



A Community Resource Guide



*Mobilizing the community to
prevent and reduce
substance abuse in our
neighborhoods.*

Table of Contents

Welcome.....	2
Allston-Brighton Substance Abuse Task Force: Mission and Values.....	3
Substance Abuse Quiz.....	5
Overview of Teens and Substance Abuse.....	7
Developing a Plan to Guide Your Children.....	10
Signs and Symptoms of Substance Abuse.....	13
Continuum of Care for Substance Abuse.....	16
Deciding on Substance Abuse Treatment.....	18
Substance Abuse Providers.....	20
Support Groups.....	28
Additional Resources.....	33
Task Force Membership.....	36
Youth Coalition.....	38
Community Partners.....	39

Dear Community,

This Resource Guide is geared toward helping you and your loved ones make healthy choices. Inside you will find resources for substance abuse prevention and treatment, including how to communicate about drugs and alcohol with your children and how to take those first steps toward recovery if needed.

At the Allston-Brighton Substance Abuse Task Force (ABSATF), we strive for a healthier Allston-Brighton, and this guide is just one of many tools we can share with you. Please visit our website, www.abdrugfree.org, for more information.

You, too, can help out. The Task Force is a coalition of community agencies and residents, including youth, parents, business owners, and community leaders. We invite you to join our efforts. By mobilizing the community, with a special focus on youth, we can work together to raise awareness of and prevent substance abuse.

If you have any questions, need additional resources, or would like to get involved with the Task Force, please contact us at 617-789-2967.

Sincerely,

Deidre Houtmeyers & Sonia Mee

Co-chairs, Allston-Brighton Substance Abuse Task Force

Allston Brighton Substance Abuse Task Force Our Mission and Values

Our Mission

The Allston-Brighton Taskforce is a coalition of community agencies and residents that mobilizes youth, families, community members and leaders to prevent and reduce substance abuse among youth and adults in our community. We aim to:

- Educate youth, families, community leaders and members
- Raise awareness about substance prevention and treatment
- Provide resources and support to families and community members
- Change community norms around substance abuse
- Support the goals of treatment and recovery services

Our Values

We respect addiction as a disease and believe in the power of recovery and prevention.

We call the community and each other to action and we believe in the possibility of positive change.

We value the rich diversity of the Allston-Brighton community and seek to assure that everyone is welcome and included in our work (or in the Task Force). Listening to each other and to those we serve, we engage the community in all our efforts, particularly youth and parents.

We work together with honesty and integrity to provide education, advocacy and other services and resources to address substance abuse and related problems in Allston-Brighton.

Part I

Youth and Substance Abuse: A Guide for Families

Do any of these answers surprise you?

1. C. It is the most commonly used because it is legal for adults and widely accepted in our culture.
2. Alcohol, tobacco, and marijuana
3. Alcohol
4. D. All contain approximately 1.5 ounces of alcohol.
5. D. Small quantities of crack can be bought for as little as \$5, and it is thought to be one of the most addictive drugs.
6. E. Virtually anything that emits fumes or comes in an aerosol form can be inhaled to obtain a high.
7. True. Early use of alcohol and other drugs – often by age 15 or under – is strongly associated with drug-related problems such as addiction.

Teens and Substance Abuse

Educating yourself on some of the most commonly used drugs can help you develop a prevention plan and identify a potential problem before it gets out of control.

Youths and alcohol

Adults who drink alcohol may find it more difficult to enforce a no-use rule for youths, but drinking alcohol is very dangerous for young people.

Let's look at the facts:

- Alcohol-related accidents continue to be the leading cause of death among young people ages 15-24.
- About half of all youth deaths in drowning, fires, suicide and homicide are alcohol-related.
- Since youths usually have a lower body weight than adults, they can reach a higher blood alcohol concentration.
- Usually, the younger a person begins using alcohol, the more likely that person is to have alcohol-related problems into adulthood.

Youths and prescription drug abuse

Prescription drug abuse is a growing problem, both nationwide and in our community. Drugs such as painkillers, psychostimulants, (e.g. Ritalin), anti-depressants, nasal decongestants, and cough medications can pose a risk for abuse. To prevent prescription drug abuse, keep inventory, including pill counts, of the medications in your household. Store medication in a locked cabinet, and when it is no longer needed, dispose of it by bringing it to a prescription drop-off location (not by flushing it down the toilet or throwing it in the garbage). Communicating with your teen is important to the prevention of prescription drug abuse. Talk often and honestly.

Youths and opiates (oxycontin and heroin)

Oxycontin and heroin are two commonly used opiates. Oxycontin is usually prescribed for severe pain, and, like other

prescription drug abuse cases, most who report usage say they received the drug from someone they know. Both oxycontin and heroin, which cause intense relaxation and feelings of euphoria, are highly addictive.

Youths and tobacco

Of the youth who try cigarettes, 40% do so before entering high school. Nicotine, the drug in tobacco, is as addictive as heroin, and fewer than 20 percent of smokers are able to quit the first time they try.

Smoking tobacco can cause:

- Lung cancer
- Emphysema
- Heart attacks

Youths and marijuana

Some consider marijuana to be safe, but the drug has negative effects, both physically and mentally. The potency of marijuana, determined by type of plant, climate, soil conditions, time of harvesting, and other factors, has increased dramatically over the last three decades. The chief psychoactive (mind-altering) ingredient in marijuana is THC (delta-9tetrahydrocannabinol), which affects the nerve cells in the part of the brain where memories are stored.

Marijuana use can cause the following:

- Impaired short-term memory
- Intense anxiety
- Increased risk of depression and suicidal thoughts
- Difficulty with comprehension
- Long-term effects, such as lung damage and mental health issues
- Reduced ability to perform tasks such as driving or operating machinery

Youths and inhalants

Inhaling substances such as cleaning solvents, gasoline, aerosol sprays, and paint thinner is an extremely dangerous means of getting high. Inhaling these substances may cause: nausea, lack of appetite, coughing, lack of coordination, nosebleeds, brain and nervous system damage, suffocation.

For more on the science behind drug abuse, visit <http://teens.drugabuse.gov>.

Developing a Plan to Guide Your Children

Parents are a crucial part of a teen's transition to adulthood, whether your teen appreciates your efforts or not. The first and most important thing all parents of teenagers must know - while your son or daughter may not show it in ways you understand, s/he does need you.

Model the behaviors you expect from your teen

A parent is a provider, a leader, a comforter, and a supporter. Perhaps above all, a parent is a teacher. Teach your child behaviors you expect by practicing those behaviors yourself.

Know the laws

Social host liability law in Massachusetts will hold you responsible for furnishing alcohol to anyone under the age of 21, except your own child in your own home. You cannot supply alcohol to someone else's child, even if they "give you permission" to do so. Violating this law can lead to criminal or civil prosecution. The criminal penalty is a fine up to \$2,000, imprisonment up to a year, or both. For more information visit www.socialhostliability.org.

Establish and enforce rules

Be specific. Explain the rules, the reasons for them, and the consequences of breaking them.

Be consistent. Make it clear that a no-alcohol/no-drug-use rule remains at all times—in your home, in a friend's home, or anywhere your child is.

Determine appropriate consequences

Remove privileges such as use of the family car or the phone. Reward appropriate behavior by granting privileges. Discipline by taking them away.

Give options to avoid conflict and build decision-making skills

Saying no is hard for some parents, but there is a way to help avoid conflict and still get the result you want. It involves giving the teen options.

Here is an example: Your daughter wants to spend the night at a friend's house, but it's unacceptable to you because the friend's parents are away. Instead of saying no, you could say, "You can't spend the night there, but she's welcome to spend the night here or you can spend the night there when her parents return."

This provides the child with choices, which helps build her decision-making skills.

Improve your communication

Effective communication is much more than being able to talk; it is also the ability to listen and understand others, to "read" and interpret body language and to know the best ways to get to the point.

Communicating with teens is easier at certain times. For instance, as soon as the teen returns home from school is not a good time; s/he may still be processing the day's events. Wait until later in the evening for any lengthy discussion. When the two of you are alone in the car can be a great time to talk because it is unstructured time and the two of you are looking straight ahead, not at each other, which could make it easier for some teens to be open and honest.

To open the channels of communication, use open-ended questions (those that require more than a one-word answer) or questions that require a feeling response. "What happened at your audition? How did it feel?"

Stay focused on the conversation. Doing something else while you are talking, such as typing or working, is rude. It sends a message to the listener that you do not think the conversation is worthy of your full attention, and it could inhibit the listener's responses to what you say. If you are too busy to stop what you are doing when someone initiates a conversation, ask if you can schedule another time to talk.

If you do get into an argument

Arguments are inevitable, but you should remain respectful.

Do not resort to name-calling.

Try the five-second rule. Because we sometimes say things without thinking of the consequences, wait five seconds before you comment on what has just been said. Use this time to exercise control and think about what you should say.

Stick to the issue at hand. Talk only about the present point of disagreement. Bringing up or engaging in discussions about past problems adds the proverbial fuel to the fire. It also shifts the focus from the present problem, which means it probably will not get resolved and will cause trouble again.

Manage your anger. Anger is a natural emotion, especially when you are having a disagreement. However, do not allow your anger to turn violent. If you feel your anger reaching that point, leave the scene immediately and do something safe to calm yourself down such as counting to 20, taking a brisk walk or exercising.

For more tips on understanding normal teen behavior and how to improve communication with your teen, visit The Partnership for a Drug-Free America's Parents Resource Center at <http://www.drugfree.org/Parent>.

Signs and Symptoms of Use

Even under the best of circumstances, some youths choose to use alcohol and other drugs. It's important to be aware of the signs of possible use:

Changes in behavior

- Decreased interest in usual activities; dropping out of extracurricular activities such as school clubs and sports
- Spending less time with old friends; being secretive about new friends or activities
- Loss of interest in family affairs
- Mood swings
- Blowups or bouts of anger about small matters
- Prolonged sadness or depression
- Increased time spent alone
- Always needing money or having an excess of money

Changes at school

- Falling grades
- Attendance or behavior problems

Changes in appearance

- Irregular sleeping patterns
- Red eyes
- Deteriorating personal hygiene
- Strange odors, odor of alcohol
- Sudden decrease or increase in appetite

Material evidence

- Marijuana logos, drawings, posters, etc.
- Marijuana seeds
- Plastic bags, pipes, cigarette paper
- Aerosol containers, bags, balloons (may be inhalant abuse)
- Disappearance of valuable items or money in the home

What if someone you know is using drugs or alcohol?

If you are concerned that a youth may be using, speak with him or her in a calm, rational way when he or she is not under the influence. Discuss why you believe the youth may be using alcohol and/or drugs, including any evidence that supports your feelings. In addition, explain your concern for the youth's physical and mental wellness.

To take the next step in getting the help your child needs, you should contact your child's physician or make a direct referral to an approved adolescent outpatient provider for an assessment. The important thing is to share your concerns with someone, a friend, partner, clergy or school counselor.

The Massachusetts Substance Abuse Information and Education Helpline (800-327-5050 or 617-292-5065) has Information and Referral Specialists that provide information on approved adolescent outpatient programs and other services and answer questions about the referral process and other services. Services are free and anonymous. Interpreter services are available in over 140 different languages for non-English speaking callers.

Part II
A Comprehensive Guide to
Treatment for Both
Youth and Adults

Understanding the Continuum of Care

The road to recovery is a different journey for each individual. Below are some terms to help you better understand the treatment options along the continuum of care and what role they might play in recovery.

Detox

A short-term (usually less than a week), medically-supervised program that rids the body of chemical dependence

Inpatient Rehabilitation

A program in which the patient stays for a longer period of time to receive counseling and other support services

Transitional Support Services

A short-term residence at which a patient may stay after completing detox while he or she waits for a long-term residential opening

Residential Rehabilitation (also called Half Way or Sober Houses)

A group residential home with therapy and support groups where a person stays for a few months, or even up to a year, while she or he resumes school, work, and other activities

Outpatient Rehabilitation

A wide array of rehab services, ranging from biweekly therapy sessions to the more intensive, such as a few hours daily on most days of the week

For an up-to-date listing of services contact the Massachusetts Substance Abuse Information and Education Helpline (1-800-327-5050) or go to www.helpline-online.com.

Ongoing Support and Self Help

Support groups such as AA, NA, Al-Anon, Al-A-Teen offer daily or weekly meetings. Although this guide contains a list of support

groups in Allston-Brighton, please use the information below to determine additional meeting locations.

Alcoholics' Anonymous

617-426-9444

www.aaboston.org

Narcotics Anonymous

866-624-3578 (866-NA HELP U)

www.nerna.org

Al-Anon and Al-A-Teen

781-843-5300 or 508-366-0556

www.ma-al-anon-alateen.org/index.html

Marijuana Anonymous

www.ma-online.org

Making Decisions about Substance Abuse Treatment

The following questions are intended to help you to assess recommended treatment options:

1. Why do you believe the treatment in this program is indicated? How does it compare to other programs or services available?
2. What are the credentials and experience of the members of the treatment team, and will the team include a psychiatrist with knowledge and skills in substance abuse treatment?
3. What treatment approaches does this program use regarding chemical dependency; detoxification; abstinence; individual, family, and group therapy; use of medications; a twelve-step program; mutual-help groups; relapse prevention; and a continuing recovery process?
4. Based on your evaluation, are there other psychiatric problems in addition to the substance abuse problem? If so, will these be addressed in the treatment process?
5. How will the patient's family be involved in the patient's substance abuse treatment-including the decision for discharge and the after-care?
6. What will treatment cost? Are the costs covered by my insurance or health plan?
7. If appropriate, how will the patient continue education while in treatment?

8. If this treatment is provided in a hospital or residential program, is it approved by the Joint Commission for the Accreditation of Healthcare Organization (JCAHO)? If appropriate, is this substance abuse treatment program a separate unit accredited for youngsters of our child's age?
9. How will the issue of confidentiality be handled during and after treatment?
10. How long will this phase of the treatment process continue? Will I reach my insurance limit before treatment in this phase is completed?
11. When the patient is discharged from this phase of treatment, how will it be decided what types of ongoing treatment will be necessary, how often, and for how long?
12. Does this program provide less intensive/step-down treatment services?

Substance Abuse Service Providers

Below is a sample listing for services (Acute Treatment Services, Recovery Homes, Counseling Services, Inpatient and Outpatient Care) in Allston-Brighton and surrounding areas.

To find a comprehensive listing of service providers, please visit www.helpline-online.com, the website for the Massachusetts Substance Abuse Helpline. The Helpline provides free and confidential information and referrals for alcohol and drug abuse problems and related concerns. Referral and information specialists are available by phone 1-800-327-5050 Monday through Friday from 8:00 am to 11:00 pm and on Saturday and Sunday from 9:00 am to 5:00 pm. Language interpreters are also available.

Additional resources include the following:

Substance Abuse and Mental Health Services Administration
<http://findtreatment.samhsa.gov>

Massachusetts Bureau of Substance Abuse Services
<http://www.mass.gov/dph/bsas>

Note: Since the printing of this list, changes may have occurred.

St. Elizabeth's Medical Center: Comprehensive Addiction Program (SECAP) and Maternal Comprehensive and Addiction Treatment (M-CHAT)

St. Elizabeth's Medical Center, 736 Cambridge St. Brighton, MA 02135

617-562-5370

www.semc.org

SECAP provides care to individuals who are addicted to substances such as alcohol or narcotics. Services include: in-hospital care for detoxification, intensive after-hospital care,

ongoing support groups, and counseling for clients and their family members.

St. Elizabeth's also offers its Maternal Comprehensive Health and Addiction Treatment (M-CHAT)

Physicians, nurses, and social workers that specialize in psychiatry, OB-GYN, pediatrics, addiction medicine, social services, and pastoral care provide comprehensive care for pregnant women with a history of substance abuse. M-CHAT services continue through baby's first year. Please call 617-562-7007 or 617-789-2574 for more information.

Adcare Hospital

107 Lincoln Street, Worcester, MA 01605

800-ALCOHOL

Inpatient Treatment and Outpatient Clinic

Addiction Treatment Center of New England, Inc.

77F Warren St. Brighton, MA 02135

617-254-1271 x 127

The Addiction Treatment Center of New England, Inc. (ATCNE) is a clinically operated drug treatment program, designed to provide a safe and therapeutic environment for clients to gain control over their drug problems and learn alternatives to their addictive behavior. ATCNE specializes in the treatment of opiate dependency.

Andrew House - Detox - Substance Abuse and Mental Health

P.O. Box 90, North Quincy, MA 02171

617-479-9320

www.baycove.org

BSAS funded

Arbour Hospital - Detox - Substance Abuse and Mental Health

49 Robinwood Avenue, Jamaica Plain, MA 02130-2156

617-522-4400

www.arbourhealth.com

Boston Rescue Mission

39 Kingston Street, Boston, MA 02111

617-482-8819

Post Detox Residential Program

BourneWood Health Services

300 South Street, Brookline, MA

www.bourneWood.com

Brighton-Allston Mental Health Association

77B Warren Street • Brighton, MA 02135

617-787-1901

BAMHA is a non-profit agency dedicated to providing assessment, psychotherapy and consultation to children, families, individuals and organizations.

Granada House

70 Adamson St. Allston, MA 02134

617-254-2923

granadahse@aol.com

Recovery Home

Highpoint Treatment Center

1233 State Road, Plymouth, MA 02360

598-224-7701

Substance Abuse Services

Hope House

42 Upton Street, Roxbury, MA 02118

617-267-4673

Recovery Home

Adolescent Services

Brighton Allston Mental Health Association

77B Warren Street • Brighton, MA 02135
(617) 787-1901
www.bamha.org

Children's Hospital, Boston

Adolescent Substance Abuse Program

300 Longwood Avenue, Boston, MA 02130
617-355-6995
www.childrenshospital.org

Institute for Health and Recovery

349 Broadway, Cambridge, MA 02139
617-661-3991 x116 for consultation and referrals
maggiegiles@healthrecovery.org

Joseph M. Smith Community Health Center

287 Western Avenue, Allston, MA 02134
617-783-0500
www.jmschc.org

Westwood Lodge

45 Clapboard Street, Westwood, MA 02090
781-762-7764
www.arbourhealth.com

Massachusetts Detoxification Services

Adcare Hospital

800-345-3552
Worcester, MA 01609
www.adcare.com

Andrew House Detoxification Center

P.O. Box 90, North Quincy, MA 02171

617-479-9320

www.baycove.org

BSAS Funded

Arbour Fuller Hospital

South Attleboro, MA 02703

508-761-8500

www.arbourhealth.com

Arbour Hospital Psychiatric Services

Brookline, MA 02446

617-731-3200

Baldpate Hospital

Georgetown, MA 01833

978-352-2131

Bournewood Health Services

300 South Street, Brookline, MA 02467

617-469-0300

www.bournewood.com

Bridge to Recovery

Boston, MA 02122

617-471-9600

www.baycove.org

BSAS Funded

Brockton Hospital Detox

Brockton, MA 02301

508-941-7000

Caritas Norcap Detox

71 Walnut Street, Foxboro, MA 02035

800-331-2900

CAB Boston Treatment Center

78 Rear Massachusetts Avenue, Boston, MA 02118
800-763-5363
BSAS Funded

Brockton Detox Highpoint

30 Meadow Brook Road, Brockton, MA 02301
800-734-3444
BSAS Funded

Dimock Detox

Dimock Community Health Center, Roxbury, MA 02119
617-442-9661
www.dimock.org
BSAS Funded

Emerson Hospital Addiction Services

133 Old Road to Nine Acre Corner, Concord, MA 01742
978-287-3510

Faulkner Hospital Addiction Services

1153 Centre Street, Jamaica Plain, MA 02130
617-983-7711
www.faulknerhospital.org

Gosnald

200 Ter Heun Drive, Falmouth, MA 02540
800-444-1554
www.gosnald.org
BSAS funded

Highpoint Treatment Center

1233 State Road, Plymouth, MA 02360
800-233-4478
BSAS funded

Lowell Community Health Center

365 East Street, Tewksbury MA 01876

978-858-0533

www.lchealth.org

BSAS funded

McLean Hospital

Belmont, MA 02478

800-333-0338

www.mcleanhospital.org

Spectrum Primary Detox

154 Oak Street, Westborough, MA 01581

800-366-7732

www.spectrumhealthsystems.org

BSAS funded

St. Elizabeth's Medical Center

736 Cambridge Street, Brighton, MA 02135

www.semc.org

SECAP- St. Elizabeth's Comprehensive Addiction Center

617-562-5370

M-CHAT – Maternal Comprehensive and Addiction Treatment

617-562-7007 or 617-789-2574

Veteran's Center for Addiction Program

200 Springs Road, Bedford, MA 01730

781-687-2275

Westwood Lodge

Clapboard Street, Westwood, MA 02090

800-222-2237

www.arbourhealth.com

Recovery Homes

Granada House

70 Adamson St. Allston, MA 02134

617-254-2923

granadahse@aol.com

Hope House

42 Upton Street, Roxbury, MA 02118

617-267-4673

Opioid Treatment

Addiction Treatment Center of New England, Inc.

77F Warren St. Brighton, MA 02135

Tel: 617-254-1271 x 127

Support Groups in Allston-Brighton

Young Adult Group

Wednesday, 4:15-5:45 PM

Group meets weekly at Caritas St. Elizabeth's Medical Center, 736 Cambridge Street, Brighton, MA on the 10th floor/SECAP unit of the Cardinal Cushing Pavilion. To register, please call 617-789-3356.

Women's Group

Monday, 6-7:30 PM

Older Adult Group

Wednesday, 10:15-11:15 AM

Both groups held at St. Elizabeth's Medical Center, 736 Cambridge St., Brighton, on the 10th floor, SECAP unit in Cardinal Cushing Pavilion. Call 617-789-2574 to register.

Other Support Groups

Learn to Cope Parent Support Group (Brockton and Salem)

Joanne Peterson

508-801-3247

North Suffolk Mental Health Association (East Boston)

Kim Hanton

617-912-7504

Alcoholics' Anonymous in the Allston Brighton Area

For a complete list of meetings, please visit www.aaboston.org or call 617-426-9444.

Day/Time	Meeting	Location	Notes	Code
Sunday				
9 am	Allston Men's	YMCA 615 Washington St. Brighton		CM
6 pm	Room 6	St. Elizabeth's Medical Center St. Margaret's Building, 5 th Floor, Room 6 736 Cambridge St. Brighton	Handicap Accessible	SDYP
7:30 pm	Serenity	Hill Memorial Baptist Church 279 N. Harvard St. Allston		OBB12
7:30 pm (beginners from 6-7 pm)	Sunday	Brighton/Allston Congregational Church 404 Washington St. Brighton		O*
Monday				
12 pm	Overdue	Hill Memorial Baptist Church 279 N. Harvard		OD

		St. Allston		
7:30 pm		Brighton Marine Hawes Building, 3 rd Floor 77 Warren St. Brighton		C12M
8 pm	Women's Hope	Brighton Marine Hawes Building, 3 rd Floor, Room 3 77 Warren St. Brighton		C12TW
8 pm	Allston- Brighton Beginners	Jackson Mann School, cafeteria Union Square Brighton		OD
8:30 pm	Reservoir Dogs	Reservoir Towers 1925 Commonwealth Ave. Brighton	Handicap accessible	O
Tuesday				
12 pm	Overdue	Hill Memorial Baptist Church 279 N. Harvard St. Allston		OD
8 pm	50 Plus	St. Anthony's School 57 Holton St. Allston		O
Wednesday				
12 pm	Overdue	Hill Memorial		OD

		Baptist Church 279 N. Harvard St. Allston		
8 pm	Boiled Owls	Jackson Mann School Union Square Brighton		CBB12
8-9 pm	BLTN	St. Elizabeth's Medical Center 736 Cambridge St. Brighton		OD
Thursday				
12 pm	Overdue	Hill Memorial Baptist Church 279 N. Harvard St. Allston		OD
7 pm	STN	Jackson Mann School Union Square Brighton		C12M
8 pm	Oak Square	WIC Building (behind St. Gabriel) Monastery Road		O
Friday				
12 pm	Overdue	Hill Memorial Baptist Church 279 N. Harvard St. Allston		OD

8 pm (beginners 6:30 pm)	Lake Street	St. Ignatius Commonwealth Ave. at Lake Street		O*
Saturday				
8 pm	Clean & Sober	Hill Memorial Baptist Church 279 N. Harvard St. Allston		O
8 pm	Simply Sober	St. Elizabeth's Medical Center, cafeteria 736 Cambridge St. Brighton	Handicap accessible	OD

Narcotics Anonymous

For a complete list of meetings, please visit www.nerna.org or call 1-866-NA-HELP-U.

Thursday

6:30 pm

St. Elizabeth's Hospital

736 Cambridge St., Brighton

St. Margaret's Building, 5th Floor Conference Room, Code: OS

Meeting Codes: Open Speaker (O), Closed (C), Open Discussion (OD), Closed Discussion (CD), Closed Speaker Meeting (CS), Speaker Discussion (SD), Big Book Discussion (BB), 12 Step Meeting (12), 12 Tradition meeting (T), Men (M), Women (W), Young People (YP)

Additional Resources

Emergency Medical Services

Dial 911

Allston-Brighton Resource Center

617-562-5734

Boston Police Department, District D-14

301 Washington Street, Brighton, MA, 02135

617-343-4260

<http://www.cityofboston.gov/police/d14.asp>

Boston Police Department, Confidential Drug Activity Hotline

617-343-4879

Boston Police Department Violence Unit

The Family Justice Center of Boston

989 Commonwealth Ave, Boston, MA 02215

617-779-2100

Boston Public Health Commission Central Intake Unit Substance Abuse Prevention & Treatment Services

725 Massachusetts Ave., Boston, MA

Walk-in triage and referral service, adult and adolescent, M-F,

7am - 3pm (Closed 11:30am-12:30pm)

617-534-5554

<http://www.bphc.org>

Boston Public Health Commission AHOPE Program (Addicts Health Opportunity Prevention Education)

Recorded information on opioids and drug overdose

1-800-383-2437

Brighton District Court

52 Academy Hill Rd, Brighton, MA 02135

617-782-6521

Families Anonymous

Tuesdays: 7-8:30 pm, The Buddy Coholan Center, 121
Washington St., Medford

Thursdays: 7-8:30 pm, MGH Charlestown Health Center, 73
High St., Charlestown

The Mayor's Health Line

800-847-0710 or 617-534-5050

<http://www.bphc.org>

Confidential, free hotline; weekdays 9 am to 5 pm

Medicaid/MassHealth

800- 682-1062; 800-841-2900

Poison Hotline

800-222-1222

Parental Stress Hotline

800-632-8188

Robert F. Kennedy Children's Action Corps**Children of Alcoholism and Substance Abuse (COASA)**

617-227-4183

www.rfkchildren.org

Samariteens

617-247-0220

Teen Help

800-673-0701

**Massachusetts Organization for Addiction Recovery
(MOAR)**

617-423-6627 or 1-877-423-6627

www.moar-recovery.org

MOAR's Mission

To organize recovering individuals, families and friends into a collective voice to educate the public about the value of recovery from alcohol and other addictions.

MOAR's Vision

MOAR envisions a society where addiction is treated as a significant public health issue and recovery is recognized as valuable to all our communities.

MOAR's Message

We seek to continue to build a recovery informed society where recovery becomes a societal "norm" and prevention a societal "given."

MOAR proudly supports the Allston-Brighton Substance Abuse Task Force and its mission to bring together the community to provide substance abuse disorder awareness and effect positive change.

Become a Task Force Member

Anyone who lives or works in Allston-Brighton or is committed to the mission of the Task Force may become a member by contacting one of the staff or another member of the Task Force to express interest. You also can complete a membership form which is available at all Task Force meetings, on the task force website and in the office of the coordinator at 617-789-2967 or 617-789-2575. **A full list of Task Force members is available on our website, www.abdrugfree.org.**

Our volunteers help out in many ways, including the following working groups:

- Youth Summit: plan, coordinate and facilitate all aspects of the annual Youth Summit
- Recovery Walk: plan and coordinate all aspects of the Recovery Walk
- Underage Drinking Prevention: act in an advisory capacity to all aspects of the Underage Drinking, DPH-funded initiative
- Youth: coordinate and facilitate activities to reduce substance abuse in our community's youth
- Communications/ Media: develop communications to support Task Force goals and activities
- Fundraising and Sustainability: seek additional funding opportunities for the Task Force

Meetings

The entire Task Force meets on the second Tuesday of alternating months (January, March, May, July, September and November). Meetings are 2 p.m. – 4 p.m. at the Oak Square YMCA Teen Center at 615 Washington Street in Brighton.

Funding

The ABSATF is funded by SAMHSA's Drug Free Communities Program, the Massachusetts Department of Public Health Underage Drinking Prevention Grant, the City of Boston No

Drugs Coalition grant, St. Elizabeth's Medical Center, and local businesses and higher education institutions.

Allston-Brighton Task Force Youth Coalition

Do you know someone between the ages of 14 and 18 who wants to make a difference in the community?

The Allston Brighton Youth Coalition, Teens Inspiring People, promotes a healthy Allston-Brighton community by working on projects that prevent underage drinking and youth substance use. TIP is made up of high school students who either live or go to school in Allston Brighton.

"I joined the Youth Coalition because I wanted to be more aware about the consequences and effects of substance abuse...educate my peers...and be a role model for my younger sisters." -Vivian, age 17

TIP peer leaders:

- Educate the community about the consequences of buying alcohol for underage youth through Sticker Shock Campaigns and Shoulder Tap surveys
- Work with the Allston Brighton Substance Abuse Task Force to present a Youth Summit and an annual Town Hall Meeting
- Build leadership skills, have fun, meet new people and get paid!

For more information on the Youth Coalition: Teens Inspiring People, please call 617-789-2140 or visit www.abdrugfree.org.

Community Partners

St. Elizabeth's Medical Center
ABSATF Youth Coalition Members- Teens Inspiring People
Addiction Treatment Center of New England
Boston City Councilor Mark Ciommo
Boston College – Department of Community Affairs
Boston College Neighborhood Center
Boston College- Office of Alcohol and Drug Education
Boston Police Area D Station 14
Boston Public Health Commission
Boston Public Schools
Boston University Office of Community Relations
Boston University Office of Student Health Services
Brighton Board of Trade
Brighton District Court
Brighton High School
Brighton Main Streets
City Connects
Commonwealth Tenants Association
Granada House
Greater Boston Center for Healthy Communities
Health Resources in Action
Hope House
Jackson Mann Community Center
Joseph M. Smith Community Health Center
Massachusetts Department of Public Health Bureau of Substance Abuse Services
Massachusetts Organization for Addiction Recovery (MOAR)
Mount Saint Joseph's Academy
Oak Square YMCA
Parents and Residents of Allston-Brighton
People's Federal Savings Bank
Signal Graphics
South Boston District Court
St. Columbkille's Home and School Program
State Representative Kevin Honan
State Representative Michael Moran
State Senator Steven Tolman