

# 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](http://www.helpline-online.com)  
Mercy Medical Center SBIRT (Springfield): 413-748-6845  
Community Services Info Line: 211 or [www.mass211.org](http://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](http://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](http://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](http://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.