

Types of Services:

Levels of Care:

Inpatient Services

- **ATS:** Acute treatment services / inpatient detox
- **CSS:** Clinical Stabilization Services. Continued inpatient monitoring
- **TSS:** Transitional Support Services. Transitional Housing.

Outpatient Services:

- **OP Detox:** Outpatient detox
- **IOP:** Intensive outpatient services
- **OP:** Outpatient services

Other Services:

- **RES:** Residential (short & l/t)
- **PEER:** Peer support

ATS or Detox:
1-7 days



CSS: 2 weeks



TSS: 60 days



Res./ Halfway:
30 days - 1 year



Sober Housing:
no end time

Key Phone Numbers:

MA Substance Use Hotline:

Free / confidential / 24-7

800-327-5050 / <https://helplinema.org/>

Information on a few local programs:

Detox's & Clinical Stabilization

Adcare: 800-345-3442

CHL: 508-860-1200

Spectrum: 508-898-1570

Washburn House: 508-834-8599

Sunrise in Millbury (private): 508-831-5225

Transitional Support

Passages at CHL: 508-860-1200

Independence Hall in Shrewsbury: 508-439-9726

Spectrum in Westboro: 508-898-1570

Spectrum in Weymouth (men only): 781-331-3709

Outpatient (Inc. MAT-Suboxone, Methadone, Vivitrol)

Adcare: 508-799-9000

Washburn: 508-834-8599

Spectrum: 508-797-6100

Clean Slate: 508-471-5600

Peer Support

Every Day Miracles

25 Pleasant Street / 508-799-6221

KIVA Center: 751-9600 / Genesis: 831-0100

Veterans Services: 508-791-1213

See inside for housing info

General Info:

- 'Stigma Free Worcester' App
- MARSII Road phone App: up-to-date bed availability and other resources. www.marsii.org/

AA: 508-752-9000

NA: 866-624-3578

Alanon: 508-366-0556

Suicide Hotline: 1-800-273-8255

Don't Be Too Hard on Yourself—

Just Keep Going

Your Disease Wants You To Quit!

Helpful Tips for Parents in Recovery

in the Worcester, MA Area

By fellow parents

**Progress, Not
Perfection**
There is Hope!



by the

**Worcester Parents in
Recovery Advisory Group**

In collaboration with
Every Day Miracles

*With additional support from the
City of Worcester
Division of Public Health*

Get a Recovery Coach!:

For support, remove barriers, and to guide you through the system!

Now available at:

Family Continuity (FCP): 508-755-0556 /
MassHealth Covered

The Multicultural Wellness Center
250 Commercial Street, suite 330 /
508-752-4665 / MassHealth Covered

ATR (Access to Recovery)
101 Pleasant Street Worcester / 508-733-8792
**Needs referral from a clinician
or a halfway house*

Work with an Agency to Support you with your Children:

They can connect you with the help and support you need, vouch for your hard work & help you communicate with other providers.

- **NEW Worcester ACTS:** Support for children under 10 & their parents who have been exposed to domestic or community violence & their families: 774-804-1812
- The YOU, Inc. Worcester Family Resource Center / 484 Main, Suite 460 / 508-796-1411

Info on local parenting classes and opportunity to meet other parents.

- Local home visiting agencies like:
 - ◆ MSPCC: 508-753-2967
 - ◆ Pernet: 508-755-1228
 - ◆ South Bay EI: 774-823-1500
 - ◆ THOM EI: 508-752-8466

Pregnant or a New Parent?

Create a Plan of Safe Care!

Work with your provider to create a family plan that can support your needs and help to keep your baby safe & healthy.

More info: www.healthrecovery.org/safecare

Working with DCF:

Here are some tips to help you!:

- Show up for your meetings (& on time)
- Make sure to communicate weekly with your worker and document all calls. Take notes!
- Do *everything you can* to get to your kids visits.
 - Transportation to visits: Find someone to help you problem solve through any barriers you are facing in your action plan or transportation
 - Family Stabilization can assist with rides if they are involved.
 - Call worker 24 hours in advance to confirm your visit.
- **HELP** DCF connect with your treatment providers; i.e., via calling DCF together while you are at Adcare or setting regular times for you to talk by phone as a group.
- Call worker with important updates & leave the same message with their supervisor.

Recovery from Your Substance Use Disorder has to Always Come First— it is the Foundation for everything else!

Mental Health:

Email to get a listing of mental health providers and get on 3 lists early, especially for psychiatry:

Worcester Community Connections can send you a list of providers
Call 508-552-7469 or email
abureau@worcesterccc.org

*If put on waiting list—keep calling! to check in. The squeaky wheel gets the grease!

Take it Slow!

You are going to want to get everything back immediately but you need to take it one step at a time and it will work out—if you work it!

Housing

Get on Waiting Lists As Early as Possible for Half Way Houses & Affordable Apts.

Residential & Halfway Programs:

For Women:

Advocates Linda Fay: 508-755-8088
CHL Faith House: 508-438-5625
CHL Beryl's House: 774-243-6995
OHD Sylvia's House: 508-762-9469
SMOC Rhodes to Recovery: 508-581-7821
Miranda's House: 508-860-1005
Catholic Charities in Leominster: 978-840-0696

For Men:

Channing: 508-755-8088
CC Crozier House : 508-860-2216
Dismas House: 508-799-9389
Hector Reyes: 508-459-1801
Jeremiah's Inn: 508-755-6403
OHD Phoenix Rising: 857-236-2074
Young Adult Program (ages 18-25):
508-892 1010

Co-Ed:

Salvation Army: 508-799-0528 x102
The Willing House: 508-459-3262

Pregnant & Parenting:

SMOC Rhodes to Recovery, Beryl's & Faith House (see above)
Orchard Street in Leominster: 978-537-3109

****Go to EDM or MARSII app. for listing of Sober Housing***

For General Housing Guidance :

*The Central MA Housing Alliance
6 Institute Road
508-791-7265 / emergency x171, tenants, x172
OR visit during walk in hours: M&T, 1—3:30pm,
Wed 9-11am, Thurs.4:30-6:30. No Friday walk ins*

*Learn from the Past but Don't
Get Stuck in Regret
Look Back But Don't Stare*