

Behavioral Health Resources Town of Plymouth, MA

This resource was created by Plymouth HEALing Communities Study (HCS) staff and coordinators from the Plymouth Youth Development Collaborative (PYDC). For any questions, concerns, or updates regarding this document please contact: pydc@plymouth.k12.ma.us

- **Massachusetts Substance Use Helpline**
 - The Helpline is the only statewide, public resource for finding substance use treatment, recovery, and problem gambling services. Helpline services are free and confidential. Caring, trained Specialists will help you understand the treatment system and your options.
 - 24 hours a day/7 days a week: 800-327-5050
 - <https://helplinema.org/>
- **MassSupport (Temporary Resource due to COVID-19)**
 - MassSupport Network provides free community outreach and support services to people of all ages living in Massachusetts in response to the unprecedented public health crisis, COVID-19.
 - For Statewide assistance call 888-215-4920
 - MassSupport@riversidecc.org
 - <https://masssupport.org/>
- **Crisis Helpline: Plymouth**
 - Emergency Services is designed to provide psychiatric assessment and intervention to people of any age who are in a crisis situation.
 - CFS Services- 24 hours/day
 - 877-996-3154
- **Beth Israel Deaconess (BID) Hospital – Plymouth**
 - a private, not-for-profit hospital serving the South Shore communities. Through HCS, BID has hired an addiction nurse who will work internally at the hospital and alongside police partners and recovery coaches in the community to initiate individuals on medications for opioid use disorder (MOUD) using telehealth.
 - <http://www.bidplymouth.org>
- **Interface**
 - Supports residents who live in Plymouth, MA free of cost by helping them connect to an outpatient mental health provider that fits their needs
 - Monday through Friday 9am-5pm
 - 888-244-6843
 - <https://interface.williamjames.edu/>
- **Plymouth County Outreach**
 - a multifaceted collaboration of the 27 municipal police departments in Plymouth County, as well as the Bridgewater State University Police Department, working together to make treatment more accessible for individuals living with substance use disorder and their families.
 - <https://plymouthcountyoutreach.org/>
- **PCO Hope**
 - provides a safe gateway to substance use information, resources, and support for individuals and their loved ones through their community outreach programs, treatment scholarships, and community education. They currently serve as the fiscal agent for HCS in the Town of Plymouth. PCO Hope hired a part-time outreach advocate to distribute naloxone (Narcan®) directly to high-risk individuals and expand pharmacy access to naloxone.

- 508-261-5488
- susan.pcohope@gmail.com
- <https://www.pcohope.org/>
- **Taking People Places (TPP)**
 - is a program of the Greater Plymouth Area Social Responsibility Consortium (GPASRC) that creates an effective ride-sharing option to enhance the independence and quality of life for disabled and elderly residents with non-emergency needs in Greater Plymouth. Through HCS, TPP can provide transportation services to individuals with substance use disorders who have transportation challenges to get to their medication for opioid use disorder appointments, pick up prescriptions, and provide ease of access to naloxone (Narcan®).
 - Contact Annemarie.pcohope@gmail.com for more information.

Youth Substance Use Treatment (The following resources are specifically for youth):

- **Mass General ARMS**
 - 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.
 - 617-643-4699
 - <https://www.massgeneral.org/psychiatry/treatments-and-services/addiction-recovery-management-service>
- **Boston Medical Center: CATALYST Program**
 - At Boston Medical Center, the Center for Addiction Treatment for AdoLescent/Young adults who use Substances (CATALYST) program helps teens and young adults who use alcohol or drugs. The team provides access to a wide range of services including primary care, harm reduction, assessment and treatment of substance use disorders, psychiatry, psychotherapy, and recovery support for patients through age 25 and their families.
 - 617-414-6655
 - <https://www.bmc.org/catalyst-clinic>
- **Children's Hospital - ASAP Program**
 - The Adolescent Substance Use & Addiction Program (ASAP) at Boston Children's Hospital provides national leadership in the identification, diagnosis, and treatment of substance use problems and disorders in children and adolescents. ASAP is part of the Division of Developmental Medicine, and is staffed by developmental-behavioral trained pediatricians, licensed independent social workers, and psychiatrists. ASAP clinicians are uniquely qualified to evaluate and support adolescents with a full range of substance use problems and disorders, from teens who have just begun using substances to those struggling with addiction, and their families.
 - https://www.childrenshospital.org/centers-and-services/programs/a_-e/adolescent-substance-use-and-addiction-program
- **My Life My Quit**
 - My Life, My Quit™ is the free and confidential way to quit smoking or vaping. Text "Start My Quit" to 36072 or click to chat with a Coach
 - <https://ma.mylifemyquit.org/index>
- **Project Connect: Caron Treatment Center**
 - A nicotine cessation and reduction program developed specifically for adolescents. Project CONNECT® was developed through the review of numerous adolescent tobacco cessation

programs, research on behavior change theory and positive youth development approaches and by utilizing prevention and intervention models intended to address other risk behaviors.

- 800-678-2332 ext. 6117
- <https://www.caron.org/education-alliance/student-assistance-program/sap-services-for-students/project-connect>
- There are a variety of Plymouth based organizations that provide services for youth who are dealing with issues around behavioral health. Some of these organizations include:
 - High Point Treatment Center: <https://www.hptc.org/community-based-services/>
 - Bay State Community Services: <https://baystatecs.org/services/child-family/>
 - South Bay Community Services: <https://southbaycommunityservices.com/locations/>

Youth Support

- **Link-Kid**
 - A toll-free number (1-855-LINK-KID) for families and the community to streamline the link between children in need of evidence-based trauma treatment and mental health providers who have been trained in these treatments. Link-kid is able to make referrals to treatment for ages 0-22. Treatments include Trauma-Focused Cognitive- Behavioral Therapy (TF-CBT), Child Parent Psychotherapy (CPP), Attachment, Self-Regulation, and Competency (ARC), Parent Child Interaction Therapy (PCIT), and Alternatives for Families: Cognitive- Behavioral Therapy (AF-CBT).
 - 1-855-LINK-KID
 - <https://www.umassmed.edu/cttc/>
- **Kids of Promise**
 - Kids of Promise® (KOP) services are designed to assist children and adolescents whose family has been impacted by addiction. KOP's mission is to help participants benefit from support; learn to positively cope with their environments; and establish healthy boundaries and decision-making skills for the future.
 - 800-678-2332 ext. 6117
 - <https://www.caron.org/education-alliance/student-assistance-program/sap-services-for-students/kids-of-promise>
- **To the Moon and Back**
 - A nonprofit organization dedicated to children born with in utero substance exposure and their families.
 - <https://www.2themoonandback.org/>
 - *Caregivers Resource Guide*:
<https://www.2themoonandback.org/wp-content/uploads/2021/02/Resource-E-Book-v1.pdf>
- **Independence Academy**
 - Independence Academy is one of five Recovery High Schools located in MA and is jointly funded by the Department of Public Health and local school districts. IA prides themselves in meeting students "where they are at" with respect to their education and recovery. IA defines recovery as, "a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential" (www.samhsa.gov)
 - (781) 878-6056
 - <https://iarecoveryhs.org/about/>
- **Al-Ateen**
 - Alateen is a place where members come together to: share experiences, strength, and hope with each other to find effective ways to cope with problems, discuss difficulties and encourage one

another help each other understand the principles of the Al-Anon program through the use of the Twelve Steps and Alateen's Twelve Traditions

- <https://al-anon.org/newcomers/teen-corner-alateen/>
- **The 84 Movement**
 - The 84 is a statewide movement of youth fighting tobacco in Massachusetts. The 84 represents the 84% of Massachusetts youth who did NOT smoke when the movement began. Now, 93.4% of youth do NOT smoke.
 - <https://the84.org/about-the-84/>
- **Catch My Breath**
 - CATCH collaborated with researchers at Michael & Susan Dell Center for Healthy Living at The University of Texas Health Science Center at Houston (UTHealth) School of Public Health to create CATCH My Breath™, a youth e-cigarette, JUUL, and vape prevention program specific to grades 5-12. The evidence-based program was shown to substantially reduce students' likelihood of vaping in the year following program implementation. Students also showed a significant increase in knowledge of the dangers of vaping and an increase in positive perceptions about choosing a vape-free lifestyle.
 - <https://catchinfo.org/modules/e-cigarettes/>

Adult Treatment

- **Harbor Health Office Based Addiction Treatment**
 - Offers a variety of health services throughout Massachusetts. The facility at Cordage Commerce Center in Plymouth includes primary care, dental services, behavioral health, office-based addiction treatment (OBAT), social services, and more. Through HCS, they will expand their OBAT program, increase resources for patients with co-occurring disorders and provide transportation for people with opioid use disorder.
 - <https://www.hhsi.us/locations/harbor-community-health-center-plymouth/>
- **High Point Treatment Center**
 - provides inpatient, outpatient, residential, and community-based services for individuals seeking treatment for substance use and mental health disorders. Through the help of HCS, High Point will open a multi-service center to house all of their outpatient services, including MOUD, under one roof. As part of this project, they will provide much-needed access to methadone treatment in Plymouth.
 - <https://www.hptc.org/>
- Please consider visiting the **Brockton Area Prevention Collaborative's** Treatment and Support section of their website: <http://opioidoverdoseprevention.org/treatment/>

Adult Recovery & Harm Reduction Services

- **Plymouth Recovery Center**
 - 5 Main Street Extension, Plymouth, MA
 - 1-774-225-0723
 - <https://plymouthrecoverycenter.org/>
 - For most up to date groups & information visit Facebook: <https://www.facebook.com/PlymouthRecoveryCenter/>
- **BAMSI Harm Reduction Specialist: Michael Kelly**
 - 1-508-942-0679
 - Office based out of Plymouth Recovery Center at 5 Main Street Extension

- **Health Imperatives**

- provides sexual and reproductive health care; WIC nutrition assistance; emergency shelter, crisis counseling, group support, and advocacy for survivors of domestic violence, sexual assault, and trafficking; home visits and other supports for young families; primary care and psychiatric services for youth in Department of Youth Services facilities; and short-term case management for formerly incarcerated individuals who are living with HIV/AIDS or Hepatitis C. Most of those served have low incomes, while many also have unstable housing, lack health insurance, have histories of trauma, and struggle with substance use or mental health concerns.
- Emergency Hotline: 508-588-TALK
- <https://healthimperatives.org/>

Family Support/Resources

- **Learn to Cope**

- non-profit support network that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs. Hosts weekly meetings and private online discussion board.
- 508-738-5148
- www.Learn2Cope.org

- **The Sun Will Rise Foundation**

- provides support to the residents of Massachusetts towns for issues regarding substance use disorder. In addition they provide education, prevention and awareness by sharing Nick Bean's story at speaking engagements and with the community. TSWRF offers scholarships both to treatment, sober living and in Nick's memory towards further education in the EMT field. We also offer family and recovery support if help is needed. They also offer grief support for loss due to overdose or substance use.
- <http://www.thesunwillrise.org/>

- **Al-Anon Family Groups**

- Al-Anon members are people, just like you, who are worried about someone with a drinking problem
- <https://al-anon.org/>

- **Plymouth Public Schools Social Emotional Learning Resource Page**

- Here is a compilation of resources to support healthy educators, youth and families.
- <https://www.plymouth.k12.ma.us/Page/4246>

- **South Shore FACTS**

- Regional coalition dedicated to preventing youth substance use by helping towns to create their own community coalition. This program is a collaboration between South Shore Health and the Plymouth and Norfolk County District Attorney's Offices.
- <https://www.southshorehealth.org/wellness/youth-health-connection>
- Local coalitions are Duxbury FACTS (<https://duxburyfacts.org>) and Marshfield FACTS (<https://www.facebook.com/Marshfieldfacts/>)