

# On the Road to Recovery

## Navigating Addiction: What You Need to Know



Are you or a loved one struggling  
with drugs or alcohol?

Recovery is always possible!  
There is help—and hope.

You are not alone!

[HampdenDA.com](http://HampdenDA.com)

## What is Addiction (Substance Use Disorder)?

Addiction to drugs or alcohol is a complex, chronic disease, also known as substance use disorder. For those suffering, substance use disorder has changed their brain structure, which makes quitting hard, even for those who want to.

Recovery typically takes much more than good intentions or a strong will, but treatment works! Recovery from a chronic disease is a long-term process, but multiple levels of care—along with a caring peer community—helps foster long-term recovery. The stigma surrounding substance use disorder hurts. Addiction is a disease, not a moral issue, and relapse indicates the need for more support. Compassion is key to healing, and language matters (avoid terms like “dirty” or “abuse”). End the stigma!

## Do you know someone who struggles with drugs/alcohol?

**1 in 7 people in the U.S.** develop a substance use disorder at some point in their lifetime. Unfortunately, **only 1 in 10 get treatment.**

Drugs, alcohol, nicotine and prescription pills can be addictive. A substance use disorder is marked by:

- Loss of control of drug-taking behavior
- Development of tolerance (a higher dose is needed to get the same effect)
- More time spent seeking drugs, and less time spent doing enjoyable activities
- Continued use despite problems—personal, legal, financial, academic, etc.

Substance use disorders affect friends and family. Everyone needs help in recovery.

Recovery is possible! Help is available.

## How Do I Start to Get Help?

People often feel afraid or ashamed to admit they may have a substance use disorder but admitting you need help is the first step toward recovery. Many treatment options and supports are available. Start by calling the Massachusetts Substance Use Helpline or other resources listed in this brochure. Treatment and supports are available for adults, youth, pregnant and postpartum women, families in recovery, etc.

## Can I Afford Treatment?

For questions about benefits and coverage for substance use or mental health treatment, consult your insurance plan (look on your insurance card for a 1-800 number to call for assistance.)

No insurance? You may be eligible for Medicaid coverage under MassHealth: (800) 841-2900 or [mass.gov/eohhs/gov/departments/masshealth](http://mass.gov/eohhs/gov/departments/masshealth).

If your insurer denies coverage, you can appeal the decision. Help is also available by consulting:

- **Health Care for All:** Free service available to all MA residents. Call for help with a wide range of health insurance questions, including how to enroll in an insurance plan: (800) 272-4232; [hcfama.org](http://hcfama.org).
- **Office of Patient Protection:** Provides an independent review of an insurer's denial of coverage or benefits to those who have private insurance or a Massachusetts Health Connector plan, and who have exhausted all appeals. Contact OPP at (800) 436-7757; [mass.gov/anf/budget-taxes-and-procurement/oversight-agencies/health-policy-commission/patient-protection](http://mass.gov/anf/budget-taxes-and-procurement/oversight-agencies/health-policy-commission/patient-protection).
- **Health Law Advocates:** Provides pro bono (free) legal assistance for low income people. Call (617) 338-5241 or (888) 211-6168; [healthlawadvocates.org](http://healthlawadvocates.org).

## What is the Hampden County Addiction Task Force?

The Hampden County Addiction Task Force (HCAT) is a collaboration of state and local law enforcement agencies, health care institutions, service providers and community coalitions and agencies whose goal is to focus on a county-wide approach to address drug addiction.

[hampdenda.com/community-safety-and-outreach-unit/hampden-county-addiction-taskforce](http://hampdenda.com/community-safety-and-outreach-unit/hampden-county-addiction-taskforce)

## Be prepared. Know what to do if you witness an overdose.

These 3 simple steps can save a life:

1. Call 9-1-1
2. Start Rescue Breathing
3. Administer NARCAN (to reverse opioid overdose)

## Don't be afraid to call 9-1-1!

The Good Samaritan law protects victims and those who call 9-1-1 for help from being charged, prosecuted, or convicted for possession or use of illegal substances.

**Prevent. Treat. Support.**

**Save Lives.**

**HampdenDA.com**

## Treatment: System of Care

### How is drug addiction treated?

A range of care with a tailored treatment program and follow-up options can be crucial to success. Treatment should include both medical and mental health services as needed. Follow-up care may include community- or family-based recovery support systems.

**Acute Treatment Services (ATS): Detox:** A short-stay, inpatient program in which detox and withdrawal from drugs/alcohol is medically supervised. (The length of stay varies, typically 3-7 days for adults; 7-14 days for youth.)

**Clinical Stabilization Services (CSS):** A structured, supervised inpatient program that provides further stabilization and services for individuals who: 1) have completed detox; or 2) require acute treatment, but do not meet the criteria for medically supervised detox services. (The duration of a CSS stay varies, typically 14-21 days.)

**Transitional Support Services (TSS/Holding):** A short-stay, residential treatment program for those leaving detox, CSS, or a homeless shelter if medically-supervised detox is unnecessary. (The length of stay varies, depending on one's needs and/or available space at the next level of care.)

**Residential Recovery Homes (Halfway Homes):** Supportive, structured, alcohol and drug-free homes that are licensed and often regulated. They often help with unemployment; educational, legal and medical needs; support groups; accountability; and life skills. (Generally, 4-6 months.)

**Alcohol & Drug-Free Housing (Sober Homes):** Less structured homes that do not provide treatment and are not BSAS licensed. Quality varies, so ask questions, visit, and learn about the home's recovery supports and safety. Residents are often expected to be employed, pay rent, maintain recovery, and undergo drug screens.

**Outpatient Treatment Programs:** Continued recovery support including: case management, individual and group counseling, psychiatric services and medically-assisted treatment. Intensive Outpatient Programs (IOP) may also be offered. (Length of treatment varies.)

**Medication-Assisted Treatment (MAT):** Medications may be used to maintain sobriety and manage cravings and withdrawal symptoms. Medications to treat opioid use disorder include Methadone, Suboxone, Naltrexone, and Vivitrol. When medication is used in conjunction with counseling and other types of support, there can be a greater likelihood of sustained recovery. (Type and duration of treatment varies.)



### What is NARCAN?

NARCAN (or Naloxone) is an easy-to-use medication that reverses opioid overdoses. Opioids include heroin, fentanyl, morphine and prescription pain meds (e.g. Percocet, Vicodin, Oxycontin). To learn more, go to: [mass.gov/eohhs/docs/dph/substance-abuse/naloxone-info.pdf](https://mass.gov/eohhs/docs/dph/substance-abuse/naloxone-info.pdf)

## Where Can I Go For Help?

The following resources may prove helpful to you or your loved ones.

### **Western MA Substance Use Treatment and Prevention Services:**

[bit.ly/WMServicesDirectory](http://bit.ly/WMServicesDirectory)

### **Massachusetts Substance Use Helpline:**

(800) 327-5050; [helplinema.org](http://helplinema.org)

### **Learn To Cope Inc.:**

(508) 738-5148; [learn2cope.org](http://learn2cope.org)

*Peer-led support for families dealing with addiction, meets Thursdays, 7-8:30 p.m. at Providence Behavioral Health Hospital*

### **Massachusetts Behavioral Health Access:**

(617) 790-4000; [mabhaccess.com](http://mabhaccess.com)

1000 Washington St. #310, Boston

*Up-to-date bed availability for detox and residential treatment programs*

### **Hope for Holyoke Recovery Support Center:**

(413) 561-1020; [gandaracenter.org/hope-for-holyoke/](http://gandaracenter.org/hope-for-holyoke/)

100 Suffolk St., Holyoke

*Peer recovery support for adults, 7 days/week*

### **Institute for Health and Recovery:**

(617) 661-3991; [healthrecovery.org](http://healthrecovery.org)

*Access to treatment services in MA for pregnant women and family residential programs*

### **MA Organization for Addiction Recovery:**

(617) 423-6627; [moar-recovery.org](http://moar-recovery.org)

*Advocacy and resources, including MOAR's "Mini Guide"*

### **National Helpline: Substance Abuse and Mental**

### **Health Services Administration (SAMHSA):**

(800) 662-4357; [samhsa.gov](http://samhsa.gov)

### **Behavioral Health Network (BHN) Crisis Services:**

(413) 733-6661; [bhninc.org/content/emergency-services](http://bhninc.org/content/emergency-services)

417 Liberty St., Springfield

*24/7 emergency response for all ages in behavioral*

*health crisis, regardless of insurance*

### **Many more resources in Hampden County are listed in these brochures (see Hampden County Addiction Task Force website):**

*Adult Substance Use Treatment*

*Youth Substance Use Treatment*

*Recovery for Pregnant & Postpartum Women*

*Peer Recovery Supports*

*Family Recovery Supports*

### **Crisis Text Line number: 741-741**

**Rescue Kits:** NARCAN rescue kits are available at pharmacies across the state, with and without a prescription. Visit [mass.gov/naloxone](http://mass.gov/naloxone) to learn more.

**Treatment Referrals:** For free information on NARCAN program and treatment referrals, call the Massachusetts Substance Use Hotline at (800) 327-5050; [helplineMA.org](http://helplineMA.org).

**Free NARCAN and overdose education (Hampden County) Tapestry:** (413) 363-9472; [tapestryhealth.org/overdose-prevention-services/](http://tapestryhealth.org/overdose-prevention-services/)

**Learn to Cope:** NARCAN is available at support groups for family members dealing with a loved one suffering from addiction. Go to [learn2cope.org](http://learn2cope.org) for meeting locations and times.