RECOVERING CHAMPIONS

recoveringchampions.com

**Falmouth, Sandwich, MA
844-888-0522**

Available services:

Outpatient Counseling - Individual, group, couples, MAT, IOP, PHP

HYANNIS VETERAN CENTER

va.gov

**Hyannis, MA
508-778-0124**

Available services:

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

OUTPATIENT SERVICES CAPE COD

OUTER CAPE HEALTH SERVICES

Harwich, Provincetown, Wellfleet, MA

outercape.org

800-444-1554

Available services:

Outpatient Counseling - Individual, group, couples

Medication Assisted Treatment

Mental Health Services - Psychiatry

SOUTH BAY COMMUNITY SERVICES

Mashpee, MA

southbaycommunityservices.com

508-760-1475

Available services:

Outpatient Counseling - Individual, group, couples, and family counseling

Mental Health Services - Psychiatry, DDS

ADDITIONAL SERVICES

MEDICATION DISPOSAL

Please do not flush unwanted prescription drugs or dispose of them in the trash. Unwanted or expired prescriptions can be dropped off at the permanent drug collection kiosk located at your local police station (open 24/7), multiple CVS locations Cape-wide, the Mashpee Wampanoag Tribe drug drop box in the Community and Government Center, and Cape Cod Health Care, no paperwork necessary.

MOMS DO CARE

508-280-6597

The Moms Do Care project provides prenatal care coordination, substance use treatment and peer recovery services for pregnant women with opioid use disorder. To enroll women must be over the age of 18 and a resident of Cape Cod.

OPIOID OVERDOSE PREVENTION TRAINING

Learn to Cope weekly meetings

learn2cope.org

508-738-5148

Naloxone is a non-addictive drug that can temporarily reverse the effects of an opioid overdose. Free training and naloxone available at:

AIDS SUPPORT GROUP OF CAPE COD

asgcc.org

866-990-2437 | 508-778-1954

Provides free HIV, Hepatitis, and STD testing. Syringe disposal, needle exchange, and access to PrEP, as well as Narcan training and distribution. Locations are in Falmouth, Hyannis and Provincetown.

FAMILY SUPPORT GROUPS

AL-ANON/ALATEEN

ma-al-anon-alateen.org

Friends and families of those who misuse alcohol find understanding and support at Al-Anon and Alateen meetings.

GOSNOLD FAMILY SUPPORT GROUP

gosnold.org

Multiple dates and locations

844-558-4357

The Gosnold Reaching Out program is a resource for family members and loved ones affected by substance use disorder.

GRANDPARENTS ADVOCACY PROJECT (GAP)

grandparents@capecoalition.com

Local support group that provides information and resources to grandparents raising grandchildren.

GRANDPARENTS RAISING GRANDCHILDREN

www.massgrg.com

Serves as a resource on issues affecting grandparents and all relatives raising grandchildren.

LEARN TO COPE

learn2cope.org

508-738-5148

Learn to Cope is a support group for parents, family members, spouses, and caregivers who have a family member with a substance use disorder.

FAMILY SUPPORT GROUPS

MASHPEE SUBSTANCE USE TASK FORCE - DROP IN NIGHT

www.itsnevertotooearly.com

508-539-1411

Providing substance use information, education and treatment resource options from local organizations.

NAR-ANON

naranonctma.org

The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's substance use disorder. As a twelve-step program, the program offers help by sharing experience, strength, and hope.

PARENTS SUPPORTING PARENTS

www.parentsfightingaddiction.com

508-419-3434

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

RECOVERY SUPPORT SERVICES

CAPE COD & ISLANDS ALCOHOLICS ANONYMOUS (AA)
capecodaa.net

MOTHERS HELPING MOTHERS

mairni.org

info@mairni.org

Mothers Helping Mothers is a support group for women struggling with the emotional difficulties associated with substance use disorder and recovery during the pregnant and postpartum phases of life. Free childcare is provided. Check website for weekly support group schedule.

NEW ENGLAND REGION NARCOTICS ANONYMOUS (N/A)

nerna.org

PIER RECOVERY CENTER OF CAPE COD

gandaracenter.org/recovery-support-centers

209 Main Street, Hyannis, MA

508-827-6150

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

WELLSTRONG

wellstrong.org

6 Alphonse St., Falmouth, MA (corner of Rt 28)

Wellstrong offers both active and mindful activities for those in recovery, regardless of their ability to pay. Currently offering: Walk/jog program, Couch-to-5K, Yoga, Yoga of 12 Step Recovery, Refuge Recovery, Meditation, Strength Training Group Classes, Open Gym, and Movement Classes.

RECOVERY SUPPORT SERVICES

RECOVERY WITHOUT WALLS

recoverywithoutwalls.org

350 Gifford Street, Falmouth, MA 02540

508-540-5867

Recovery Without Walls offers a structure, safety, support and stability to women living on Cape Cod following treatment for substance dependency. Our services are free of charge and include acupuncture as a primary tool to deal with the craving for substances of abuse.

TEEN SERVICES

ADDICTION RECOVERY MANAGEMENT SERVICES MASSACHUSETTS (ARMS) - MASS GENERAL HOSPITAL 617-643-4699

The Addiction Recovery Management Service (ARMS) specializes in supporting teenagers and young adults between the ages of 14 and 26 and their parents as they deal with their substance use and related problems.

DUFFY TEEN MAT PROGRAM

508-771-9599, ext. 281

This program combines medication assisted treatment with counseling and behavioral therapies for patients between the ages of 16 and 25.

MOTIVATING YOUTH RECOVERY (MYR)

508-860-1244 or 508-438-5642

Acute detoxification and stabilization program for adolescents ages 13-16.

RECOVERYBUILD ALTERNATIVE PEER GROUP

apg@duffyhealthcenter.org

774-487-5227

In collaboration with Behavioral Health Innovators, Duffy Health Center staffs the Alternative Peer Group (APG), a place where teens come together with their peers to build the tools, skills, and relationships to deal with substance use challenges under the expert guidance of a Licensed Counselor, Recovery Coach and Recovery Peer Mentors.

Visit the **Massachusetts Substance Use Helpline** at **helpline-online.com** and click on **"SEARCH FOR TREATMENT"** for additional teen services.



How others treat you, talk to you, or think about you can hurt.

**You deserve treatment.
You deserve recovery.**

#StateWithoutStigMA

Massachusetts Department of Public Health



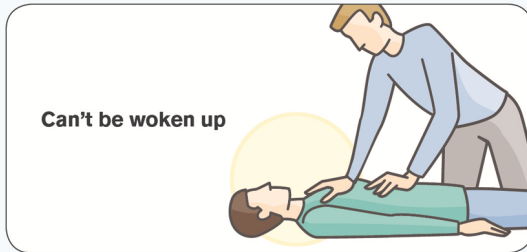
Looking for treatment or information
about addiction services?

STOP
Addiction
IN ITS TRACKS

HELPLINE: 800-327-5050 mass.gov/StateWithoutStigMA

SA3903

How to **RECOGNIZE** an Opioid Overdose



When it comes to helping someone who is overdosing, your choice matters. **Choose to help.**

This Good Samaritan card produced by Barnstable County Human Services and funded by **Cornerstone Charitable Foundations, Bank of America, N.A., Trustee**

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How to **RESPOND** to an Overdose

You can keep a person alive by following these steps



Try to wake person up

Rub the middle of their chest with a closed fist



Start Rescue Breathing

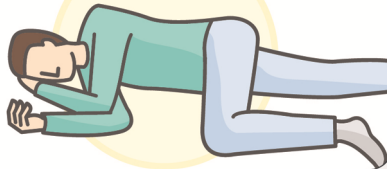
Make sure their mouth is not blocked, pinch their nose, and breathe every 4 seconds



Continue until help arrives or they start breathing on their own.

Recovery Position

If you must leave, put the person on their side with their body supported by a bent knee. This will help keep their airway clear and stop them from choking if they throw up.



Massachusetts Good Samaritan Law

protects those who have overdosed and those who call 911 for help from arrests, prosecution, and conviction for possession or use of controlled substances with the exception of outstanding warrants and selling/distributing controlled substances.

ADDITIONAL SERVICES & INFORMATION



Barnstable County
HUMAN SERVICES

Creating a Healthy Connected Cape Cod

www.barnstable.ma.networkofcare.org/mh

Search Cape Cod's comprehensive directory to find services for mental and behavioral health, addiction, advocacy, support, housing, and more using the Behavioral Health Web Portal.

				
Depression	Substance Use	PTSD	Grief / Grieving	Autism

Whether you're looking for programs, support groups, or other assistance, you'll find them on the Behavioral Health Web Portal.

VAPING TOOLKIT



Let's clear the air about vaping. Learn what vaping is and important facts to help you know how to keep youth healthy. Parents, caregivers, and youth-serving organizations play a vital role in delaying and preventing youth using e-cigarettes and vapes. The resources provided in the toolkit offer education and ways to address the issue.

The topic of youth vaping is being reported on every day – and it's no surprise why. 1 in 5 youth report current e-cigarette use. Between 2017 and 2018, there was a 50% increase in middle school aged youth. In that same time period, there was an 80% increase in high school-aged youth using e-cigarettes.

The Barnstable County Department of Human Services has created this toolkit to provide a centralized resource for parents, and caregivers who want to become more educated and better equipped to take the action that is necessary for their child's well-being.

Access the **Vaping Toolkit** at mychoicematters.net and click on **Vaping Toolkit**.

TOOLKIT FOR EMPLOYERS SUBSTANCE USE & THE WORKPLACE



In the past ten years, persons employed in the trades and service industries made up 65% of opioid overdose fatalities on Cape Cod. Barnstable County Department of Human Services has produced an Employer Toolkit to help employers determine how substance use is impacting their bottom-line in terms of lost productivity and increased labor costs and employee health and wellness. The Employer Toolkit provides information and tools to help employers address substance use in their workforce. Find the **Cost Calculator** and **Toolkit** at mychoicematters.net, and click on **Employer Toolkit**.

The Employer Toolkit includes:

- General Information on Substance Use
- Workplace Policies: Injury Prevention
- Workplace Policies: Benefits and Employee Assistance
- The Law and Substance Use - including samples of Massachusetts Sick Time Policy, Massachusetts
- Additional Resources and Information

Barnstable County



HUMAN
SERVICES

Creating a Healthy Connected Cape Cod

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

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

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

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

Learn more at www.bchumanservices.net