Massachusetts Department of Mental Health

# **Young Adult Resource Guide**







### **Table of Contents**

1.	Education
2.	Employment
3.	Housing Resources and Agencies
4.	Transition Age Youth Services in MA
5.	LGBTQ
6.	Young Adult Parents
7.	Qualifying and Applying to DMH
8.	Information About EOHHS and Other State Departments
9.	Hotlines, Warm Lines, Young Adult Council Meetings
10	Peer Support Groups and Dual Recovery Groups
11	. Substance Abuse
12	Health, Wellness, and Nutrition
13	.Transportation
14	.Other Helpful Resources
15	.Young Adult Experiences with Programs and Services

This Resource Guide can be found online at <u>https://www.mass.gov/resources-for-transition-age-youth-and-young-adults-ages-16-22</u> DMH Transitional Age Youth Initiative page.

Please submit changes to <u>Joel Danforth: joel.danforth@state.ma.us</u>

### **Education**

- High Schools\_
  - To find a school near you, click the link below by selecting the organization type (public school, alternative education, special education, etc.) and then hit search. You can also narrow your search by selecting an organization type and also selecting your city/town, or one close to you. <u>http://profiles.doe.mass.edu/</u>
- Chapter 766
  - Chapter 766 is the Massachusetts law which guarantees the rights of all young people with special needs (age 3-22) to an educational program best suited to their needs. Team evaluations and Annual Reviews are conducted to develop an ongoing individual education plan (IEP) that ensures an appropriate education. To find out more about IEP's, visit The Federation for Children with Special Needs at: <a href="https://fcsn.org/parents-guide">https://fcsn.org/parents-guide</a>
- Chapter 688
  - For young persons with severe disabilities still in need of services, Chapter 688 serves as a bridge from educational services into the adult human services program. The law provides for a two year transitional process for those young adults who will lose their entitlement to special education upon graduation or reaching the age of 22. It creates a single point of entry into the adult human services system by developing an Individual Transition Plan (ITP) for every person with a severe disability who is found eligible. For more information about Chapter 688, visit the above website or contact whoever is in charge of your IEP at school. <a href="http://www.doe.mass.edu/sped/iep/688/">http://www.doe.mass.edu/sped/iep/688/</a>
- HiSET Testing

 The High School Equivalency Testing Program (formerly the GED®) in Massachusetts is overseen by the Massachusetts Department of Elementary and Secondary Education's High School Equivalency (HSE) Office. Official test centers operate state-wide to serve the needs of the adult population in need of a high school credential. Test centers are located throughout the state. They are responsible for administering the tests in their area. To find centers go to <u>http://www.doe.mass.edu/hse/</u> • SAT Testing\_

www.sat.collegeboard.com

- To sign up for a College Board account go to "My Organizer" along the left hand side of the homepage, and then click "Sign Up."
- To find out more about the SAT, please visit the above link. To practice and prepare for the SAT, visit the "Practice" section.
- To register for an upcoming test, visit the "Register" section along the top of the homepage. Visit the "Students with Disabilities" section to find out information about receiving testing accommodations.
- Public Universities and Colleges\_
  - To find a list of public colleges in Massachusetts, click on the link below. You will find a list of community, state, and online colleges, as well as the University of Massachusetts. <u>http://www.mass.edu/system/campusdirectory.asp</u>

<u>meph/www.muss.edu/system/eumpusureetory.usp</u>

- Bridgewater State University: Academic Support for College and Life (ASCL)
  - Academic Support for College and Life at Bridgewater State University Burnell Hall, Room 115A
     66 Hooper Street Bridgewater, MA 02135
     www.thehome.org/ascl
  - ASCL is a research-based, outcomes-oriented program. They offer youth (over the age of 18 years) clinical, social, academic, vocational, and daily living supports. ASCL students reside on the Bridgewater State University campus throughout the year-long program.
  - For more information contact:

**Carl Morton** ASCL Program Director <u>cmorton@thehome.org</u> Office phone: 508-531-1483

# **Employment Resources**

- Career Centers
  - Career Centers provide services for job seekers. These services include everything from assistance with searching for a job and career counseling, to holding workshops and job fairs. They are equipped with resources such as computers, reference materials, and unemployment insurance services.
  - To find a list of Career Centers in Massachusetts, refer to the link\_ <u>http://www.mass.gov/lwd/employment-services/career-services/career-center-services/find-a-career-center-near-you-1.html</u>
- Successful Employment Program (SEP) at South Shore Mental Health
  - 8 Hancock Court Quincy, MA 02171 http://www.ssmh.org/our-programs/for-young-adults-teens/life-skills/
  - SEP is a vocational program designed to support young adults in the process of searching for, obtaining and maintaining employment. They focus on building career paths by developing the young adult's abilities in their first experiences working. Services include 1:1 job coaching, peer support, social/recreational groups and vocational workshops.
  - Members: Ages 16-25 who reside in the South Shore area (Quincy, Milton, Hingham, Hull, Cohasset, Weymouth, Randolph, Scituate and Braintree) and are currently receiving or who have received mental health services over the past year.
- Peer Education Recovery Center (PERC) Metro Boston RLC
  - 3313 Washington Street, Suite 2 Jamaica Plain, MA 02130 617-788-1034 www.metrobostonrlc.org
    - PERC is an employment focused, recovery learning community completely run by peers. They provide pre- and post-employment services, wellness services and recovery groups.
    - For more information about PERC and to see their schedule of events, visit the above link, click on the "Partners" tab at the top of the page, and then select "PERC."

- MRC Turning 22 Program
  - (617) 204-3851 or (800) 223 2559
  - <u>http://www.mass.gov/eohhs/consumer/disability-services/living-</u> <u>supports/turning-22-independent-living-program.html</u>
  - The Massachusetts Rehabilitation Commission's Community Living Services established the Turning 22 (T22) Independent Living Program in 1986 to design and implement transition services for young people who have a severe physical disability with mobility impairment, and would like to live independently after high school graduation or turning 22.
  - The program is based on the philosophy that consumers are empowered to make their own decisions about their lives based on informed choice..
- Transition to Adulthood Program
  - 1-800-804-1899
  - <u>http://www.stavros.org/tap-program.html</u>
  - info@stavros.org
  - The Transition to Adulthood (TAP) program is for young people with disabilities (14 to 22 years old) who are still in high school. The program will go at your pace and support you in your preparation for adulthood. Our aim is to empower you to make your own decisions about your future.
- Easter Seals of MA Youth Transition Services
  - 800-244-2756
  - http://www.easterseals.com/ma/our-programs/youth-services/youth-transition-services.html
  - (Offices in Worcester, Boston, and New Bedford)
  - Easter Seals Transition services focus on assisting youth with disabilities achieve personal growth and develop skills that will help them navigate educational, community and career settings. It is designed to ensure that the student will be provided the necessary skills and services to make a smooth transition from school to adult life with as little interruption as possible.

- Partners for Youth with Disabilities
  - 95 Berkeley Street
    Suite 109
    Boston, MA 02116
  - 617-556-4075
  - http://www.pyd.org/
  - Partners for Youth with Disabilities (PYD) empowers youth with disabilities to reach their full potential by providing transformative mentoring programs, youth development opportunities, and inclusion expertise. They motivate youth to reach their personal, educational, and career goals.
- Transitions ACR
  - Transitions to Adulthood Center for Research, Systems & Psychosocial Advances Research Center Department of Psychiatry University of Massachusetts Medical School 222 Maple Avenue, Chang Building Shrewsbury, MA 01545
  - 508-856-3075
  - <u>https://www.umassmed.edu/TransitionsACR</u> The Transitions ACR is a national effort that aims to improve the supports for youth and young adults, ages 14-30, with serious mental health conditions who are trying to successfully complete their schooling and training and move into rewarding work lives.

### **Housing Resources and Agencies**

- Department of Housing and Community Development (DHCD)
  - www.mass.gov/hed/eeconomic/eohed/dhcd
  - 100 Cambridge Street, Suite 300 Boston, MA 02114 617-573-1100
  - DHCD is the state government's affordable housing agency. Its mission is to strengthen cities, towns and neighborhoods to enhance the quality of life of Massachusetts residents.
  - How to Obtain Housing Assistance:
    - For information on how to obtain housing assistance, visit the above link. Once on the website, look under "Key Resources" on the left hand side of the page, and then click on the link titled "How to Obtain Housing Assistance."
    - A list of local housing authorities and regional nonprofit agencies can be found here also.
- US Department of Housing and Urban Development (HUD)
  - www.hud.gov
  - Contact the Boston Regional Office: Thomas P. O'Neill, Jr. Federal Building 10 Causeway Street, 3rd Floor Boston, MA 02222 617-994-8200
  - HUD provides grants and other funding to local communities. Its mission is to create strong, sustainable, inclusive communities and quality affordable homes for all.
- Mass Access
  - www.massaccesshousingregistry.org
  - Mass Access is a free online program that matches people with disabilities with vacant, accessible housing. Any person who has a disability, family member, or advocate can obtain housing information, regardless of age, income or type of disability.

- MassHousing
  - www.masshousing.com
  - <u>Boston Office</u>: One Beacon Street Boston, MA 02108 617-854-1000
  - Western Mass Office: 59 Interstate Drive West Springfield, MA 01089 413-733-0999
  - MassHousing, the state's affordable housing finance agency, supports the creation, preservation and long-term viability of affordable homeownership and rental housing. They set aside 3% of affordable units for DMH/DDS clients.
- Massachusetts Housing Consumer Education Centers
  - <u>www.masshousinginfo.org</u>
  - Housing Consumer Education Centers offer answers to a wide range of questions about all types of housing problems. The Centers also provide rental assistance and support to low- and moderate- income residents of Massachusetts.
  - To find a Housing Consumer Education Center near you, call 1-800-224-5124 or visit the above link and click on "Regional Agencies" at the top of the page.
- Independent Living Centers (ILC)
  - ILCs provide the services to assist individuals with disabilities to achieve their self-identified goals. These services include peer counseling, advocacy, skills training, and information and.

Name	Address	Phone Number/Website
Multicultural Independent Living Center of Boston	329 Centre Street Jamaica Plain, MA 02130	617-942-8060 www.milcb.org
Boston Center for Independent Living	60 Temple Place, 5 <sup>th</sup> floor, Boston, MA 02111	617-338-6665 www.BostonCIL.org.
Center for Living and Working	484 Main Street , Suite 345 Worcester, MA 01608	508-798-0350 www.centerlw.org
Cape Organization for	106 Bassett Lane,	508-775-8300

**ILC** Locations

the Rights of the Disabled	Hyannis, MA 02601	www.cilcapecod.org
Independence Associates	100 Laurel St. Suite 122 East Bridgewater, MA 02333	508-583-2166 www.iacil.org
The Independent Living Center of the North Shore and Cape Ann, Inc.	27 Congress Street, Suite 107 Salem, MA 01970	978-741-0077 www.ilcnsca.org
Metro West Center for Independent Living	280 Irving Street Framingham, MA 01702	508-875-7853 www.mwcil.org
Northeast Independent Living Program	20 Ballard Road Lawrence, MA 01843	978-687-4288 www.nilp.org
Southeast Center for Independent Living	Merrill Building 66 Troy Street, Suite 3 Fall River, MA 02720	508-679-9210 www.secil.org
Stavros Center for Independent Living, Inc.	210 Old Farm Road Amherst, MA 01002	413-256-0473 www.stavros.org
AdLib, Inc.	215 North St. Pittsfield, MA 01201	413-442-7047 http://www.adlibcil.org/

- Metropolitan Boston Housing Partnership
  - www.mbhp.org
  - Their mission is to ensure that the region's low- and moderate-income individuals and families have choice and mobility in finding and retaining decent affordable housing..
- Massachusetts Housing and Shelter Alliance
  - <u>www.mhsa.net</u>

The Massachusetts Housing and Shelter Alliance (MHSA) is a non-profit public policy advocacy organization with the singular mission of ending homelessness in the Commonwealth. MHSA initiates solutions to move people out of crisis to permanence throughout Massachusetts. To view the MHSA Young Adult Resource Guide, visit <u>www.mhsa.net</u> and click on the "Resources" tab, or <u>www.speakingofhope.org</u> and click on the "Resource Guides" tab.

- Massachusetts Coalition for the Homeless
  - <u>www.mahomeless.org</u>
  - The Massachusetts Coalition for the Homeless is committed to ensuring that everyone has a place to call home. First, the Coalition helps homeless and atrisk people to relocate quickly into new housing or avoid homelessness altogether. Second, the Coalition works to ensure adequate and appropriate shelter if homelessness is unavoidable. Lastly, the Coalition advocates for long-term solutions to the housing crisis, promoting government support for income and housing resources.
  - Bridge Over Troubled Waters
    - https://www.bridgeotw.org/
    - 47 West St. Boston, MA 02111 617-423-9575
    - Bridge Over Troubled Waters (Bridge) is Boston's premier organization dedicated to transforming the lives of runaway, homeless, and high-risk youth through safe, supportive, and encouraging relationships and effective and innovative services that guide them toward self-sufficiency.

# **Transition Age Youth Services in Massachusetts**

- Young Adult Vocational Program (YAVP)
  60 Lowell Street, 2<sup>nd</sup> floor
  - 60 Lowell Street, 2<sup>nd</sup> floor Arlington, MA 02476 781-643-5093 www.yavp.org
  - A transitional program that provides daily structure for young adults with psychiatric disabilities. They help build pre-vocational, vocational, and educational skills, as well as daily life skills as they relate to work or school.
  - YAVP has a peer mentoring project designed to help young adults.
  - Members: Ages 16-25 that have been referred to YAVP by the Department of Mental Health
- STEPS: Young Adult Resource Center
  - 12 Prescott Street Arlington, MA 02474 781-646-2826
  - http://www.waysideyouth.org/OurServices/WaysideYoungAdultServices/STEPSYoungAdu ltResourceCenter.aspx
  - A peer supported, safe, non-judgmental place to have fun and receive support in a welcoming environment. They create a community focused on meeting young adult's needs, goals, and dreams. STEPS also assists others in navigating their way through life, while offering opportunities for vocational, educational and social development.
  - Members: Young adults ages 18-25
- Transition Resources and Community Supports (T.R.A.C.S.)
  - 460 Quincy Ave. Quincy, MA 02169 617-689-2537
  - <u>http://www.ssmh.org/our-programs/for-young-adults-teens/life-skills/</u>TRACS offers multiple opportunities for young adults and their families to receive support and establish meaning, connection and purpose in their lives. TRACS focuses on aspects of young adults' lives that are easily overlooked such as relationships, wellness, spirituality, family, employment, recreation and more. Peer mentors offer their firsthand experiences of living with and overcoming mental health issues to support and assist the young adults they are teamed up with on their road to recovery.

- Members: Young adults ages 16-25 who experience mental health or cooccurring mental health and substance use issues and who live in one of the following areas:
  - South Shore Mental Health's TRACS program is available to young adults in Braintree, Canton, Cohasset, Dedham, Foxboro, Hingham, Hull, Medfield, Millis, Milton, Needham, Newton, Norfolk, Norwell, Norwood, Plainville, Quincy, Randolph, Scituate, Sharon, Walpole, Wellesley, Weston, Westwood, Weymouth, and Wrentham.
  - Note: Young adults do not need to be eligible for services from the Department of Mental Health to be eligible for TRACS.
- TEMPO: Young Adult Resource Center
  - 68 Henry Street Framingham, MA 01701 508-879-1424
    - www.tempoyoungadults.org
  - Tempo is a drop in resource center for young adults. Their diverse staff use a youth-centered planning process that helps young adults develop goals, and provides the tools they need.
     Members: All young adults ages 17.24
    - Members: All young adults ages 17-24
- The Transformation Center
  - 98 Magazine Street, #2 Roxbury, MA 02119 617-442-4111 www.transformation-center.org
  - The Transformation Center is a peer-operated center associated with M-POWER to strengthen a mental health focus on wellness and life recovery through dialogue, education, systems change advocacy and peer support. They provide trainings for Peer Specialist Certification, Peer Facilitators and more. They work closely with the six Recovery Learning Communities (RLCs) across the state.
  - Members: Individuals of any age with a mental illness
- "The Spot" Young Adult Center
  - 76 Amory Street Roxbury, MA 02119 617-516-5100
  - The Spot provides the structure for young adults experiencing mental illness to choose their own path to recovery. It is a place for young adults to receive services and support with Accessing benefits, Motivation, Friendships, Selfesteem, Independent Living, Education, Leadership, Employment, Coaching, Community Connections, Psychiatric services, and Individual Counseling
  - Members: Individuals ages 16-25

- CEDAR Clinic: Center for Early Detection, Assessment and Response to Risk
  - Massachusetts Mental Health Center
    75 Fenway Road
    Boston, MA 02115
    617-754-1210
    <a href="http://cedarclinic.org/">http://cedarclinic.org/</a>
  - The CEDAR clinic helps young people and their families understand recent changes in thoughts, feelings or behavior, consider treatment options, stay on track or get back on track with work, school, or self-care, and learn strategies for reducing stress and increasing protective factors.
  - Members: Young people ages 14-30 who are experiencing new or worsening symptoms that may be warning signs for psychosis.
  - The PREP Program: Prevention and Recovery in Early Psychosis
    - Located at "The Spot", PREP's believes that earlier detection, earlier diagnosis, and earlier treatment of psychotic illnesses, can f better outcomes for patients and their families. They provide highly specialized diagnostic service and comprehensive support.
    - Members: Young people ages 16-30 who are experiencing changes or have been struggling with changes in their thoughts, feelings or behaviors which are making it difficult to do the things of everyday life,
  - Brookline Resilient Youth Team
    - 41 Garrison Road Brookline, MA 02445
    - www.brooklinecenter.org/bryt
    - BRYT is a unique program to help teens and their families. Two school-based Clinical Coordinators (social workers) and a Classroom Aide work closely with families and students in inpatient care during a crisis, and then through the four-to-eight week re-entry process.
    - For more information contact: Annie Eagle 617-277-8107
  - Parent/Professional Advocacy League (PPAL)
    - <u>Statewide Office</u> 15 Court Sq. Suite 660 Boston, MA 02108 866-815-8122
    - <u>Central MA Office</u>
      40 Southbridge St., Suite 310
      Worcester, MA 01608
      508-767-9725
    - <u>www.ppal.net</u>
    - Parent/Professional Advocacy League is an organization that promotes a strong voice for families of children and adolescents with mental health needs.

- PPAL offers two youth groups for young adults, and is the Massachusetts chapter for Youth Move National. For more information about these youth groups visit <u>www.ppal.net/for-youth/hope</u> or contact: Meri Viano at mviano@ppal.net
- Members: Any parent or professional that has a child with mental illness
- Recovery Learning Communities (RLCs)
  - RLCs are consumer-run networks of self-help/peer support, information and referral, advocacy and training activities. They offer peer support and dual recovery groups. RLCs create significant culture change that shifts the focus on symptom management to a focus on promoting recovery, resilience and wellness.
  - Members: Individuals of any age with a mental illness
  - For more information follow the link and then search for Recovery Learning Communities.

https://www.mass.gov/service-details/recovery-learning-communities

- Rediscovery Inc.
  - 296 Newton Street, Suite 150 Waltham, MA 02453 781-894-1222 www.rediscoveryhouse.org
  - Rediscovery, Inc. uses residential, educational, vocational, and clinical services to prepare 16-24 year olds leaving state custody, homeless or at risk of being, homeless, to thrive independently as adults, while simultaneously creating a support network that ensures client needs are addressed adequately.
  - Members: Ages 16-24 who are Malden High School Students, Metrowest residents, or are referred by a state agency, such as DMH and DCF (and occasionally DYS or DDS).
- Employment Options, Inc.
  - 82 Brigham Street Marlborough, MA 01752 508-485-5051 www.employmentoptions.org
  - Employment Options creates a home-away-from-home, where people can overcome barriers to employment and discover personal growth, selfsufficiency, and hope. Their Workforce Development program provides education, training and supports to low-wage workers and unemployed families seeking employment or advancement in the health care field. Their Family Initiatives program offers services such as the Young Parents Support Service, and Family Options, which include family coaching, peer support, and wraparound family teams for parents and children who experience emotional and/or behavioral disorders.
- United Teen Equality Center

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35 Warren Street Lowell, MA 01852

#### 978-441-9949

- <u>https://www.utec-lowell.org/</u>
- UTEC is a youth-made teen center formed in response to gang violence. Today, UTEC's mission and promise is to ignite and nurture the ambition of our most disconnected youth to trade violence and poverty for social and economic success. They serve proven-risk youth from both Lowell and Lawrence, MA.

# **LGBTQ**

- Greater Boston PFLAG (Parents, Family and Friends of Lesbians and Gays)
  - 85 River St., Suite 3A
    P.O. Box 541619
    Waltham, MA 02454
    781-891-5966\_
    www.gbpflag.org
  - Greater Boston PFLAG offers help for LGBT youth, their families, and communities around the topic of sexual identity. They are a group of parents, families, friends, and lesbian, gay, bisexual and transgender people. Greater Boston PFLAG helps change attitudes and creates an environment of understanding so that our gay family members and friends can live in a world that is safe and inclusive.
  - Trained parent and family volunteers are available to answer questions, listen, and provide resources through their help line: 866-427-3524.
  - Greater Boston PFLAG also offers many support groups in different locations throughout Massachusetts. To view the list of support groups by location, please visit their website at the above link and click on the "Support" tab.
- Boston GLASS Community Center
  - 75 Amory St. Boston, MA 02119 857-399-1920
  - <u>https://jri.org/services/health-and-housing/health/boston-glass</u>
  - A drop-in center for gay, lesbian, bisexual, transgender, and questioning young people between the ages of 13 and 25. You can get something to eat, use the computers to build a resume, or talk to a staff person and get help or support on everything from housing issues to health care.
  - They offer group meetings titled: Gender Identity Group, Coming Out Group, Women's Group, and Men's Group. To see the day and time these groups meet, visit their website at the above link and click on the "Schedule" tab.
- Massachusetts Transgender Political Coalition
  - 617-778-0519
  - The Massachusetts Transgender Political Coalition (MTPC) is dedicated to ending oppression and discrimination on the basis of gender identity and gender expression.
  - Rooted in social justice, they educate the public, advocate with state, local, and federal government, engage in activism, and encourage empowerment of community members through collective action.

- Visit <u>http://www.masstpc.org/community-events/calendar/</u> for events and meetings near you
- Trans Health Program Patient Advocate
  - http://fenwayhealth.org/care/medical/transgender-health/
  - 857.313.6589
  - Fenway's Trans Health Patient Advocate can help you find health information and resources, and assist you in figuring out your next steps for getting the care you need.
  - Services are free and available on a walk-in basis for 20-minute sessions on Wednesdays from 4:00 pm to 7:00 pm. They are located on the 2nd Floor of the Ansin Building at 1340 Boylston Street.
- Queer Asian Pacific Islander Alliance
  - <u>http://qapa.org/</u>
  - <u>qapa@qapa.org</u>.
  - QAPA is committed to providing a supportive social, political, and educational environment for lesbian, gay, bisexual, trans\*, and questioning people of Asian and Pacific Islander heritage in the Boston and New England area.
- The Trevor Project
  - <u>www.thetrevorproject.org</u>
  - The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth.
  - 24/7 Trevor Lifeline: 1-866-488-7386
  - For a list of local resources in your community go to\_ http://www.thetrevorproject.org/pages/local-resources
- Sidney Borum Jr. Health Center
  - 75 Kneeland Street Boston, MA 02111 617-457-8140 www.sidneyborum.org
  - Sidney Borum Jr. Health Center provides safe, non-judgmental care for young people ages 12–29 who may not feel comfortable going anywhere else. They provide medical care, mental health counseling, substance abuse treatment, STD testing and treatment, women's health care, transgender care, and provide sensitive, respectful and appropriate care to lesbian, gay, bisexual, transgender, queer and questioning (LGBT) youth and young adults.
- Waltham House
  - 781-647-9976
    - www.thehome.org
  - Located in Waltham, Massachusetts, this group home program is designed to provide a safe and supportive living environment for up to 12 gay, lesbian, bisexual and transgender (GLBT) youth ages 14-18. Waltham House offers residents a safe environment to live while they prepare for family reunification, independent living and future self-sufficiency.

- For more information, visit the above link and click on the "What we do" tab, and then select "Residential Care".
- Safe Homes
  - 4 Mann Street Worcester, MA 01602 508-755-0333
  - <u>http://safehomesma.org</u>/Safe Homes is a program of The Bridge of Central Massachusetts. It is a program for gay, lesbian, bisexual, transgender, and questioning young people between the ages of 14 and 23, and is led by youth, professional staff, and volunteer adult advisors. They offer support and resources in a safe and nurturing environment.
  - For more information, visit the above link and click on the "Information" tab, select "GLBTQ Youth Resources", and then select the "Safe Homes of Central Mass" link.
- The Gay, Lesbian, Bisexual, and Transgender Youth Support Project
  - 942 West Chestnut Street Brockton, MA 02301 1-800-530-2770
  - <u>http://healthimperatives.org/lgbtq-support-bragly/</u>
  - Their mission is to ensure safe and supportive communities for gay, lesbian, bisexual, transgender and questioning (GLBTQ) youth. The GLBT Youth Support Project provides training and on-going support for educators and health and human service providers to assist them in implementing welcoming and appropriate programs, policies, and services for these young people and their families.
- The Cape and Islands Gay and Straight Youth Alliance
  - 56 Barnstable Rd. Hyannis, MA 02601 508-778-7744 www.cigsya.org
  - CIGSYA (The Cape & Islands Gay & Straight Youth Alliance) is a community-based alliance of young people from 14 to 22 that exists to improve the lives of LGBTIQQS (lesbian, gay, bisexual, transgender, intersex, queer, questioning and straight) youth on Cape Cod and the Islands by addressing key risk factors such as the self-hate, isolation and fear. CIGSYA works toward eliminating all forms of discrimination based on differences through education and training, and by providing a space where young people can come together free from judgment and harassment.

- Boston Alliance of Gay, Lesbian, Bisexual, & Transgender Youth
  - 617-227-4313
    - <u>www.bagly.org</u>
  - BAGLY is a youth-led, adult-supported social support organization committed to social justice, and creating, sustaining and advocating for programs, policies, and services for GLBT youth 22 and under.
  - Check the website for meeting times and locations, or call the number listed above.
- Find an AGLY near you!
  - https://www.bagly.org/the-agly-network/
- Merrimack Valley Alliance of Gay, Lesbian, Bisexual, and Transgender Youth
  - McVAGLY aims to provide LGBT youth from the Merrimack Valley a safe environment to gather weekly to discuss issues that may not be adequately addressed elsewhere. These issues may include coming out, safe sex, the effectiveness of high school and middle school GSA's, suicide, and GLBT rights in the community. All meetings are facilitated by high school and college students and chaperoned by adults 25+ yrs.
  - Check website for meeting time and location.
- Supporters of Worcester Area Gay and Lesbian Youth
  - 508-755-0005
  - http://devcopy.bagly.org.s149667.gridserver.com/programs/youth-group/swagly
  - Since 1984, SWAGLY has provided a safe space for all gay, lesbian, bisexual, transgendered, and questioning youth and their straight allies, ages14-23 to socialize, learn and share. Their weekly meetings consist of social time, introductions, community announcements, and a structured conversation about issues facing GLBTQ youth today. These include coming out, coping with stress, working with relationships, and various discussions about drug abuse and safer sex.
  - Check the website for meeting times and locations, or call the number listed above.
- North Shore Alliance of Gay, Lesbian, Bisexual and Transgender Youth
  - 617-927-6088, 781-913-3747 www.nagly.org
  - NAGLY is a welcoming and safe place for youth ages 14 21 who identify as gay, lesbian, bisexual, and transgender. Their mission is to create, sustain and advocate for programs, policies, and services for the LGBT youth community, through regular support meetings, and by defending and enhancing the human and civil rights of LGBT youth on the North Shore of Massachusetts.
  - Check the website for meeting times and locations, or call the number listed above.

- OUT Metrowest
  - PO Box 2122, Framingham MA, 01703 508 875 2122 info@outmetrowest.org <u>http://outmetrowest.org/</u>
  - The mission of OUT MetroWest is to support the health and emotional well-being of LGBTQ teens in the Boston MetroWest area by offering youth-led and adult-supported social and educational programs.
  - Umbrella is a peer group specifically intended to provide additional support for transgender and gender-nonconforming youth.
  - Nexus is a first-in-the-Commonwealth program for middle school youth that meets monthly. Nexus provides a safe space to explore questions relating to sexual orientation and gender identity and includes a light dinner, group discussions, and diverse activities.
- Bisexual Resource Center
  - 29 Stanhope St, Boston, MA 02116 (617) 424-9595

www.biresource.net

- The BRC is the oldest national bi organization in the U.S. that advocates for bisexual visibility and raises awareness about bisexuality throughout the LGBT and straight communities.
- The BRC is committed to providing support to the bisexual community and raising public awareness about bisexuality and bisexual people.
- LGBT Helpline and Peer Listening Line
  - **LGBT Helpline (25+)** 617.267.9001 or Toll-Free: 888.340.4528
  - **Peer Listening Line (25 & Under)** 617-267-2535 or Toll-Free: 800-399-PEER
  - You can receive help, information, referrals, and support for a range of issues without being judged or rushed into any decision you are not prepared to make.. Talk to our trained volunteers about safer sex, coming out, where to find gay-friendly establishments, HIV and AIDS, depression, suicide, and anti-gay/lesbian harassment and violence. No matter what is on your mind, we are here to encourage and ensure you that you are not alone.
  - Help lines are anonymous and confidential
- Gay and Lesbian Advocates and Defenders
  - 30 Winter Street, STE 800 Boston, MA 02108 617-426-1350 www.glad.org
  - They are New England's leading legal rights organization dedicated to ending discrimination based on sexual orientation, HIV status and gender identity and expression.
  - If you are interested in learning more about your rights, visit the above website and click on the "Know your Rights" tab.

- Boston Area Transgender Support\_ <u>https://groups.yahoo.com/neo/groups/boston-area-trans-</u> <u>support/info?guccounter=1</u>
  - They are a peer-run support group for transgender young adults in and around Boston. They are inclusive of both female-to-male (FTM) spectrum and male-to-female (MTF) spectrum individuals, genderqueer persons, intersexed folks, and of those questioning their gender identity. Meetings emphasize group participation and mutual respect, and all. discussions are confidential between members Our members strive to keep the meetings free of judgments and full of acceptance.
- GLSEN- Gay, Lesbian, & Straight Education Network

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- GLSEN MA PO Box 51243 Boston, MA 02205 617-684-5736 <u>Massachusetts@chapters.glsen.org</u> <u>http://www.glsen.org/chapters/massachusetts</u> (CLSEN)\_is\_c\_nstienel\_creeningtion\_makin
- (GLSEN) is a national organization making schools safer for ALL students, regardless of sexual orientation or gender identity/expression. Since homophobia and heterosexism undermine a healthy school climate, they work to educate teachers, students, and the public at large about the damaging effects these forces have on youth and adults alike.
- GLSEN seeks to develop school climates where difference is valued for the positive contribution it makes in creating a more vibrant and diverse community. All are welcome.

### **Young Adult Parents**

- Family Options
  - Employment Options, Inc. 82 Brigham Street Marlborough, MA 01752 (508) 485-5051
  - Family Initiatives at Employment Options offers a continuum of programs for custodial and non-custodial parents. The Family Initiatives programs are developed and designed to reflect the strengths, and address the needs of parents in recovery and their children. Through the many programs offered through Family Initiatives, parents can receive peer support, family coaching, parent coaching, peer mentoring for young pregnant and parenting adults with mental health conditions, and legal support, among other resources.
- Children's Trust of Massachusetts
  - 55 Court Street, 4th Floor Boston, MA 02108 617-727-8957
  - https://childrenstrustma.org/
  - The Children's Trust leads statewide efforts to prevent child abuse and neglect by supporting parents and strengthening families.
  - They fund over 100 family support and parenting education programs in communities throughout Massachusetts. Some of the programs they offer for parents include Parenting Education and Support Groups, Massachusetts Family Centers, and Healthy Families, which provides home visiting specifically for first-time parents under age 21. Other areas include their fatherhood initiative, and One Tough Job (see below).
  - To find out more about each program, visit the above link and click on the "For Parents" tab at the top of the page.
- One Tough Job
  - www.onetoughjob.org
  - The Massachusetts Children's Trust Fund created One Tough Job to support parents by providing them with current, reliable, and practical information on a variety of parenting topics related to raising children from infancy through adolescence. They provide information on topics such as Positive Parenting, Health and Safety, School and Child Care, and Growth and Development.
- Parents Helping Parents
  - 108 Water Street
    - Watertown, MA 02472
    - 617-926-5008
    - info@parentshelpingparents.org
  - Parents Helping Parents is a nonprofit organization focused on preventing child abuse by offering free parenting help and support.
  - PHP's prevention philosophy is grounded in a self-help model based on the belief that parents are capable of developing their own solutions when given the space, encouragement, and community resources that they need. Thus, it is the parents themselves who decide the direction a

conversation will take during a Parent Support Group meeting or Parental Stress Line call.

- To find a support group near you, go to\_ http://www.parentshelpingparents.org/locate-a-group
- Massachusetts Department of Public Health Family Planning Program
  - Division of Primary Care and Health Access 250 Washington Street Boston, MA 02108 617-624-6012
  - https://www.mass.gov/info-details/mdph-funded-family-planningprograms
  - The Family Planning Program promotes and provides comprehensive family planning services, which include clinic-based services and may include community education and outreach. These services are targeted to adolescents and low-income residents in Massachusetts. Family planning services aid individuals and families in making choices regarding the spacing and number of their children. Family planning is an integral component of the Department of Public Health's efforts to prevent unintended pregnancies and STDs including HIV/AIDS, reduce infant mortality and morbidity, and improve the health of individuals and communities.

### **Qualifying and Applying to the Department of Mental Health**

Find the application and process of applying for DMH services here: <u>https://www.mass.gov/dmh-application-forms</u>

The Department of Mental Health Transition Age Youth (TAY) Initiative helps young people embark on a positive life path into adulthood and toward the goals of personal stability, community housing and employment and positive youth and family relationships. To learn more about the Transitional Age Youth Initiative, visit the DMH website and visit the "Initiatives" section.

## **Information about EOHHS and Other State Agencies**

Executive Office of Health and Human Services (EOHHS)

- o <u>www.mass.gov/eohhs</u>
- The Executive Office of Health and Human Services (EOHHS) which encompasses Mass Health, is the responsible secretariat for the coordination of all children's services in Massachusetts. The agencies within EOHHS serving children exclusively are the Departments of Children and Families (DCF), and Youth Services (DYS). The Departments of Public Health (DPH), Mental Health (DMH), Developmental Services (DDS), and Transitional Assistance (DTA) and the Commissions for the Blind, and Deaf and Hard-of-Hearing, serve children and adults.
- Massachusetts Rehabilitation Commission (MRC)
  - www.mass.gov/mrc
  - MRC assists individuals with disabilities to live and work independently. These goals are achieved through enhancing and encouraging personal choice and the right to fail in the pursuit of independence and employment in the community. MRC is responsible for Vocational Rehabilitation Services, Community Services, and eligibility determination for the Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) federal benefits programs for Massachusetts citizens with disabilities.
- Department of Transitional Assistance (DTA)
  - www.mass.gov/dta
  - DTA assists low-income individuals and families to meet their basic needs, increase their incomes, and improve their quality of life. DTA administers benefits such as the Supplemental Nutrition Assistance Program/SNAP (formerly the Food Stamp Program), Transitional Aid to Families with Dependent Children (TAFDC), and Emergency Aid to the Elderly, Disabled and Children (EAEDC).
- Department of Labor and Workforce Development (DLWD)
  - www.mass.gov/dlwd
  - The Department works on behalf of job seekers, apprentices, union members, claimants, employers, attorneys and researchers. They provide a wide variety of programs and services to serve constituents across the Commonwealth. The cornerstone of their services is the network of 37 One-Stop Career Centers and the field offices across the Commonwealth.

- Department of Children and Families (DCF)
  - www.mass.gov/dcf
  - DCF ensures the safety of children in a manner that holds the best hope of nurturing a sustained, resilient network of relationships to support the child's growth and development into adulthood. DTA programs and services include: Placement services in congregate care and in family settings, Family Support services that assist families in keeping their children safely at home, Domestic Violence services to assist victims with advocacy, counseling and shelter, adoption services, and case management.
- Department of Elementary and Secondary Education (DESE)
  - <u>www.doe.mass.edu</u>
  - DESE is charged with the responsibility of ensuring improved teaching and learning in all of the Commonwealth's public schools. DESE's mission is to improve the quality of the public education system so that students are adequately prepared for higher education, rewarding employment, continued education, and responsible citizenship. They carry out their mission in partnership with Massachusetts school districts and other organizations that provide educational programs and services.
- Department of Youth Services (DYS)
  - <u>www.mass.gov/dys</u>
  - The mission of DYS is to protect the public and prevent crime by promoting positive change in the lives of youth committed to our custody, and by partnering with communities, families, government and provider agencies toward this end. DYS accomplishes this mission through interventions that build knowledge, develop skills and change the behavior of the youth in our care.

#### Department of Public Health (DPH)

- www.mass.gov/dph
- The Department of Public Health provides many programs that support young adults. DPH programs and services include: the Bureau of Substance Abuse Services, Youth Development, Family Planning, HIV/AIDS, Youth Violence Prevention, and Suicide Prevention.

## <u>Hotlines, Warm Lines and Young Adult</u> <u>Council Meetings</u>

- <u>Hotlines</u>
- Hotlines provide an alternative to hospital emergency departments (EDs) for individuals seeking behavioral health services when use of the ED may be avoided and/or is not voluntarily sought. They provide in-person behavioral health crisis assessment, intervention, and stabilization services.

### Mass Behavioral Health Partnership (MBHP) Hotlines (Emergency Services Programs)

This service is for people who have Medicare/Medicaid, are uninsured, or who have private insurance that contracts with the particular ESP. To get the statewide toll free number- Call **877-382-1609** and enter your zip code. ESPs operate 24/7, 7 days/week, 365 days/year. Go to www.masspartnership.com/member/esp for a regularly updated list of ESPs.

<b>BOSTON REGIO</b>	N		
Boston	Boston (Dorchester, South Boston, Roxbury, West Roxbury, Jamaica Plain, Mattapan, Roslindale, Hyde Park, Lower Mills), Brighton, Brookline, Charlestown, Chelsea, East Boston, Revere, Winthrop	Boston Medical Center/Boston Emergency Services Team (B.E.S.T.) 24-hour access number: (800) 981-4357	
METRO BOSTON	REGION		
Cambridge, Somerville	Cambridge, Somerville	Boston Medical Center/Cambridge Somerville Emergency Services Team (C.S.E.S.T.) 24-hour access number: (800) 981-4357	
Norwood	Canton, Dedham, Dover, Foxboro, Medfield, Millis, Needham, Newton, Norfolk, Norwood, Plainville, Sharon, Walpole, Wellesley, Weston, Westwood, Wrentham	Riverside Community Care 24-hour access number: (800) 529-5077	
South Shore	Braintree, Cohasset, Hingham, Hull, Milton, Norwell, Quincy, Randolph, Scituate, Weymouth	South Shore Mental Health (SSMH) 24-hour access number: (800) 528-4890	
WESTERN REGIO	NC		
The Berkshires	Adams, Alford, Becket, Cheshire, Clarksburg, Dalton, Egrement, Florida, Great Barrington, Hancock, Hinsdale, Lanesboro, Lee, Lenox, Monroe, Monterey, Mount Washington, New Ashford, New Marlboro, North Adams, Otis, Peru, Pittsfield, Richmond, Sandisfield, Savoy, Sheffield, Stockbridge, Tyringham, Washington, West Stockbridge, Williamstown, Windsor	The Brien Center for Mental Health and Substance Abuse 24-hour access number: (800) 252-0227	
Greenfield	Ashfield, Athol, Bernardston, Buckland, Charlemont, Colrain, Conway, Deerfield, Erving, Gill, Greenfield, Hawley, Heath, Leverett, Leyden, Millers Falls, Montague, New Salem, Northfield, Orange, Petersham, Phillipston, Rowe, Royalston, Shelburne, Shutesbury, Sunderland, Turners Falls, Warwick, Wendell, Whately	Clinical & Support Options 24-hour access number: (800) 562-0112	
Northampton	Amherst, Chesterfield, Cummington, Easthampton, Florence, Goshen, Hadley, Hatfield, Middlefield, Northampton, Pelham, Plainfield, Westhampton, Williamsburg, Worthington	Clinical & Support Options 24-hour access number: (844) 788-6470	
Southern Pioneer Valley	Agawam, Belchertown, Blandford, Bondsville, Chester, Chicopee, East Longmeadow, Granby, Granville, Hampden, Holyoke, Huntington, Indian Orchard, Longmeadow, Ludlow, Monson, Montgomery, Palmer, Russell, South Hadley, Southampton, Southwick, Springfield, Thorndike, Three Rivers, Tolland, Ware, Westfield, West Springfield, Wilbraham	Behavioral Health Network 24-hour access number: (800) 437-5922	

CENTRAL REGIO	N	
MetroWest	Acton, Ashland, Arlington, Bedford, Belmont, Boxborough, Burlington, Carlisle, Concord, Framingham, Holliston, Hopkinton, Hudson, Lexington, Lincoln, Littleton, Maynard, Marlborough, Natick, Northborough, Sherborn, Southborough, Stow, Sudbury, Waltham, Watertown, Wayland, Westborough, Wilmington, Winchester, Woburn	Advocates 24-hour access number: (800) 640-5432
North County	Ashburnham, Ashby, Ayer, Barre, Berlin, Bolton, Clinton, Fitchburg, Gardner, Groton, Hardwick, Harvard, Hubbardston, Lancaster, Leominster, Lunenburg, New Braintree, Oakham, Pepperell, Princeton, Rutland, Shirley, Sterling, Templeton, Townsend, Westminster, Winchendon	Community HealthLink, Inc. 24-hour access number: (800) 977-5555
South County	Bellingham, Blackstone, Brimfield, Brookfield, Charlton, Douglas, Dudley, East Brookfield, Franklin, Holland, Hopedale, Medway, Mendon, Milford, Millville, Northbridge, North Brookfield, Oxford, Southbridge, Sturbridge, Sutton, Upton, Uxbridge, Wales, Warren, Webster, West Brookfield	Riverside Community Care 24-hour access number: (800) 294-4665
Worcester	Auburn, Boylston, Grafton, Holden, Leicester, Millbury, Paxton, Shrewsbury, Spencer, West Boylston, Worcester	Community HealthLink, Inc. 24-hour access number: (866) 549-2142
NORTHEASTERN	REGION	2011 - Anna - 2
North Essex	Amesbury, Beverly, Boxford, Danvers, Essex, Georgetown, Gloucester, Groveland, Hamilton, Haverhill, Ipswich, Manchester by the Sea, Marblehead, Merrimac, Middleton, Newbury, Newburyport, Peabody, Rockport, Rowley, Salem, Salisbury, Topsfield, Wenham, West Newbury	Northeast Behavioral Health 24-hour access number: (866) 523-1216
Lawrence	Andover, Lawrence, Methuen, North Andover	Northeast Behavioral Health 24-hour access number: (877) 255-1261
Lowell	Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro, Westford	Northeast Behavioral Health 24-hour access number: (800) 830-5177
Tri-City	Everett, Lynn, Lynnfield, Malden, Medford, Melrose, Nahant, North Reading, Reading, Saugus, Stoneham, Swampscott, Wakefield	Eliot Community Services 24-hour access number: (800) 988-1111
SOUTHEASTERN		
Southern Coast	Acushnet, Carver, Dartmouth, Duxbury, Fairhaven, Halifax, Hanover, Hanson, Kingston, Marion, Marshfield, Mattapoisett, New Bedford, Pembroke, Plymouth, Plympton, Rochester, Wareham	Child and Family Services of New Bedford 24-hour access number: (877) 996-3154
Brockton	Abington, Avon, Bridgewater, Brockton, East Bridgewater, Easton, Holbrook, Rockland, Stoughton, West Bridgewater, Whitman	Brockton Multi-Service Center 24-hour access number: (877) 670-9957
Cape Cod and The Islands	Aquinnah, Barnstable, Bourne, Brewster, Chatham, Chilmark, Cotuit, Dennis, Eastham, Edgartown, Falmouth, Gay Head, Gosnold, Harwich, Hyannis, Mashpee, Nantucket, Oak Bluffs, Orleans, Osterville, Provincetown, Sandwich, Tisbury, Truro, Wellfleet, West Tisbury, Woods Hole, Yarmouth	Cape & Islands Emergency Services 24-hour access number: (800) 322-1356
Fall River	Fall River, Freetown, Somerset, Swansea, Westport	Corrigan Mental Health Center 24-hour access number: (877) 425-0048
Taunton, Attleboro	Attleboro, Berkley, Dighton, Lakeville, Mansfield, Middleborough, North Attleboro, Norton, Raynham, Rehoboth, Seekonk, Taunton	Norton Emergency Services 24-hour access number: (800) 660-4300

### Warm Lines

Warm Lines are peer-operated, compassionate listening lines. Operators talk about day to day experiences living with mental health issues, and focus on the transformation and recovery possibilities from a place where many people feel disabled, isolated and perhaps stuck. The Operators can provide local, state and national resources to assist callers in their recovery.

Location	Name	Phone Number	Hours of Operation
Central-Wes	t Area	•	-
	Cross Connections	978-629-8485 After three beeps enter your phone number and a volunteer will call you back shortly.	MonSun. 4-7pm and 10pm-12am
Metro-South	east		
	Casa Primavera Warmline	617-445-8017	MonFri. 8-9am and 5-11pm, Sat Sun. 9am-5pm
	Metro Boston and Northeast RLC Peer Warmline	877-733-7563	TuesSun. 4-8pm
	Southeast RLC Warmline	Call Elaine Campbell 508-880-8527 x104	MonSun. 5:30-9:30pm * By appointment only
Northeast-Su	lburban		•
	C.A.S.T.L.E.(not a crisis line)	617-610-7907	SunFri. 7-11pm
	Edinburgh Center Warmline	800-243-5836	MonFri. 5-10pm, SatSun. 4-9pm
	South Shore Warmline	617-689-1050 617-689-1051 Crisis line: 800-528-4890 or 617-774-6036	MonFri. & Sun. Crisis line open 24 Hrs
	SMOC Warmline	Call Mark Knowlton 508-879-2250 x168	MonFri. 5:30-9:30 pm SatSun. 1-4pm * By appointment only

#### Warm Lines

#### **Samaritans Crisis Services**

- 24 Hour Telephone Befriending Service
  - (877)-870 HOPE or 877-870-4673
  - This service is offered to people living in communities throughout the Commonwealth of Massachusetts. Carefully trained volunteers field the calls received each day. Samaritan volunteers offer callers acceptance and respect in a comforting and understanding manner. In addition to supporting depressed, lonely and suicidal callers, this program also supports those calling with concerns for others.

- Emotional Support Online
  - IMHear.org
  - Available to Massachusetts high school students through our IM Hear Program which is available on Monday through Thursday nights from 6 to 9 pm EST students and others over the age of 18 can access online emotional support Monday through Friday from 5 to 9 p.m. College students can go to http://samaritanshope.org/im-hear-college/
  - Lifeline Crisis Chat
  - http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx
  - Lifeline Crisis Chat is a service of the National Suicide Prevention Lifeline in partnership with CONTACT USA and can be accessed between 2 p.m. to 2 a.m. (Eastern Standard Time
- Crisis Text Line
  - <u>https://www.crisistextline.org/</u>
  - TEXT "START" TO 741-741
  - A service specifically available to young people ages 13-25. We are answering texts from people dealing with suicidal ideation, feelings of isolation and issues that can appear to be overwhelming.

#### Young Adult Councils

**Youth Development Committee (YDC)** was formally established as a sub-committee of the Massachusetts State Mental Health Planning Council (SMHPC) in 2002 to focus on transition age programming (defined as individuals between the ages of 16 and 25) and to create a voice for youth and young adults. It continues to serve as an advisory board to the SMHPC, and has been key in the development of the Department of Mental Health's (DMH) Transition Age Youth (TAY) Initiative.

Under the YDC, there is the **Statewide Young Adult Council (SYAC)** was created in 2006, under the YDC per the request of young adults who wanted a venue that was young-adult driven by and for young adults receiving mental health services from all over the Commonwealth of Massachusetts. SYAC is co-chaired by three young adults and serves not only as an additional advisory council to DMH'S TAY Initiative, but also provides feedback, input and recommendations on improving services and supports geared towards them.

> For DMH Statewide Young Adult Council Meetings &DMH Young Adult Council Meetings Visit <u>https://www.speakingofhope.org/</u> and click on the calendar to find up- to- date area meeting times and locations.

### **Peer Support and Dual Recovery Groups**

Day	Time	Address	Phone Number
Mondays	9:45-10:45	RCC Fall River Vinfen, 66 Troy St. Fall River, MA 02720	508-815-5218
Mondays	4:30-5:30	RCC New Bedford	508-815-5218 or 774-488- 5031
Mondays	4:00-5:00	RCC Taunton DeMello Building Suite 1200 71 Main St. Taunton, MA 02780	
Wednesdays	2:15-3:00	RCC Plymouth 340 Court St. (Downstairs of Clubhouse) Plymouth, MA 02360	508-815-5218 or 774-283- 6476
Wednesdays	2:30-3:30	RCC Hyannis 45 Plant Rd. Hyannis, MA	508-815-5218 or 508-815- 5219
Wednesdays	6-7 pm	Brockton RLC 730 Belmont St., Brockton MA 02301	508-857-0316
Wednesdays	7:00-8:00 PM	RCC Quincy 460 Quincy Avenue, Quincy, MA	617-472-3237
Thursdays	1:00-2:00	RCC Quincy 460 Quincy Avenue, Quincy, MA	617-472-3237

#### Peer Support Groups in the Southeast Area

#### Peer Support Groups in Central MA

Day	Time	Address	Phone Number
Mondays	1:30-2:30	Kiva Center 209 Shrewsbury St. Worcester, MA 01604	508-751-9600
Tuesdays	2:00-3:00	Kiva Center 209 Shrewsbury St. Worcester, MA 01604	508-751-9600
Wednesdays	2:30-3:30	Kiva Center 209 Shrewsbury St. Worcester, MA 01604	508-751-9600
Thursdays Bilingual Meeting	10:30-11:30	Kiva Center 209 Shrewsbury St. Worcester, MA 01604	508-751-9600
Fridays	1:00-2:00	Kiva Center 209 Shrewsbury St. Worcester, MA 01604	508-751-9600
Saturdays	10:30-11:30	Kiva Center	508-751-9600

		209 Shrewsbury St. Worcester, MA 01604	
Tuesdays	11:00-12:00	RCC Framingham 1881 Worcester Rd., Framingham, MA	508-309-7008x3121
Wednesdays	1:30-2:30	RCC Framingham 1881 Worcester Rd., Framingham, MA	508-309-7008x3121
Thursdays	11:30-12:30	RCC Framingham 1881 Worcester Rd., Framingham, MA	508-309-7008x3121

#### Peer Support Groups in Western MA

Day	Time	Address	Phone Number
Mondays	1:00-2:30	187 High St., Suite 303	413-539-5941
-		Holyoke, MA	
Mondays	6:30-8:00	Friend's Meeting House	(413) 539-5941
Alternatives to Suicide		43 Center St.,	
		Northampton, MA	
Tuesdays	5:30-7:00	RLC's Greenfield Center	413-772-0715
Alternatives to Suicide		74 Federal St.,	
		Greenfield, MA	
Wednesdays	6:30-8:00	152 North St., Suite 230	413-236-5888
Alternatives to Suicide		Pittsfield, MA	
Thursdays	4:30-6:00	187 High St., Suite 303	413-539-5941
The Sylvia Rivera		Holyoke, MA	
Support Group			
Fridays	2:30-4:00	340 Main St.,	413-732-1703
Alternatives to Suicide		Springfield, MA	

### Peer Support Groups in Northeastern MA

Day	Time	Address	Phone Number
Mondays	1:00-2:00	Haverhill Clubhouse	978-687-3288 ext. 140 (call
(open to clubhouse		100 Locust St.,	978-521-6957to become a
members only)		Haverhill, MA	clubhouse member)
Mondays	3:00-4:00	Greater Lynn Senior	781-244-0266
		Services	
		8 Silsbee St.,	
		Lynn, MA	
Fridays	1:00-3:00	NAMI Cape Ann	978-687-4288, ext. 145
		43 Gloucester Avenue,	
		Room 2A	
		Gloucester, MA 01930	
Friday, Saturday, & Sunday	(appointment times vary)	Operation Bootstrap, 20	Call Gerry McManamy to
Afternoons		Wheeler Street, Suite 203,	sched978-687-4288, ext.
By Appointment Only		Lynn, MA 01902	202.

### **Dual Recovery Groups and Dual Recovery Anonymous**

For a list of Dual Recovery meetings in Massachusetts, please visit https://www.massclubs.org/dual-recovery-meetings

### Substance Abuse

- Bureau of Substance Abuse Services
- Department of Public Health 250 Washington Street Boston, MA 02108
   www.mass.gov/dph/bsas
- The Bureau of Substance Abuse Services (BSAS) oversees the substance abuse and gambling prevention and treatment services in the Commonwealth. Responsibilities include: licensing programs and counselors; funding and monitoring prevention and treatment services; providing access to treatment for the indigent and uninsured; developing and implementing policies and programs; and tracking substance abuse trends in the state.
- Massachusetts Youth and Young Adult Substance Abuse Services Directory
  - This directory provides information on finding the right treatment, youth residential treatment programs, youth stabilization and detoxification units, recovery homes and high schools, and other resources.
  - To access this directory, please visit <u>www.speakingofhope.org</u> and click on the "Resource Guides" tab.
- National Institute on Drug Abuse
- <u>www.drugabuse.gov</u>
- NIDA's mission is to lead the nation in bringing the power of science to bear on drug abuse and addiction. NIDA's website provides information on many drugs that are typically abused as well as information on related topics, fact sheets, and publications.
- They have a "Student and Young Adults" section with the link to the NIDA for Teens website: <u>www.teens.drugabuse.gov</u>, which provides facts and information on drugs, videos, and real stories about addiction and substance abuse.
- Substance Abuse and Mental Health Services Administration (SAMHSA): Substance Abuse Treatment Facility Locator
- <u>www.findtreatment.samhsa.gov</u>
- The Locator includes more than 11,000 addiction treatment programs, including residential treatment centers, outpatient treatment programs, and hospital inpatient programs for drug addiction and alcoholism.
- To find a substance abuse treatment program near you, visit the above link. Once on the website, click on Massachusetts (MA) on the map, and then enter your city or zip code to find the programs nearest you.
- Massachusetts Substance Abuse Information and Education Helpline
  - <u>www.helpline-online.com</u>

- The Helpline is a Massachusetts resource providing free and anonymous information and referral for alcohol and other drug abuse problems and related concerns. The Helpline is committed to linking consumers with comprehensive, accurate, and current information about treatment and prevention services throughout Massachusetts. Information on over 600 programs can be accessed through the Helpline website or visitors may call the Helpline 24 hours a day, every day, to talk with a referral specialist. Helpline services are anonymous and free.
- Massachusetts Substance Abuse Helpline: 1-800-327-5050
- Alcoholics Anonymous
  - <u>www.aa.org</u>
  - Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; they are self-supporting through their own contributions. AA is not allied with any sect, denomination, politics, organization or institution.
  - To find an A.A. meeting near you, visit the above link, click on the "How to Find A.A. Meetings" tab, and then visit the "Local Resources that provide A.A. Meeting Information" section and click on your state.
- Narcotics Anonymous
  - <u>www.na.org</u>
  - Narcotics Anonymous offers recovery to addicts around the world. They focus on the disease of addiction rather than any particular drug. N.A.'s message is broad enough to attract addicts from any social class or nationality. When new members come to meetings, the N.A.'s sole interest is in that person's desire for freedom from active addiction and how they can be of help
  - To find an N.A. meeting near you, visit the above link and click on the "Find a Meeting" section and select one of the options.

# Health, Wellness, and Nutrition

- Health Insurance
  - To find a health insurance plan for you, visit the Health Connector website: www.mahealthconnector.org
  - For more information about health coverage, insurance, and how to apply, call the Health Care for All Help Line at 1-800-272-4232 or visit their website: www.hcfama.org
- Social Security Disability Insurance (SSDI) vs. Supplemental Security Income (SSI)

Social Security Disability Insurance (SSDI)

- Social Security pays benefits to people who cannot work because they have a medical condition that is expected to last at least one year or result in death.
- For more information about SSDI, visit the following link: <u>www.ssa.gov/pubs/10029.html</u>

Supplemental Security Income (SSI)

- SSI makes monthly payments to people who have low income and few resources and are age 65 or older, blind, or have a disability.
- For more information about SSI, visit the following link: www.ssa.gov/pubs/11000.html
- For more information, you can call Social Security's toll-free number: 1-800-772-1213 or call one of the following Work Incentives Planning and Assistance (WIPA) Programs in Massachusetts
- BenePLAN: Berkshire, Franklin, Hampden, Hampshire, Middlesex, and Worcester counties: 1-877-937-9675
- Project Impact: Barnstable, Bristol, Dukes, Nantucket, Plymouth, Suffolk, Essex, and Norfolk counties: 1-800-734-7475
- To find a Social Security office near you, visit the following link, type your zip code in the space provided, and click Locate:\_ <u>https://secure.ssa.gov/apps6z/FOLO/</u>

For more information on SSI and SSDI, visit the following helpful link: - <u>www.communityinclusion.org/article.php?article\_id=211</u>

- Medication
  - https://www.nami.org/Learn-More/Treatment/Mental-Health-Medications
  - Please visit the above website to find out information about medications. You can click on any of the links located under the "General Information about Medications" section, or you can scroll down to the "Specific Medications"

section to find out more about certain medications and questions and answers about that medication.

- Children's Behavioral Health Initiative (CBHI)
  - CBHI is an interagency initiative of the Commonwealth's Executive Office of Health and Human Services whose mission is to strengthen, expand and integrate Massachusetts state services into a comprehensive, communitybased system of care, to ensure that families and their children with significant behavioral, emotional and mental health needs obtain the services necessary for success in home, school and community.
  - Youth covered by the new Mass Health services include ages 0-21.
  - For more information about CBHI, visit <u>www.mass.gov/eohhs</u>. Once there, click the dropdown menu at the top of the page and select "Government", then click on the "Special Commissions and Initiatives" section, and select the "Children's Behavioral Health Initiative" link.
- Health Centers
  - <u>www.massleague.org/findahealthcenter/index.php</u>
  - To find a health center near you, visit the above link. Type your address into the appropriate space, select a distance away from your address using the dropdown arrow, select your type of service, and then hit Go.
  - To find out more information about the Massachusetts League of Community Health Centers, visit their main website: <u>www.massleague.org</u>
- Clinics
  - www.needymeds.org/free\_clinics.taf
  - To find a clinic near you, enter your zip code in the space provided, and then click Search.
- Healthy Changes Initiative
  - <u>www.mass.gov/dmh</u>
  - The Massachusetts Department of Mental Health recognizes the essential role of wellness in recovery from psychiatric illness. The mission of the DMH Healthy Changes Initiative is to improve the quality of life, health and wellness of individuals at risk for illness and premature death and eliminate the significant health disparity among individuals with serious mental illness.
  - To view the Healthy Changes Resource Guide and to learn more about physical activity, nutrition, and smoking cessation, visit the above link and click on the "Initiatives" section on the left hand side of the page, and then click on the link titled "Healthy Changes".
- Massachusetts Health Promotion Clearinghouse
  - www.maclearinghouse.com
  - The Massachusetts Health Promotion Clearinghouse provides free health promotion materials for Massachusetts residents and health and social service providers in the Commonwealth. Some of the health topics within the materials include information on influenza, GLBT health, substance abuse, women and men's health, and tobacco cessation.

- MassHealth Wellness Program
  - <u>www.mass.gov/eohhs</u>
  - The MassHealth Wellness Program encourages MassHealth members to take actions to prevent disease and illness in their lives. It provides information on staying healthy, tobacco cessation, and MassHealth program resources.
  - To learn more, visit the above link. Once on the website, click the dropdown tab and select "Consumer", then click on the "Prevention and Wellness" section, and then click on the link titled "MassHealth Wellness MassHealthy".
- SNAP: Supplemental Nutrition Assistance Program
  - www.mass.gov/snap
  - Supplemental Nutrition Assistance Program or SNAP is the new name for the Food Stamp Program. SNAP benefits are provided by the federal government and administered by DTA. Residents of the Commonwealth who participate in SNAP are families with children, elders and disabled. Many are the working poor with limited income or those who are temporarily unemployed.
  - To apply for SNAP benefits, you may fill out the SNAP application to see if you are eligible to receive benefits. To apply online, please visit the above link and click on the "SNAP Application" link located under the "Apply Online" section. To apply by mail or in person, you must complete the application and submit it to the Transitional Assistance office that covers your city/town. To download and print the SNAP Application, visit the above link and look under the "Apply by Mail or Fax" section. To find the Transitional Assistance office that covers your city/town, visit the above link and click on the "Transitional Assistance Office" link located under both the "Apply by Mail or Fax" and "Apply in Person" sections.
- WIC: Women, Infants and Children Nutrition Program
  - <u>www.mass.gov/wic</u>
  - WIC is a nutrition program that provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify. WIC's goal is to help keep pregnant and breastfeeding women, new moms, and kids under age 5 healthy. WIC also offers immunization screening and referral, breastfeeding support, and nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget.
  - To apply for WIC, call 1-800-WIC-1007, or visit the above website, click on the map, and select your area to find a WIC program in your community.
- Mass in Motion
  - <u>www.mass.gov/massinmotion</u>
  - Mass in Motion aims to promote wellness and to prevent overweight and obesity in Massachusetts with a particular focus on the importance of healthy eating and physical activity. The website provides information on

physical activity, eating healthy, staying healthy at home, at work, and in your community, as well as a blog.

- Physical Activity
  - YMCA
    - Many YMCA's offer fitness facilities, recreational activities, educational programs to promote healthier decisions, and a wide variety of programs that support physical, intellectual, and spiritual strength. Membership rates among YMCA's vary, but ask your Y if they offer reduced rates for students.
    - To find a YMCA nearest you, visit <u>www.ymca.net</u> and type in your city, state, or zip code into the "Find your Y" search bar.
  - Local Gyms
    - Many local gyms offer low monthly rates and special offers. Contact a gym near you to find out what fitness facilities they offer, their membership rates, and if they offer reduced rates for students.
- Food Pantries and Free Meal Programs
  - www.massresources.org/food-pantries.html
  - Food pantries are places where people in need can receive free food (mostly canned and packaged foods) to take home with them to prepare. Free meal programs, such as soup kitchens, are places where people can go to eat cooked meals free of charge.
  - To find a food pantry or free meal program, call Project Bread's FoodSource Hotline: FoodSource Hotline: 1-800-645-8333

www.projectbread.org

- Sexual Education:
  - For information regarding sexually transmitted diseases, pregnancy, birth control and other general information please visit <u>www.speakingofhope.org</u>, click in the "Resource Guides" tab and click the link for the sexual education manual.

### **Transportation**

- Massachusetts Bay Transportation Authority (MBTA)
  - <u>www.mbta.com</u>
  - To find a bus or subway stop near you, visit the above link, and then click on the "Schedules & Maps" section located at the top of the page.
  - To find out more about reduced fares for people with disabilities, visit the following link and scroll down to "Persons with Disabilities":\_ <u>www.mbta.com/fares\_and\_passes/reduced\_fare\_programs/</u>
- Regional Transit Authorities (RTA)
  - <u>https://www.mass.gov/info-details/public-transportation-in-massachusetts</u>
  - To find the RTA in your area, visit the above link, and select a Transit Authority based on your location.
  - Contact your RTA to find out if they offer reduced fares for people with disabilities, and how to purchase these reduced fares.
- The RIDE
  - The RIDE provides door-to door transportation to eligible people who cannot use general public transportation all or some of the time, because of a physical, cognitive or mental disability. The fare for a one-way trip is \$2.00, regardless of the area traveled.
  - To find out more information about The RIDE, visit the following website: <u>www.mbta.com/riding\_the\_t/accessible\_services</u>. Once on the website, click the link that says "The Office for Transportation Access—THE RIDE."
- Driving Schools
  - https://www.mass.gov/service-details/driver-education-programs
  - To locate a driving school near you, click the above link. Once on the web page, go to "Locate a Professional Driving School", then select the city or town where you wish to attend the school.
- Registry of Motor Vehicles
  - <u>https://www.mass.gov/orgs/massachusetts-registry-of-motor-vehicles</u>To see a complete listing of RMV branches, please visit the following link:\_ <u>https://www.mass.gov/orgs/massachusetts-registry-of-motor-</u> <u>vehicles/locations?page=1</u> Obtaining a Class D Permit and License
  - <u>https://www.mass.gov/passenger-class-d-drivers-licenses</u>Booking a Road Test
  - <u>https://www.mass.gov/how-to/schedule-your-road-test</u>Obtaining a Massachusetts ID
    www.massrmv.com/rmv/license/13bMAID.htm
  - Voter Registration
    - https://www.mass.gov/service-details/motor-voter-program

### **Other Helpful Resources**

- <u>Smoking Cessation</u>
  - o <u>www.trytostop.org</u>
  - o <u>www.smokefree.gov</u>
  - o 1-800-TRY-TO-STOP
  - National Quit Line: 1-800-QUIT-NOW
- Suicide Prevention
  - o <u>www.masspreventssuicide.org</u>
  - o <u>www.samaritanshope.org</u>
  - o Samaritans Statewide Helpline: 1-877-870-4673
  - o National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- <u>Massachusetts Clubhouses</u>
  - o https://www.massclubs.org/
- <u>Safelink Wireless</u> Free Cell Phone/Airtime for Eligible Customers
  www.safelinkwireless.com
- <u>Support and Other Helpful Resources</u>
  - o <u>www.strengthofus.org</u>
  - o <u>https://www.umassmed.edu/TransitionsACR/</u>
  - o <u>www.voices4hope.net</u>
  - o <u>www.pathwaysrtc.pdx.edu</u>
  - o <u>www.going-to-college.org</u>
  - o <u>www.nami.org</u>
  - o <u>www.namimass.org</u>
  - o <u>www.nimh.nih.gov</u>
  - o <u>www.masspartnership.com</u>
  - o <u>www.workwithoutlimits.org</u>
  - o <u>www.stopbullying.gov</u>
  - o <u>www.massresources.org</u>
  - o www.reachhirema.org
- Eating Disorders Support
  - o MEDA- Multi-Service Eating Disorders Association
    - <u>www.medainc.org</u>
    - Hope and Inspiration- free monthly open forum\_ http://www.medainc.org/events/hope-inspiration
  - o NEDA- National Eating Disorders Association
    - <u>www.nationaleatingdisorders.org</u>

- o Overeaters Anonymous
  - Meetings for people experiencing compulsive eating (not just overeating- could be any combination of behaviors) seeking peer to peer support
  - <u>www.oa.org/newcomers/young-persons-in-oa</u>
- Eating Disorders Anonymous
  - www.eatingdisordersanonymous.org

Anorexia Nervosa and Associated Disorders

- <u>www.anad.org</u>
- o Cambridge Eating Disorders Center- free drop in support

• <u>www.eatingdisordercenter.org/about-</u> cedc/support.htmlhttps://www.eatingdisordercenter.org/