

# **Cape Cod Substance Use Resource Guide**



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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 May 2018

Visit [bchumanservices.net](http://bchumanservices.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://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.

## **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/Recovery Home**

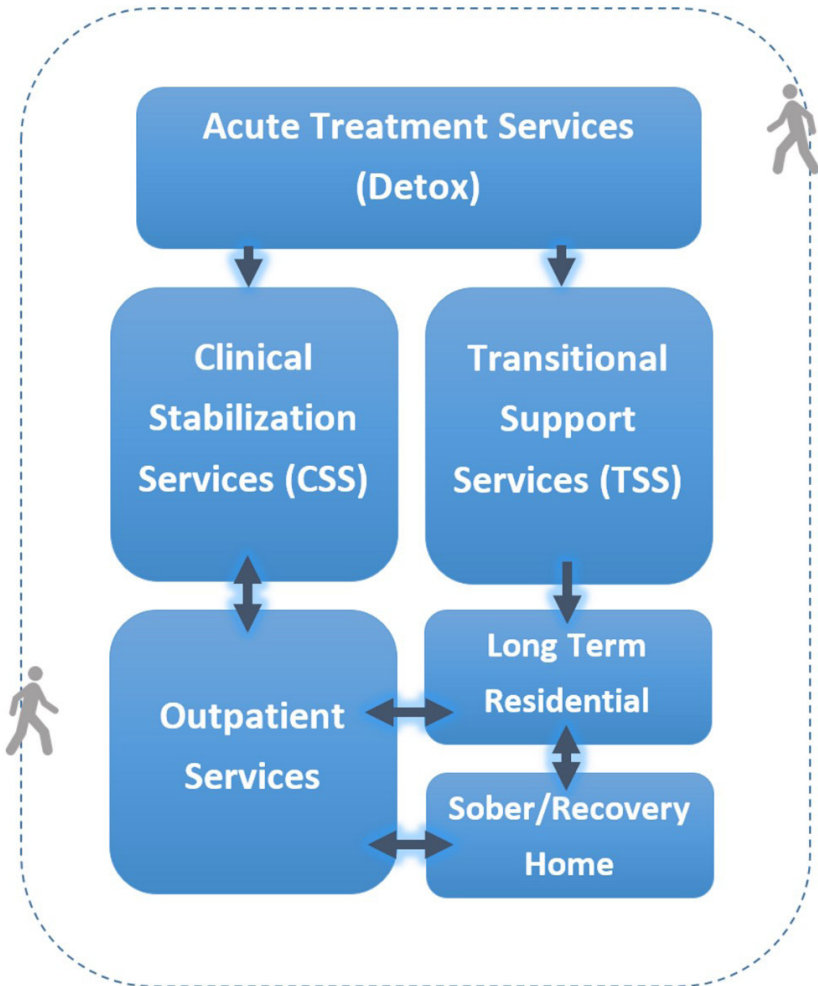
Places for individuals to live in a substance free environment after residential substance use treatment. Not all sober homes are regulated or monitored, they are often privately run. For the directory of the Massachusetts Alliance for Sober Housing visit [mashsoberhousing.org](http://mashsoberhousing.org)

## **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.*



# Inpatient Treatment - Southeastern MA

## Gosnold on Cape Cod

[gosnold.org](http://gosnold.org)  
[800-444-1554](tel:800-444-1554)

200 Ter Heun Drive, Falmouth, MA

### **Available services:**

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

## High Point Treatment Center

[hptc.org](http://hptc.org)

### *Plymouth Campus*

1223 State Road, Plymouth, MA

[508-224-7701](tel:508-224-7701)

### *Brockton Addiction Treatment Center*

30 Meadowbrook Road, Brockton, MA

[508-584-9210](tel:508-584-9210)

### **Available services:**

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

## SSTAR

[sstar.org](http://sstar.org)  
[800-937-3610](tel:800-937-3610)  
[508-679-5222](tel:508-679-5222)

386 Stanley Street, Fall River, MA

### **Available services:**

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

## Outpatient Services - Cape Cod

**Arbour Counseling**  
[arbourhealth.com](http://arbourhealth.com)

West Yarmouth, MA  
**774-470-2294**

Outpatient counseling - Individual, couples, and family counseling  
Mental Health Services - Psychiatry

**Community Health Center of Cape Cod**  
[chcofcapecod.org](http://chcofcapecod.org)

Multiple locations  
**508-477-7090**

Outpatient Counseling – Individual, group, couples, family, SOAP  
Medication Assisted Treatment  
Mental Health Services – Psychiatry, tele-psychiatry

**Duffy Health Center**  
[duffyhealthcenter.org](http://duffyhealthcenter.org)

Hyannis, MA  
**508-771-9599**

Outpatient Counseling – Individual, group  
Medication Assisted Treatment  
Mental Health Services – Psychiatry

**Gosnold on Cape Cod**  
[gosnold.org](http://gosnold.org)

Multiple Locations  
**800-444-1554**

Outpatient Counseling – Individual, group, family  
Medication Assisted Treatment  
Mental Health Services - Tele-psychiatry, DDS, PHP, IOP, SOAP



## Outpatient Services - Cape Cod... *continued*

**Habit OPCO**  
[capecodctc.com](http://capecodctc.com)

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

Outpatient counseling – Individual, group  
Medication Assisted Treatment

**Hyannis Veteran Center**  
[va.gov](http://va.gov)

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

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

**Outer Cape Health Services**  
[outercape.org](http://outercape.org)

Provincetown,  
Wellfleet, Harwich, MA  
**508-905-2800**

Outpatient Counseling – Individual, group, couples  
Medication Assisted Treatment  
Mental Health Services – Psychiatry

**South Bay Community Services**  
[southbaycommunityservices.com](http://southbaycommunityservices.com)

Mashpee, MA  
**508-760-1475**

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), 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

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

- Learn to Cope weekly meetings  
[learn2cope.org](http://learn2cope.org)  
508-738-5148
- AIDS Support Group of Cape Cod  
[asgcc.org](http://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](http://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 Groups**

[gosnold.org](http://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](mailto:grandparents@capecoalition.com)

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

## **Grandparents Raising Grandchildren**

[www.massgrg.com](http://www.massgrg.com)

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

## **Learn to Cope**

[learn2cope.org](http://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... *continued*

## **Mashpee Substance Use Task Force Drop-In Night**

[www.itsnevertotooearly.com](http://www.itsnevertotooearly.com)

508-539-1411

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

## **Nar-Anon**

[naranonctma.org](http://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](http://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 & the Islands Alcoholics Anonymous (AA)

[capecodaa.net](http://capecodaa.net)

## Mothers Helping Mothers

[mairni.org](http://mairni.org)

[info@mairni.org](mailto: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 (NA)

[nera.org](http://nera.org)

## PIER Recovery Center of Cape Cod

[gandaracenter.org/recovery-support-centers](http://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](http://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.

# 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.

## CASTLE Brockton

[www.castlekids.org](http://www.castlekids.org)

508-860-1000

CASTLE (Clean And Sober Teens Living Empowered) is a short-term treatment center committed to the prevention, treatment, and abstinence of drug and alcohol use in adolescents ages 13-17. Outpatient services are also available.

## 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.

*Please 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](http://mass.gov/StateWithoutStigMA)

503033

# How to **RECOGNIZE** an Opioid Overdose



**Not responsive**



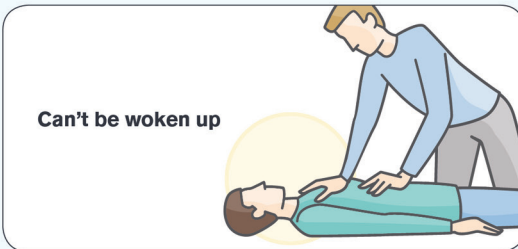
**Lips and fingertips  
may be blue**



**Snoring or gurgle noise  
while nodding out**



**Vomiting**



**Can't be woken up**



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**

Barnstable County  
**HUMAN  
SERVICES**  
*Creating a Healthy Connected Cape Cod*

Available at [bchumanservices.net](http://bchumanservices.net)



# How to **RESPOND** to an Overdose

You can keep a person alive by following these steps



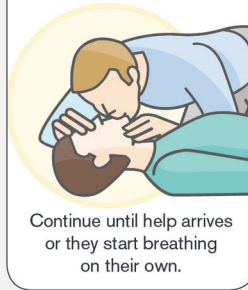
## **Try to wake person up**

Rub the middle of their chest with a closed fist



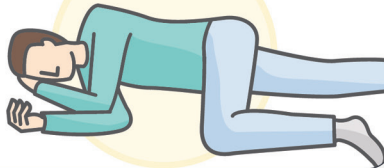
## **Start Rescue Breathing**

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



## **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.

# About Us

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.



*Creating a Healthy Connected Cape Cod*

3195 Main Street | PO Box 427 | Barnstable, MA 02630  
508-375-6628 | [bchumanservices.net](http://bchumanservices.net)

# For additional services and information:

Barnstable County



HUMAN  
SERVICES

*Creating a Healthy  
Connected Cape Cod*

[www.barnstable.ma.networkofcare.org/mh](http://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.