

FEARS

Am I drinking too much?

Am I using drugs too much?

Am I misusing my medications?

Are my kids being affected?

Will DCF get involved?

WORRIES

How can I pay my bills?

Will I ever feel better?

How can I feel safe?

Can anyone really help me?

HOPE

Yes, support is available!

**You and your family deserve
a better life.**

Help is on the way – call us!

HELP LINES

Substance Abuse Helpline: 800-327-5050, www.helpline-online.com
Mercy Medical Center SBIRT (Springfield): 413-748-6845
Community Services Info Line: 211 or www.mass211.org
BHN Crisis Services: 413-733-6661
Safe Link Domestic Violence Hotline: 877-785-2020
DCF Child Risk Hotline: 800-792-5200
MA Dept. of Transitional Assistance: 800-249-2007
Central Intake & Care Coordination for Youth: 617-661-3991

DRUG/ALCOHOL TREATMENT PROGRAMS

BHN Central Intake (Springfield): 413-733-1423
BHN Mount Tom City Clinic (Holyoke): 413-532-0389
Providence Behavioral Health Hospital (Holyoke): 413-539-2981
Gandara Center (Springfield): 413-732-2120
Phoenix Outpatient Program (Springfield): 413-739-2440
Carson Center (Westfield): 413-568-6141
Center for Human Development (Springfield): 413-737-1426
AdCare Outpatient (West Springfield): 413-209-3124
Holyoke Medical Center: 413-534-2627
Griswold Center (Palmer): 413-283-1178
Habit OPCO (Springfield): 413-733-3488
Medication Assisted Treatment providers: www.turntohelp.org

DETOX PROGRAMS

Carlson Recovery Detox (Springfield): 413-733-1423
Providence Behavioral Health Hospital (Holyoke): 413-539-2981
AdCare Hospital (Worcester): 1-800-ALCOHOL
Berkshire Medical Center Detox (Pittsfield): 413-442-1400
Motivating Youth Recovery (Worcester): 508-860-1244

PEER SUPPORT

Parents Anonymous: 800-882-1260
Parents Helping Parents: 800-632-8188
Alcoholics Anonymous: 413-532-2111
Narcotics Anonymous: 800-481-6871
Methadone Anonymous: www.methadonesupport.org
FRESH Start (Holyoke; for pregnant & new moms): 413-535-1000

ADDITIONAL RESOURCES

MassHealth: 800-841-2900
After Incarceration Support Services: 413-781-2050
Square One: 413-732-5183
Mass Rehab: 413-536-8200
Family Ties: 1-800-905-TIES (8437)
New North Citizens Council: 413-746-4885

**For Parents and
Legal Guardians**



**If you are
struggling with
drug or alcohol
use...**

THERE IS HOPE



Family Recovery Council of Hampden County
www.familyrecoverycouncil.org

**Family Recovery Council
of Hampden County**

Step #1: Figure out if you have a problem with drugs or alcohol.



- Are you using drugs, alcohol, or prescription medications?
- Is your use affecting your family?
- Is it keeping you from being the parent you want to be?

People often feel afraid or ashamed to admit they may have a problem. But admitting you need help can change your life – and help keep your family together in a safe home.

Take the first step. **Family recovery is possible!**

Self Quiz: The 5 P's

- Did any of your **parents** have a drug or alcohol problem?
- Does your **partner** have a drug or alcohol problem?
- Do any friends/**peers** have a drug or alcohol problem?
- In the **past**, did you have a drug or alcohol problem (including prescription medications)?
- Are you **presently** using drugs or alcohol?

If you answered "yes" to any of these questions, consider talking with a professional.

Institute for Health & Recovery, 2011

Step #2: Get the help you need.

There is always hope. Recovery from drug and alcohol abuse is a hard road, but worth every step.

Treatment is key to recovery. It offers you a safe place to share your life story, and to get the help you need to be healthy.

Help can come from many places: alcohol and drug treatment programs, AA and NA meetings, early intervention services, DCF, and more (see back of this brochure).

Getting help can connect you with other services you may need, such as:

Parenting Classes

GED Classes

Job Training

Housing

Family Counseling

Life Skills Training

Child Care & Early Education

Make the decision today to live a better life.



Step #3: Tell your treatment provider if DCF is involved.



- Are you already involved with DCF?
- Are you worried about losing custody of your children?

Talk honestly with your DCF worker and treatment provider. They both need to know what's really going on in order to provide the best support for you and your family.

Let your treatment provider know if you have children living in foster care or with another relative. Keep your eyes on the prize: your children. If you want to keep your family together, there is hope.

GET THE HELP YOU NEED!



Call any of the programs listed on the back of this brochure.