



Town of Sudbury

Board of Health Social Work Department

DPW Building
275 Old Lancaster Road
Sudbury, MA 01776
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Alcohol and Substance Abuse Resources

NOTE: Most substance abuse treatment requires the individual to be willing to engage in treatment. Often times, when individuals come to the realization that they want help, there may only be a small window of time when they are open to accepting help. Therefore, researching a plan in advance (so it could be implemented as soon as the individual is willing to seek help) is key to success. Do not wait until they ask for help to start doing research.

Families and loved ones of those struggling with addiction often note the important role of support groups like Learn to Cope, Alanon or Narcanon. Support groups don't merely provide emotional support, but also provide access to a community of individuals with first-hand knowledge of resources and techniques for getting treatment for persons struggling with addiction.

Prevention:

- **Medication Disposal**
 - Disposing of old medications, including opioids, is a key step in prevention of substance abuse.
 - Medications can be dropped off at the box in the lobby of the Sudbury Police Station located at 75 Hudson Road.
 - Some local pharmacies also have prescription and over the counter medication drop boxes to dispose of unneeded or expired medication. Please call your local pharmacy to inquire if they participate.

- **Tips for Managing Controlled Substances**
 - Keep medications out of sight to visitors to your home and out of reach of children, teenagers and anyone at risk of abusing substances. Be particularly mindful of anyone new coming into your home, such as people visiting for an open house when your house is on the market, professional cleaners and other service professionals.
 - Be aware of the number of pills left in pill bottles to ensure that others are not using your prescribed medication
 - When picking up medication from the pharmacy, be sure to count pills before taking your first dose. Call the pharmacy immediately if you do not have the correct number of pills.

- **Tips for Increasing Knowledge and Awareness:**
 - Be knowledgeable about current trends and concerns related to substance use, and have open dialogues with your children and other loved ones about substance use and positive decision-making. For helpful resources and information, please visit:
 - <http://cranehelp.org/resources/> and select the tab labeled Substance Use, Abuse and Prevention Suggested Reading.
 - <http://www.ncpc.org/topics/drug-abuse>
 - <https://drugabuse.com/>
 - <https://www.mass.gov/protect-your-kids-from-prescription-drug-misuse>

Treatment:

- **Massachusetts Substance Abuse Information and Education Helpline**
 - (800) 327-5050
 - Helpline-online.com
 - Can provide information on different treatment options and referrals to specific programs and services from a vast number of resources for both those with insurance and those without.
 - Can also provide information on support for loved ones of a person with alcohol or substance abuse issues.

- **Advocates Crisis Support**
 - (800) 640-5432
 - <https://www.advocates.org/services/psychiatric-emergency-services>
 - Can provide mental health or emotional support during difficult times. Multi-disciplinary staff provides mobile crisis interventions 24 hours a day, 365 days a year at Advocates clinics, in homes, schools, and other community settings.

- **Middlesex Recovery**
 - (781) 305-3300
 - Middlesexrecovery.com
 - Can provide people with substance use disorders (SUDs) a place to treat opioid or alcohol addiction. Middlesex recovery offers a place for treatment, connection, and healing through their ongoing medication-assisted treatment (Suboxone and Vivitrol).
 - Additional services include the following: recovery assessments, one on one counseling, and group sessions.
 - Treatment locations are in Woburn, Chelmsford and Gloucester

- **Narcan (Generic name: Naloxone)**
 - Narcan is a narcotic blocker. It is available in nasal spray form and is used to treat opioid overdoses by temporarily blocking opioid receptors in the brain. After use of Narcan, the overdose victim should get immediate medical attention*. The medicine has no effect in people who are not taking opioid medications.
 - Available at local pharmacies for a fee and may be supplemented by your insurance. If you are concerned about a loved one or community member at risk of overdose, please call your local pharmacy for more information.

*According to Massachusetts state law: “A person who, in good faith, seeks medical assistance for someone experiencing a drug-related overdose shall not be charged or prosecuted for possession of a controlled substance under sections 34 or 35 if the evidence for the charge of possession of a controlled substance was gained as a result of the seeking of medical assistance.” For more information, visit: <https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXV/Chapter94C/Section34A>

Support Services for Families and Friends:

- **Al-Anon (support for anyone who has a friend or family member who is going through substance abuse)**
 - (508) 366-0556
 - Al-anon.org (Find information and meetings on the website)
 - Teen and adult support groups for family and friends impacted by the addiction of a loved one.

- **Learn to Cope (support for anyone who has a friend or family member who is going through substance abuse)**
 - (508) 738-5148
 - Learn2cope.org
 - Learn to Cope meetings are facilitated by experienced facilitators who also suffered from substance abuse. These meetings offer peer-support, education, resources and hope for families dealing with addiction and recovery.

- **Institute for Health and Recovery (IHR)**
 - (617) 661-3991
 - Healthrecover.org (Note: No In-Home Services available for Sudbury residents)
 - A statewide service agency that provides care for individuals, youth, and families affected by alcohol, tobacco, and other drug use, violence/trauma, mental health challenges and other health issues.

- **Wicked Sober:**
 - (855) 953-7627
 - <http://wickedsober.com>
 - Wicked Sober, LLC. was created to help people who are struggling with drug and alcohol dependency by assisting in the process of achieving recovery. Wicked Sober gives free consultations for families of loved ones, friends of the addict or alcoholic, and the addict and/or alcoholic themselves.

For additional questions, or suggested additions to this list, please call Bethany Hadvab, Sudbury Town Social Worker, at (978) 440-5476.

Please visit <https://sudbury.ma.us/socialworker/> for up to date information and additional resources.