



ADDICTION AND MENTAL HEALTH RECOVERY PEER SUPPORT RESOURCE GUIDE

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ADDICTION/DUAL RECOVERY PEER SUPPORTS

Peer Recovery Support Centers

Funded by the Department of Public Health, these 10 community-based Peer Recovery Support Centers offer an opportunity for individuals with alcohol and/substance use disorder issues and/or families affected by addictions to both offer and receive support. These centers are run largely on a volunteer basis, with participants helping to choose, plan, and run the activities offered.

Recover Project

Contact: Mary Doherty, Director

68 Federal Street

Greenfield, MA 01301

Phone: (413) 774-5489

Fax: (413) 774-6039

Email: mdoherty@wmtcinfo.org

Website: www.recoverproject.org/ or <https://www.facebook.com/TheRECOVERProject/>

Everyday Miracles

Contact: Michael Earielo, Program Director

25 Pleasant Street

Worcester, MA 01609

Phone: (508) 799-6221

Fax: (508) 756-1928

Email: Michael.Earielo@spectrumhealthsystems.org or

everydaymiracles@spectrumhealthsystems.org

Website: www.everydaymiraclesprsc.org or <https://www.facebook.com/EDMPeers/>

STEPRox

Contact: DeSean Duncan, Community Organizer

9 Palmer Street

Roxbury, MA 02119

Phone: (617) 442-7837

Email: dduncan@northsuffolk.org

Website: <https://www.facebook.com/steproxrecoverycenter> or

<http://northsuffolk.org/services/addiction-services/recovery-support/>

The Recovery Connection

Contact: Brandon Tupper, Program Director

31 Main Street

Marlborough, MA 01752

Phone: (508) 485-0298

Fax: (508) 485-0312

Email: brandon.tupper@spectrumhealthsystems.org or info@therecoveryconnection.org

Website: <http://www.therecoveryconnection.org/> or

<https://www.facebook.com/TheRecoveryConnection.org/>

New Beginnings Peer Recovery Center

Contact: Socrates Dominguez, Program Director

487 Essex Street

Lawrence, MA 01840

Phone: (978) 655-3674

Fax: (978) 258-4355

Email: socrates.dominguez@spectrumhealthsystems.org

Website: <http://www.newbeginningsprc.org/> or

<https://www.facebook.com/NewBeginningsPeerRecoveryCenter/>

Devine Recovery Center

Contact: Roscoe Hurley, Program Director

70 Devine Way

South Boston, MA 02127

Phone: (857) 496-7342

Fax: (857) 496-0177

Email: devinerecoverycenter@gmail.com

Website: <http://www.gavinfoundation.org/programs/devine-recovery-center> or

<https://www.facebook.com/DevineRecoveryCenter>

Stairway to Recovery

Contact: Efrain Baez, Program Director

142 Crescent Street

Brockton, MA 02302

Phone: (774) 257-5660

Email: ebaez@gandaracenter.org

Website: <https://www.facebook.com/Stairway2Recovery> or

<https://gandaracenter.org/stairway-to-recovery/>

A New Way Recovery Center

Contact: Warren Nicoli, Director

85 Quincy Avenue, Suite B

Quincy, MA 02169

Phone: (617) 302-3287

Fax: (617) 481-0324

Email: wnicoli@baystatecs.org or ANewWayRC@baystatecs.org

Website: <http://anewwayrecoveryctr.org/> or

<https://www.facebook.com/A-New-Way-Recovery-Center-447672198690167/>

Hope for Holyoke Recovery Support Center

Contact: Deborah Flynn-Gonzalez, Director

100 Suffolk Street

Holyoke, MA 01040

Phone: (413) 561-1020

Email: dflynn-gonzalez@gandaracenter.org

Website: <https://gandaracenter.org/hope-for-holyoke/> or <https://www.facebook.com/HFHRC/>

PIER Recovery Center of Cape Cod (Positive Individuals Engaged in Recovery)

Contact: Brian Robbins, Director

209 Main Street

Hyannis, MA 02601

Phone: (508) 827-6150

Email: brobbins@gandaracenter.org or pierrecoverycenter@yahoo.com

Website: <https://gandaracenter.org/pier/> or <https://www.facebook.com/PIER-Recovery-Center-of-Cape-Cod-560645584091868/>

In addition to the support centers listed above, the Boston Public Health Commission funds the Safe and Sound Recovery Center, which provides peer-led support services including recovery coaching, support groups, peer leadership training opportunities, and more.

Safe and Sound Recovery Center

Contact: Douglas Lomax, Program Manager

774 Albany St., 2nd Floor, Room 207

Boston, MA 02118

Phone: (617) 534-2186

Hours: Monday–Friday, 9 a.m. – 5 p.m.

Morning Meetings: Mondays, 10 – 11:30 a.m., Tuesdays-Fridays, 9:30 – 10:30 a.m.

Family Resources

Resources for those who have loved ones dealing with substance use disorder issues

Learn to Cope

Learn to Cope is a peer organization that assists family members and relatives who have loved ones dealing with substance use disorder issues. They offer resources and support through weekly meetings throughout the state of Massachusetts.

Joanne Peterson, Executive Director

Contact: Patty or Carrie

4 Court Street, Suite 110

Taunton, MA 02780

Phone: (508) 738-5148

Email: lrc@Learn2cope.org

Website: learn2cope.org

Office hours: Monday through Friday, 9 a.m. - 4:30 p.m.

Dual Recovery Anonymous

Dual Recovery Anonymous™ (DRA) is a 12-step self-help program for individuals who are affected by both an emotional or psychiatric disability as well as an alcohol or drug dependency or addiction. Its primary goals are for members to help each other achieve dual recovery, to prevent relapse, and to carry the message of recovery to others who experience dual disorders.

The Massachusetts Clubhouse Coalition (MCC) has taken a leadership role in expanding the availability of DRA meetings throughout the state through a contract with the Massachusetts Behavioral Health Partnership (MBHP). There are now over 50 DRA groups and substance awareness meetings in Massachusetts, with a current schedule of meetings on the Massachusetts Clubhouse Coalition website listed below.

Dual Recovery Anonymous™ website: <http://www.draonline.org/>

Current list of DRA meetings: <https://www.massclubs.org/dual-recovery-meetings/>

More information on the MCC and DRA: <https://www.massclubs.org/dual-recovery-committee/>

Massachusetts Organization for Addiction Recovery (MOAR)

The Massachusetts Organization for Addiction Recovery (MOAR) is a statewide organization of persons in recovery from addictions, families, and friends who want to educate the public about the value of living in recovery. MOAR maintains a comprehensive resource guide on addiction, recovery, and community resources and offers community education on recovery and recovery supports.

MOAR uses its voice to educate policy makers and partners with treatment providers, stakeholders and allies to remove barriers in the recovery process.

Contact: Maryanne Frangules, Executive Director

105 Chauncy Street, 6th Floor

Boston, MA 02108

Phone: (617) 423-6627

Toll free: (877) 423-6627

Fax: (617) 423-6626

Email: maryanne@moar-recovery.org

Website: <http://www.moar-recovery.org>

12-Step Online Resources for Persons Who Are Deaf or Hard of Hearing

Sounds of Sobriety (SOS)

An online email group for individuals who have hearing loss (deaf, deafened, or hard of hearing) to support recovery from alcoholism. Alcoholics Anonymous (AA) members and all persons with problems with alcohol are welcome.

Email: SOS_online_group-subscribe@yahoogroups.com

Deaf Grateful

Deaf Grateful holds weekly videoconferencing open discussions Saturday at 4 p.m. (EST) for deaf and hard of hearing (HOH) people who have a desire to stop drinking. Deaf Grateful uses easily downloaded software and requires a high speed internet connection and a webcam.

Website: <http://doda.omnijoin.com>

MENTAL HEALTH RECOVERY PEER SUPPORTS

The Transformation Center

The Transformation Center is a statewide peer-run organization that engages and partners with the community voice of people with mental health, trauma or dual mental health/addiction recovery needs, along with many allies, to develop and promote effective approaches to recovery support.

The Transformation Center provides the certified peer specialist (CPS) training and certification for Massachusetts, the Massachusetts Leadership Academy training, works to expand availability of WRAP classes and facilitator training, supports Latinos en Acción, Black Voices in Recovery, Deaf Recovery, and supports other training, support and policy advocacy initiatives.

Contact: Deborah Delman, Executive Director

98 Magazine Street

Roxbury, MA 02119

Phone: (617) 442-4111

Video Phone: (617) 606-7508

Toll-free: 1-877-769-7693

Fax: (617) 442-4005

Email: info@transformation-center.org

Website: www.transformation-center.org

Recovery Learning Communities

Recovery Learning Communities (RLCs) are DMH-funded, peer-run networks of self-help/peer support, information and referral, advocacy and training activities. Training in recovery concepts and tools, advocacy forums, and social and recreational events are all part of what goes on in a Recovery Learning Community. RLCs also support persons with psychiatric disabilities to take charge of their own recovery process.

The over-arching charge of RLCs is to create significant culture change that shifts the traditional focus on symptom management to a focus on promoting recovery, resilience, and wellness. Designed to be built upon established partnerships, RLCs work collaboratively with peer-run organizations and services, other mental health providers, other human service agencies, and the community at large to forward the mission of community integration and respect for people with mental health conditions.

The Western Mass Recovery Learning Community (RLC)

Contact: Sera Davidow, Director

199 High Street

Holyoke, MA 01040

Phone: (413) 539-5941

Toll-Free: 1-866-641-2853

Fax: (413) 493-7810

Email: info@westernmassrlc.org

Website: <http://www.westernmassrlc.org/>

Western Mass RLC Resource Connection Centers (RCCs) are located at:

Holyoke Center

199 High Street

Holyoke, MA 01040

Phone: (413) 539-5941

Toll-Free: 1-866-641-2853

Fax: (413) 493-7810

Website: <http://www.westernmassrlc.org/holyoke>

Springfield Center

Contact: Mike Cook, Community Coordinator

235 Chestnut Street

Springfield, MA 01103

Phone: (413) 372-5652

Website: <http://www.westernmassrlc.org/springfield>

Greenfield Center

Contact: Emily Mortimer, Community Coordinator

20 Chapman Street

Greenfield, MA 01301

Phone: (413) 772-0715

Email: emily@westernmassrlc.org

Website: <http://www.westernmassrlc.org/greenfield> or
<https://www.facebook.com/groups/rlcgreenfield/about/>

Pittsfield Center

(There is currently no dedicated Pittsfield Center. For information about local meetings and other events please contact jeanmarie@westernmassrlc.org.)

Central Massachusetts Recovery Learning Community (RLC)

The Kiva Center

Contact: Brenda Vezina, Director

209 Shrewsbury Street

Worcester, MA 01604

Phone: (508) 751-9600

Fax: (508) 751-9601

Email: info@centralmassrlc.org or brenda.vezina@centralmassrlc.org

Website: <http://www.centralmassrlc.org/> or <https://www.facebook.com/kivacenter/?fref=ts>

Central Massachusetts RLC Framingham Site

Contacts: Lindsey Vezina and Andrei Silva, Program Co-Coordiators

855 Worcester Road, Suite 12

(Mailbox Lobby Entrance)

Framingham, MA 01701

Phone: (508) 626-2206

Email: Lindsey.vezina@centralmassrlc.org, Andrei.silva@centralmassrlc.org

Website: <http://www.centralmassrlc.org/areas/framingham/>

Metro-Suburban Recovery Learning Community (RLC)

The original six Recovery Learning Communities have been reorganized into five, corresponding to the five DMH areas. A decision was made to close the Metro-Suburban RLC and to reorganize the communities it supported into the remaining RLCs. The Quincy Resource Connection Center (RCC) has continued as part of the South East RLC. The Framingham Resource Connection Center (RCC) has continued as part of the Central Mass RLC. For further information, please contact those RLCs for current locations, staffing, and hours of operation.

Quincy Resource Connection Center (RCC)

** Now part of the Southeast RLC. For more information, please view the Southeast RLC listing.*

Framingham Resource Connection Center (RCC)

** Now part of the Central Mass. RLC. For more information, please view the Central Mass. RLC listing.*

Northeast Recovery Learning Community (RLC)

Northeast Independent Living Program

Contact: Helina Fontes, NERLC Program Director

20 Ballard Road

Lawrence, MA 01843

Telephone (V/TTY): (978) 687-4288, Ext.149

Fax: (978) 689-4488

Email: hfontes@nilp.org or help@nilp.org

Website: <https://www.nilp.org/northeast-recovery-learning-community-nerlc/> or

<https://www.facebook.com/nerlc> or

<https://www.facebook.com/TheNortheastIndependentLivingProgramInc>

Northeast RLC Hubs are located at:

Essex North Hub

Contacts: Mike Berggren, NE RLC Operations Manager or

Lisa Rivard, Peer Specialist

20 Ballard Road

Lawrence, MA 01843

Telephone: (978) 687-4288, Ext. 200 or Ext. 167

Email: mberggren@nilp.org or lrivard@nilp.org

North Shore Hub

Contact: Mandy Orfanos, North Shore/Lynn Hub Manager or Joanne Wolf, Older Adult Peer Specialist

43 Gloucester Avenue, Suite 2I

Gloucester, MA 01930

Telephone: (978) 687-4288, Ext. 203

Email: aorfanos@nilp.org or jwolf@nilp.org

Greater Lowell Hub

Contact: Mike Berggren, NE RLC Operations Manager or David Carignan, Peer Specialist

35 John Street, 2nd Floor

Lowell, MA 01852

Telephone: (978) 687-4288, Ext. 200

Email: mberggren@nilp.org or dcarignan@nilp.org

Metro North Hub

Contact: Mike Berggren, NE RLC Operations Manager or Eileen Lonergan, Peer Specialist

Location: TBD

Telephone: (978) 687-4288, Ext. 201

Email: mberggren@nilp.org or elonergan@nilp.org

Greater Lynn Hub

Contacts: Mandy Orfanos, North Shore/Lynn Hub Manager or Gerry McManamy, Peer Specialist

1 Market Street, Suite 203

Lynn, MA 01901

Telephone: (978) 687-4228, Ext. 202

Email: aorfanos@nilp.org or gmcmnamy@nilp.org

Acton Hub

Contact: Mike Berggren, NE RLC Operations Manager or Helina Fontes, Program Director

Location: TBD

Telephone: (978) 687-4228, Ext. 149

Email: mberggren@nilp.org or hfontes@nilp.org

Metro-Boston Recovery Learning Community (RLC)

Metro Boston RLC Recovery Centers are located at:

Boston Resource Center (BRC)

Contacts: Paul Styczko or Yuka Gordon, Co-Directors

85 East Newton Street, Ground Floor

Boston, MA 02118

Phone: Paul; (617) 305-9991 or Yuka; (617) 305-9975

Fax: (617) 305-9992

Email: paul.styczko@bmc.org or yuka.gordon@bmc.org

Website: <http://www.metrobostonrlc.org/brc.html>

Cambridge/Somerville Recovery Learning Center

Contact: Janel Tan, Director

35 Medford Street, 1st Floor, Suite 111

Somerville, MA 02143

Phone: (617) 863-5388

Email: tanj@vinfen.org

Website: <http://www.metrobostonrlc.org/csrlc.html>

MBRLC/Peer Education Resource Center (PERC)

Contact: Sarah Selkovits, Director

1500 Dorchester Avenue

Dorchester, MA 02122

Phone: (617) 788-1034

Email: infoaboutperc@yahoo.com or sselkovits@baycove.org

Website: <http://www.metrobostonrlc.org/perc.html> or <http://www.metrobostonrlc.org>

Peer Support Network

Contact: Sarah Selkovits, Director

Democracy Center

45 Mount Auburn Street

Cambridge, MA 02138

Phone: (617) 788-1034

Email: psncambridge@gmail.com or sselkovits@baycove.org

Website: <http://www.metrobostonrlc.org/psn.html> or
<http://www.metrobostonrlc.org>

Hope Recovery Learning Center

Contact: Ruthie Poole, Director

The DMH Erich Lindemann Mental Health Center

25 Staniford Street (plaza level)

Boston, MA 02114

Phone: (617) 626-8692

Email: rpoole@northsuffolk.org

Website: <http://www.metrobostonrlc.org/hope.html>

South East Recovery Learning Community (RLC)

Contact: Sandra Whitney Sarles, Director

c/o 45 Plant Road, Suite 119

Hyannis, MA 02601

Phone: (774) 212-4519

Email: info@southeastrlc.org or sandra.whitney-sarles@bmc.org

Website: <http://www.southeastrlc.org/>

Community Connectors outreach to surrounding communities from each of the local centers listed below. South East RLC Recovery Centers are located at:

Empowering Resilience RCC, Fall River

Contact: Abigail Gascoyne, Area Program Director

649 Bedford Street

Fall River, MA 02720

Phone: (508) 675-3137

Email: gascoynea@vinfen.org

Website: http://www.southeastrlc.org/fallriver_index.html

Waves of Wellness RCC, Hyannis

Contact: Victoria Hadley, Area Program Director

45 Plant Road

Hyannis, MA 02601

Telephone: (508) 815-5219

Email: hadleyv@vinfen.org

Website: http://www.southeastrlc.org/hyannis_index.html

Hope is Here RCC, Brockton

Contact: Janet Ransom, Area Program Director

730 Belmont Street

Brockton, MA 02301

Phone: (508) 857-0316

Email: janet.ransom.rcc@gmail.com

Website: http://www.southeastrlc.org/brockton_index.html

Quincy RCC

Contact: Paul Morriss, Area Program Director

1458 Hancock Street

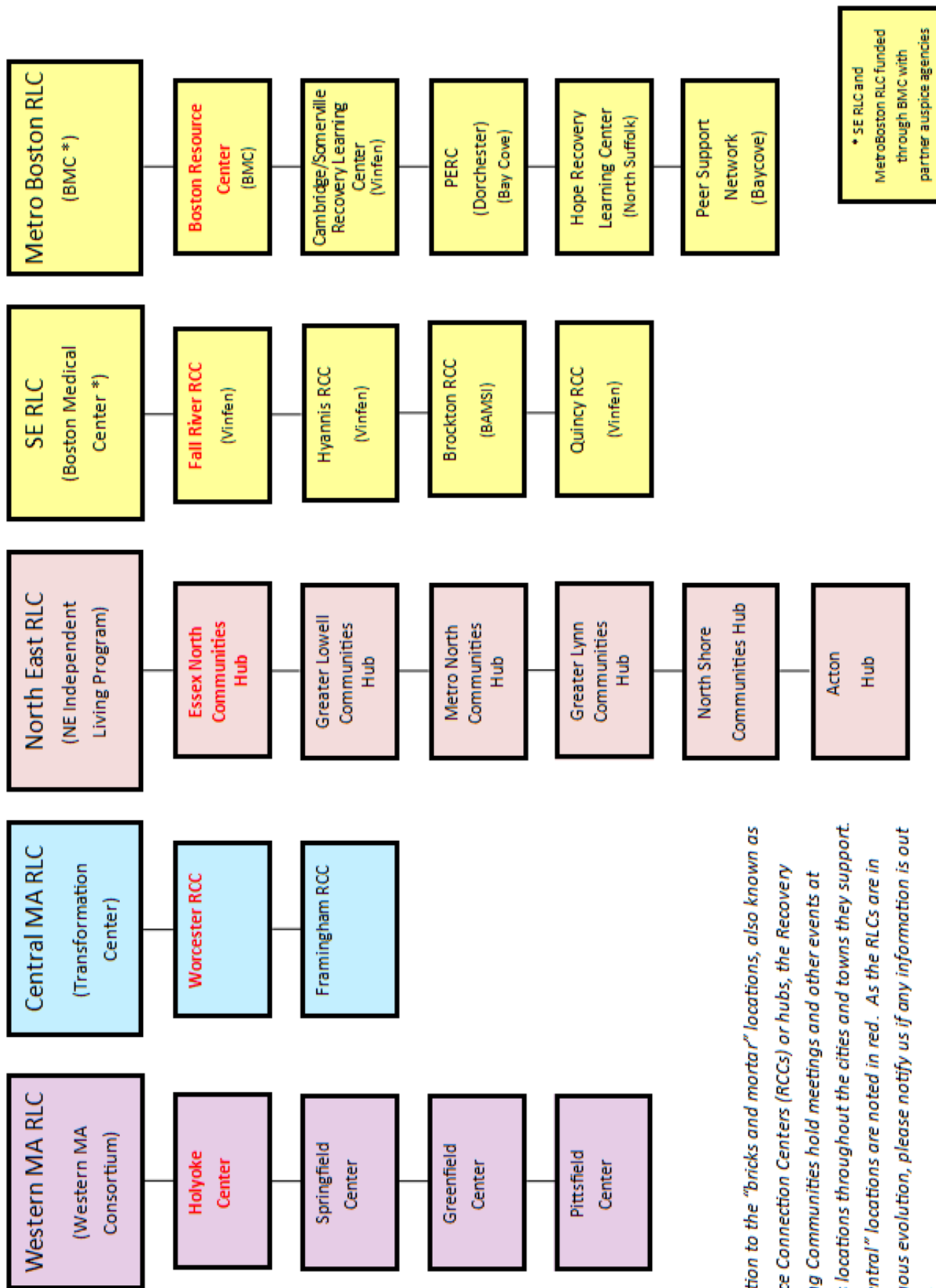
Quincy, MA 02169

Phone: (508) 298-2675

Email: morrissp@vinfen.org

Website: http://www.southeastrlc.org/quincy_index.html

The Five Recovery Learning Communities and their locations



In addition to the "bricks and mortar" locations, also known as Resource Connection Centers (RCCs) or hubs, the Recovery Learning Communities hold meetings and other events at various locations throughout the cities and towns they support. The "central" locations are noted in red. As the RLCs are in continuous evolution, please notify us if any information is out of date.

Peer-run Respite

Afiya Peer Respite

Afiya is the first peer-run respite in Massachusetts and one of only 13 in the country. It is run by the Western Mass Recovery Learning Community. It is open to anyone age 18 or older, from the Central West DMH catchment area, who is experiencing distress and believes that receiving short-term, 24-hour peer support (average stay is 1-7 days) in an accepting environment would be helpful. Its mission is to turn what is often perceived as a crisis into a useful “learning and growth opportunity.” Afiya is located in a residential neighborhood of Northampton.

Phone: (413) 570-2990

Website: <http://www.westernmassrlc.org/afiya>

The Living Room (Springfield)

A peer support program provided by Behavioral Health Network, The Living Room is designed to provide a home-like environment for persons 18 and older in crisis, developing crisis or posts-crisis where they can regroup and get help. The program is run by certified peer specialists and does not require referrals, insurance, payment or provider involvement. Daybeds are available for persons wishing to rest or sleep, but The Living Room does not have private bedrooms or shower facilities. Visits are generally limited to 48 hours. The Living Room encourages individuals to contact staff directly.

21 Warwick Street, Entrance L

Springfield, MA 01104

Phone: (413) 310-3312

Website: <http://bhninc.org/addiction/emergency-services/the-living-room/>

The Living Room (Framingham)

For many people in crisis, connecting with another person with shared lived experience can be a vital factor on the journey to mental health and addiction recovery. The Living Room program, staffed entirely by trained, certified peer specialists, provides a 24-hour crisis alternative to emergency department visits and hospitalization. Located in Framingham, The Living Room is the only program of its kind accessible to people in the MetroWest and greater Boston areas. It is only the second of its kind in the entire state.

No referral is necessary. The Living Room is a service run by Advocates that is entirely voluntary. It focuses on respect, mutuality, and trust. Staff provide flexible and compassionate care, connection to a variety of recovery resources in the community, assistance with housing and employment, and participation in peer support groups. Together, people in recovery and peer professionals share with each other what is needed and available and build a sense of community.

284 Union Avenue

Framingham, MA 01702

Phone: (508) 661-3333

Email: LivingRoom@Advocates.org

Website: <https://www.advocates.org/services/livingroom>

The Peer-to-Peer Program

The Peer-to-Peer Program is provided by South Shore Mental Health. The Program was opened in 2013 to provide a safe and supportive environment for people 18 years and older. They can drop in and connect with other peers whose shared experiences. These peers can help them to work on their recovery and participate in a wide variety of activities. The program is based on the Living Room model and is staffed by peer specialists. The program is open Tuesdays through Fridays from 3-10 p.m., and Saturdays and Sundays from 10 a.m. to 10 p.m.

460 Quincy Ave.

Quincy, MA 02169

Phone: (617) 689-2599 or (617) 869-1677

Website: <http://www.ssmh.org/our-programs/adults/peer-to-peer-program/>

Peer-Run Warm Lines

Warm lines are peer-run listening lines staffed by people in recovery that give others an opportunity to connect and have someone to talk to. They are not crisis lines. A national database of peer-run warm lines is maintained at <http://www.warmline.org>. Warm lines in red indicate that they will take calls from persons living outside of their own areas. Here are the local listings:

The Peer Warm Line (Metro Boston Recovery Learning Community)

Phone: 877-PEER-LNE (733-7563)

Hours: Monday through Sunday, 4 - 8 p.m.

Website: <http://www.metrobostonrlc.org/warm-line.html>

Western Mass Peer Support Line

Toll-free: 1-888-407-4515

Hours: Friday through Monday, 8 p.m. to midnight

Website: <http://www.westernmassrlc.org/peer-support-line>

Edinburg Center Warmline

Phone: (617) 875-0748

Hours: Monday through Saturday, 5:30 - 9:30 p.m.

Assistance with Telephone Service

Many individuals find telephonic peer support to be helpful. The Lifeline Program is a federal program providing limited, monthly free phone service to eligible low-income households. For more information on program eligibility and available services visit <http://www.lifelinesupport.org/>.

Young Adult Resources

STEPS (Success Through Empowerment and Peer Support) Young Adult Resource Center

STEPS offers services and supports for all individuals ages 18-26, with no referrals needed. STEPS is peer-driven and provides a wide variety of social, creative, and supportive groups and activities. There is a welcoming environment that encourages individuals to “be okay with who they are.” STEPS also provides traditional assistance with referrals and connections to requested services.

12 Prescott Street

Arlington, MA 02474

Phone: (781) 646-2826

Hours: Monday, Tuesday, Thursday, 1 - 8 p.m.; Wednesday, 1-6 p.m., and Friday, 1 - 5 p.m.

Email: steps@waysideyouth.org

Website: <http://www.waysideyouth.org/OurServices/WaysideYoungAdultServices/STEPSYoungAdultResourceCenter.aspx> or

https://www.facebook.com/pg/STEPSyoungadultresourcecenter/about/?ref=page_intern

Tempo Young Adult Resource Center

Tempo Young Adult Resource Center offers services for individuals ages 16-25, with no referrals needed. Peer mentors at Tempo Young Adult Resource Center can provide support. The Center provides a wide range of services and assistance with accessing outside services and supports including housing, counseling, food stamps, and other benefits.

68 Henry Street

Framingham, MA 01702

Phone: (508) 879-1424

Fax: (508) 879-1460

Hours: Monday, 8 a.m. to 4 p.m.; Tuesday, 8 a.m. to 4 p.m.; Wednesday, 8 a.m. to 8 p.m.; Thursday, 8 a.m. to 4 p.m.; Friday, 8 a.m. to 2 p.m.

Website: <http://www.tempoyoungadults.org>

Speaking of Hope

Speaking of Hope is an online resource for young adults promoting recovery, resilience, and wellness. It is supported by The Transformation Center and the Massachusetts Department of Mental Health

Phone: (617) 626-8174

Email: Admin@hearvoices.org

Website: www.speakingofhope.org or <https://www.facebook.com/speakingofhopeproject/>

BAGLY, Inc. (Boston Alliance of Gay, Lesbian, Bisexual, Transgender Queer Youth)

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 the LGBTQ youth community. BAGLY works with youth age 29 and younger across Massachusetts providing leadership development, health promotion and services, social support, events, and the statewide GLBT Youth Group Network.

28 Court Square

Boston, MA 02108

Phone: (617) 227-4313

Fax: (617) 227-3266

Hours: Monday – Friday, 9 a.m. – 8 p.m.

Email: info@bagly.org

Website: <http://www.bagly.org>

**AGLY (Alliance of Gay, Lesbian, Bisexual, Transgender Youth) Network—
Massachusetts locations**

<https://www.bagly.org/the-agly-network/>

Gay-Straight Alliance Network - Massachusetts

<https://www.bagly.org/resourcesforyouth/>

Youth on Fire

Youth on Fire (YOF), a program of AIDS Action Committee of Massachusetts, is a drop-in center for homeless and street-involved youth, ages 14-24. It is located in Harvard Square, Cambridge. YOF provides a broad spectrum of vital services, supports and opportunities including hot meals, showers, mental health and medical services, housing search, peer outreach and education, and other supports.

1 Church Street

Cambridge, MA 02138

Phone: (617) 661-2508 or (617) 661-2805

Drop-in Hours: Monday, Wednesday, and Friday, 11 a.m. – 5:45 p.m.

Appointments can be made for Tuesday and Thursday, 11 a.m. – 5:45 p.m.

Email: yof@aac.org

Website: <http://www.aac.org/youth-on-fire/> or <https://www.facebook.com/YouthOnFireMA/>

Youth MOVE (Motivating Others through Voices of Experience) Massachusetts

Youth MOVE is a youth led organization devoted to improving the mental health system, advocating for youth rights, and empowering youth as equal partners in the process of change. Youth MOVE hosts peer-run support groups. The HOPE (Helping Others Promote Equality) Youth Group is for teens ages 13 and up. The YAYA (Young Adults & Youth Advocacy) Young Adult Group is a support and advocacy group for young adults ages 17 and older. The HOPE Youth Group meets every Tuesday at 5 p.m., and the YAYA group meets on the first and third Thursdays every month at 5 p.m. at Youth MOVE's Worcester office.

40 Southbridge Street, Suite 310

Worcester, MA 01608

Phone: (508) 767-9725

Email: YouthMOVEMassachusetts@gmail.com

Jonathan Mobley, Youth Move's Youth Coordinator, can be emailed at jmobley@ppal.net.

Website: <https://sites.google.com/a/ppal.net/youth-move-massachusetts/>

Facebook Page: <https://www.facebook.com/youthmovemassachusetts?ref=stream>

OTHER NON-CLINICAL, PEER-DRIVEN RESOURCES

Mental Health Recovery and the Wellness Recovery Action Plan (WRAP)

Most people are aware of WRAP as a crisis prevention plan, but WRAP is much more. WRAP facilitates a process where the person becomes familiar with personal triggers and warning signs, so that he or she can increase actions that maximize wellness.

A Wellness Recovery Action Plan (WRAP) is an evidence-based practice that is completely self-directed and voluntary. It includes writing a description of what one looks like when well and an inventory of personal strategies and resources that one finds helpful. Then one creates an action plan to use those resources to increase resilience and counteract challenging situations. The action plan is graduated to bring in more resources as circumstances or distress become more challenging. The final components of the WRAP, (if selected by an individual) include a form of an advanced directive, as well as a plan to discontinue the advanced directive plan once pre-determined markers have been achieved.

WRAP is based on five key concepts:

- Hope
- Personal Responsibility
- Education
- Self-Advocacy
- Support

Website: <http://www.mentalhealthrecovery.com>

Peer Support Whole Health and Resiliency Training (PSWHR)/Whole Health Action Management (WHAM)

WHAM and PSWHR are peer support wellness trainings that promote skill teaching for individuals. The training helps individuals to more effectively improve health resiliency and self-manage health conditions.

Many people who use services in the public mental health system have chronic physical health conditions, often related to metabolic syndrome. Yet making healthy changes, that a person integrates consistently over time, is a challenge for people. These classes support participants to be realistic in goal setting, to establish peer support as a strategy for health, and to consider setting health goals that increase resiliency factors particularly relevant for people with mental health conditions.

Basic tenets of these trainings include utilizing a person-centered planning process to identify health goals, setting goals that are engaging and manageable, and utilizing the Relaxation Response to promote resiliency through stress reduction. One foundation of the class is the recognition that it is easier to create new habits than to change old habits, that it is more effective to focus on what individuals wish to *create*, rather than what they “need” to *change*.

Phone: (202) 684-7457

Website: <http://www.integration.samhsa.gov/health-wellness/wham>

Clubhouses

Although Clubhouses are not strictly based on peer-support, they offer an opportunity for peers to come together in recovery-promoting environments organized around work and the relationships created through clubhouse membership. As noted elsewhere in this resource guide, clubhouses are a primary source of peer support for persons in dual recovery through its sponsorship and promotion of Dual Recovery Anonymous (DRA) meetings.

More information on clubhouses can be found on the Massachusetts Clubhouse Coalition website (www.massclubs.org) and on the International Center for Clubhouse Development (ICCD) website (<http://www.iccd.org>).

Listing of Massachusetts Clubhouses by Region:

Boston

Center Club (and Casa Primavera)

31 Bowker Street

Boston, MA 02114

Director: Mary Gregorio

Phone: (617) 788-1003 or (617) 788-1000

Fax: (617) 788-1080

Org: Bay Cove Human Services

Email: info@centerclubboston.org

Website: <http://www.centerclubboston.org/>

or <https://www.facebook.com/pages/Center-Club-Boston/105513792815005>

Transitions of Boston

1500 Dorchester Avenue

Dorchester, MA 02122

Director: Vinnette McKay

Phone: (617) 379-5661

Fax: (617) 541-6817

Org: Bay Cove Human Services

Email: vmckay@baycove.org

Website: <https://www.baycove.org/BCExternal/index.cfm?objectID=93EDF350-BE47-11E7-ADD20050569B465E>

MetroBoston**Atlantic House**

338 Washington Street

Quincy, MA 02169

Director: Janette Tibets

Phone: (617) 770-9660

Org: Vinfen

Email: Tibetsj@vinfen.org

Website: <http://www.atlanticclubhouse.org/>

Elliot House

255 Highland Ave.

Needham, MA 02494

Director: Alison Siersdale

Phone: (781) 449-1212

Fax: (781) 449-4064

Org: Riverside Community Care

Email: Asiersdale@riversidecc.org

Website: <http://elliiohouse.org>

Neponset River House

595 Pleasant Street

Norwood, MA 02062

Director: Danielle Ford-Allen

Phone: (781) 762-7075

Org: Riverside Community Care

Email: dfallen@riversidecc.org

Website: <http://www.neponsetriverhouse.org/>

Central

Employment Options Clubhouse

82 Brigham Street

Marlborough, MA 01752

Director: Liz Gulachenski

Phone: (508) 485-5051

Fax: (508) 485-8807

Org: Employment Options

Email: newmember@employmentoptions.org or lgulachenski@employmentoptions.org

Website: <http://www.employmentoptions.org/> or
<https://www.facebook.com/EmploymentOptions/>

Charles Webster Potter Place

15 Vernon Street

Waltham, MA 02453

Director: Judith Kellam

Phone: (781) 894-5302

Org: Edinburg

Email: jkellam@potterplace.org

Website: <http://www.edinburgcenter.org/charles-webster-potter-place/> or
<http://www.cwpotterplace.org>

Crossroads Clubhouse

11 Williams Street

Hopedale, MA 01747

Program Director: Lauren Baxter

Phone: (508) 473-4715

Org: Riverside Community Care

Email: lbaxter@riversidecc.org

Website: <http://www.crossroadsclubhouse.org/>

Elm Brook Place

4 A Street, 1st Floor

Burlington, MA 01803

Director: Carrie Endicott

Phone: (781) 202-3478

Fax: (781) 202-3481

Org: Eliot Community Human Services

Email: cendicott@eliotchs.org

Website: <http://www.elmbrookplace.org/>

Genesis Club, Inc.

274 Lincoln Street

Worcester, MA 01605

Acting Director: Ruth Osterman

Phone: (508) 831-0100

Org: Genesis Club

Email: training@genesisclub.org or ruth@genesisclub.org

Website: <http://www.genesisclub.org> or <https://www.facebook.com/genesisclubinc/>

Tradewinds

309 Main Street

Southbridge, MA 01550

Director: Brittany Walker

Phone: (508) 765-9947

Org: Viability

Email: tradewinds@hru.org or BWalker@viability.org

Website: <https://www.facebook.com/clubhousehru.tradewinds/>

Westwinds

545 Westminster Street

Fitchburg, MA 01420

Director: John DiPaoli

Phone: (978) 345-1581

Org: Community Health Link

Email: jdipaoli@communityhealthlink.org or westwinds@communityhealthlink.org

Website: <http://www.westwindsclubhouse.org/>

Northeast**Haverhill Clubhouse**

100 Locust Street

Haverhill, MA 01830

Director: Kerry Caraccio

Phone: (978) 521-6957

Org: Vinfen

Email: caracciok@vinfen.org

Website: <http://www.haverhillclub.org/>

Horizon House

78 Water Street

Wakefield, MA 01880

Director: Catherine Taatjes

Phone: (781) 245-4272

Fax: (781) 245-4276

Org: Riverside Community Care

Email: ctaatjes@riversidecc.org

Website: <http://www.horizonhouseclubhouse.org/>

Point After Club

15 Union Street, Suite #70 (lower level)
Lawrence, MA 01840
Director: Tom Coppinger
Phone: (978) 681-7753
Fax: (978) 681-5527
Org: Vinfen
Email: coppingerth@vinfen.org
Website: <http://www.pointafterclub.org/>

Renaissance Club

176 Walker Street, Second Floor
Lowell, MA 01854
Director: Elaine Walker
Phone: (978) 454-7944
Fax: (978) 937-7867
Org: Eliot Community Human Services
Email: Elaine@goodmentalhealth.net or renclublowell@gmail.com
Website: <https://www.renaissanceclublowell.org/> or <https://www.facebook.com/Renaissance-Club-106091496142394/>

Southeast**Anchor House**

2277 Purchase Street
New Bedford, MA 02746
Director: Paul Lavoie
Phone: (508) 984-4300
Fax: (508) 984-1453
Org: Fellowship Health Resources
Email: plavoie@fhr.net
Website: <https://www.fhr.net/our-services/clubhouses/anchorhouse>

Baybridge

278 Main Street
Hyannis, MA 02601
Director: Scott Conroy
Phone: (508) 778-4234
Org: Vinfen
Email: conroys@vinfen.org
Website: <http://www.baybridgeclubhouse.org/>

Corner Clubhouse

247 Maple Street

Attleboro, MA 02703

Director: Karen Therrien

Phone: (508) 222-9214

Fax: (508) 431-9919

Org: Fellowship Health Resources

Email: ktherrien@FHR.net

Website: <https://www.fhr.net/our-services/clubhouses/cornerclubhouse>

Cove Clubhouse

383 Route 28

Harwichport, MA 02646

Director: Sabrina Kreber

Phone: (508) 432-7774

Org: Vinfen

Email: Krebers@vinfen.org

Website: www.coveclubhouse.org

Fairwinds

155 Katherine Lee Bates Road

Falmouth, MA 02540

Director: Gerald McDowell

Phone: (508) 540-6011

Org: Fellowship Health Resources

Email: gmcowell@fhr.net

Website: <http://www.fhr.net/our-services/clubhouses/fairwinds>

Plymouth Bay House

340 Court Street

Plymouth, MA 02360

Director: Jaimee Provan

Phone: (508) 747-1115

Org: Vinfen

Email: provanj@vinfen.org

Website: <http://www.plymouthbayhouse.org/>

Towne House

1706 President Avenue

Fall River, MA 02720

Director: Tom Couhig

Phone: (508) 672-2023

Fax: (508) 672-2051

Org: Fellowship Health Services

Email: Tcouhig@fellowshiphr.org

Website: <https://www.fhr.net/our-services/fall-river>

Western

Forum House

55 Broad Street

Westfield, MA 01085

Director: Sally English

Phone: (413) 562-5293

Fax: (413) 562-9163

Org: Viability

Email: senglish@viability.org or forumhouse2@viability.org

Website: <http://www.hru.org/site/services/forum-house> or

<https://www.facebook.com/ForumHouse-Westfield-1645719352331285/>

Green River House

37 Franklin Street

Greenfield, MA 01301

Director: Kim Britt

Phone: (413) 772-2181

Fax: (413) 772-2032

Org: Clinical and Support Options

Email: Kbritt@csoinc.org or grh@csoinc.org

Website: <https://www.csoinc.org/community-based-programs> or

<https://www.facebook.com/Green-River-House-243007819087077/>

Lighthouse

1401 State Street

Springfield, MA 01109

Director: Toni Bator

Phone: (413) 736-8974

Fax: (413) 785-5030

Org: Viability

Email: tbator@viability.org

Website: <http://www.hru.org/site/services/lighthouse>

Star Light Center

251 Nonotuck Street

Florence, MA 01062

Director: Evan Kerke

Phone: (413) 586-8255

Fax: (413) 586-8311

Org: Viability

Email: Ekerke@viability.org

Website: <http://www.hru.org/site/services/358-2/>

Odyssey House

474 Appleton Street

Holyoke, MA 01040

Director: Jillian Cunningham

Phone: (413) 538-4377

Fax: (413) 538-4355

Org: Viability

Email: jcunningham@viability.org

Website: <http://www.hru.org/site/services/2008-2/> or

<https://www.facebook.com/Odyssey-Clubhouse-644025472417561/>

Quabbin House

25 West Main Street

Orange, MA 01364

Director: Rich Stemm

Phone: (978) 544-1859

Fax: (978) 544-1860

Org: Clinical Support Options

Email: info@csoinc.org

Website: <https://www.csoinc.org/community-based-programs>

Berkshire Pathways

199 B South Street

Pittsfield, MA 01201

Director: David Brien

Phone: (413) 464-7949

Fax: (413) 464-7942

Org: Viability

Email: dbrien@viability.org

Website: <https://www.facebook.com/BerkshirePathways/>

CROSS-DISABILITY/MISCELLANEOUS RESOURCES FOR PEERS

Independent Living Centers

Independent Living Centers have been providing their core services of information and referral, independent living skills training, peer counseling and individual and systems advocacy since the first center was started in Berkeley, California in 1972.

Independent Living Centers are run and controlled by persons with disabilities. A basic tenet of the Independent Living movement is that support and role modeling by someone who has faced similar situations and challenges are invaluable resources in assisting persons with disabilities gain control and independence over their lives.

Independent Living Centers offer services to persons across the disability spectrum, including psychiatric disabilities, and are located throughout the state of Massachusetts and the rest of the country. Locally, the Massachusetts Independent Living Centers receive significant funding through the Massachusetts Rehabilitation Commission and are located in the following communities:

Ad-Lib, Inc. – Pittsfield

Joseph Castellani, Jr., Executive Director
215 North Street
Pittsfield, MA 01201
Phone: (413) 442-7047
Fax: (413) 443-4338
Email: jcastellani@adlibcil.org or adlib@adlibcil.org
Website: <https://www.adlibcil.org/>

STAVROS – Amherst

Jim Kruidenier, Executive Director
210 Old Farm Road
Amherst, MA 01002
Phone: (413) 256-0473
Toll-free: 1-800-804-1899
Email: jkruidenier@stavros.org or info@stavros.org or aramirez@stavros.org
Website: www.stavros.org or <https://www.facebook.com/stavros413/>

Center for Living and Working, Inc. – Worcester

Meg Coffin, Executive Director

484 Main Street, Suite 345

Worcester, MA 01608

Phone: (508) 798-0350

Video Phone: 508-762-1164

TTY: (508) 755-1003

Toll-free: (800) 570-4020

Fax: (508) 797-4015

Email: mcoffin@centerlw.org or opsearch@centerlw.org

Website: <http://www.centerlw.org/> or <https://www.facebook.com/CenterForLivingAndWorking/>

Boston Center for Independent Living – Boston

Bill Henning, Executive Director

60 Temple Place, 5th Floor

Boston, MA 02111

Phone: (617) 338-6665

Toll-Free: 1-866-338-8085

TTY: (617) 338-6662

Fax: (617) 338-6661

Email: bhenning@bostoncil.org

Website: <https://bostoncil.org/>

Cape Organization for the Rights of the Disabled – Hyannis

Coreen Brinckerhoff, Chief Executive Officer

106 Bassett Lane

Hyannis, MA 02601

Phone: (508) 775-8300

Toll-free: 1-800-541-0282

Fax: (508) 775-7022

V/TTY (508) 775-8300

Email: cordinfo@cilcapecod.org

Website: <http://www.cilcapecod.org> or <https://www.facebook.com/CORD-Cape-Organization-for-Rights-of-the-Disabled-324328718079/>

Independence Associates, Inc. – East Bridgewater

Steve Higgins, Executive Director

100 Laurel Street, Suite 122

East Bridgewater, MA 02333

Phone: (508) 583-2166

Toll-free: 1-800-649-5568

Fax: (508) 583-2165

Email: shiggins@iacil.org or info@iacil.org

Website: <https://www.iacil.org/>

Independent Living Center of the North Shore and Cape Ann, Inc. – Salem

Lisa Orgettas, Executive Director

27 Congress Street, Suite 107

Salem, MA 01970

Phone: V/TTY: (978) 741-0077

Email: lorgettas@ilcnsca.org or information@ilcnsca.org

Website: <https://ilcnsca.org/> or <https://www.facebook.com/ILCNSCA/>

MetroWest Center for Independent Living – Framingham

Paul Spooner, Executive Director

280 Irving Street

Framingham, MA 01702

Phone: (508) 875-7853

Fax: (508) 875-8359

Email: pspooner@mwcil.org or info@mwcil.org

Website: <https://www.mwcil.org/> or <https://www.facebook.com/MWCIL/>

Northeast Independent Living Center – Lawrence

June Sauvageau, Chief Executive Officer

20 Ballard Road

Lawrence, MA 01843

Phone: V/TTY: (978) 687-4288

Video Phone: (978) 237-5699

Fax: (978) 689-4488

Email: jsauvageau@nilp.org or help@nilp.org

Website: www.nilp.org or

<https://www.facebook.com/TheNortheastIndependentLivingProgramInc>

Southeast Center for Independent Living – Fall River

Lisa Pitta, Executive Director

66 Troy Street, Suite #3

Fall River, MA 02720

Phone: (508) 679-9210

Fax: (508) 677-2377

Email: lpitta@secil.org or scil@secil.org

Website: <http://www.secil.org/> or <https://www.facebook.com/SCILinc/>

MISCELLANEOUS RESOURCES

Massachusetts Advocacy and Legal Resources

- **Disability Law Center of Massachusetts:** <https://www.dlc-ma.org/>
- **Mental Health Legal Advisors Committee (MHLAC):** <http://www.mhlac.org/>

Other Local Peer Resources

Jonathan O. Cole Resource Center

Contact: Joanne Grady-Savard, Executive Director
Cole Resource Center
deMarneffe Building, Room 120A
115 Mill Street
Belmont, MA 02478
Phone: (617) 855-3298
Fax: (617) 855-3666
Email: info@coleresourcecenter.org
Website: <http://www.coleresourcecenter.org>

DBSA (National Depression and Bipolar Support Alliance)

55 E. Jackson Blvd, Suite 490
Chicago, Illinois 60604
Toll-free Phone: 1-800-826-3632
Fax: (312) 642-7243
Email: info@dbsalliance.org
Website: <http://www.dbsalliance.org>

DBSA-Boston (Depression and Bipolar Support Alliance of Boston)

Contact: Lillian Cravotta-Crouch, President
P.O. Box 102
115 Mill Street
Belmont, Mass 02478
Phone: (617) 855-2795
Fax: (617) 855-3666
Email: info@dbsaboston.org or lillianc@dbsaboston.org
Website: <http://www.dbsaboston.org/> or <https://www.facebook.com/BostonDBSA>

NAMI Greater Boston Consumer Advocacy Network

NAMI provides a weekly volunteer staff meeting open to all peers and a monthly business meeting with speakers and food. NAMI mentors people to work in human services, does advocacy work, and implements NAMI peer run programs: NAMI Connection support groups, In Our Own Voice speakers, and PEER to PEER educational classes.

Contact: Howard D. Trachtman, BS, CPS, CPRP

Erich Lindemann Building, Plaza Level

25 Staniford Street

Boston, MA 02114

Phone: (781) 642-0368

Email: info@namigbcan.org

Website: <http://namigbcan.org/>

Hearing Voices Network USA

Hearing Voices Peer Services is an organization that connects those who are living with seeing visions, hearing voices, and other unusual experiences. They help provide resources and nationally, and have support groups in local neighborhoods.

Email: info@hearingvoicesusa.org

Website: <http://www.hearingvoicesusa.org/>

Deaf and Hard of Hearing Recovery Project

Contact: Marnie Fougere

Video Phone: (617) 606-7508

Email: info@transformation-center.org or marnief@transformation-center.org

Website: <http://transformation-center.org/home/community/deaf-and-hard-of-hearing-recovery-project/>

Black Voices United in Recovery

Contact: Valeria Chambers

Phone: (617) 442-4111, Ext. 322

Email: valeriac@transformation-center.org

Website: <http://transformation-center.org/home/community/consumers-of-color-peer-networking-project/>

Latinos en Acción

Contact: Catherine Quinerly

Phone: (617) 442-4111

Email: catherineq@transformation-center.org

Website: <http://transformation-center.org/latino/>

Opening Doors to the Arts (ODA)

Opening Doors to the Arts obtains free and reduced price tickets and access to concerts, theater, and the occasional sporting events through the connection it maintains with over 20 venues. Typically, several different events are available every week.

Contact: Howard D. Trachtman, BS, CPS, CPRP or Norma Heath

Phone: (781) 642-0368

Email: howard@openingdoorstothearts.org or norma@openingdoorstothearts.org

Website: <http://www.openingdoorstothearts.org>

Two Hats Networking Dinners (Twohats)

This dinner was established as a support network for people with mental health challenges who were working in human services and were afraid of coming out to their employer. Today, many people considering working or volunteering in peer support come as well. All peers are welcome to attend.

Contact: Howard D. Trachtman, BS, CPS, CPRP

Phone: (781) 642-0368

Email: hdt@mit.edu

Website: www.twohats.org

Other National Peer Resources

Crisis Text Line

The Crisis Text Line is a free texting service run by DoSomething.org, to help those experiencing a crisis. The line is available 24 hours a day, seven days a week. If you text **HOME** to 741741, a trained volunteer counselor will receive the message and assist immediately.

Phone: Text **HOME** to 741741

Website: <https://www.crisistextline.org/>

Peer-run National Technical Assistance Centers

- **The National Empowerment Center:**
<http://www.power2u.org/>
- **STAR Center** (Support, Technical Assistance and Resources):
<http://www.consumerstar.org>
- **Peerlink Technical Assistance Center**, a project of MHA of Oregon:
<http://www.peerlinktac.org/>
- **Consumer Supporter Technical Assistance Center - The Family Café:**
<http://cafetacenter.net/>
- **Doors to Wellbeing National Technical Assistance Center**, established by The Copeland Center for Wellness and Recovery:
<http://www.doorstowellbeing.org/>
- **The National Mental Health Consumers' Self-Help Clearinghouse:**
<http://www.mhselfhelp.org/>
(*Still in operation although no longer funded by SAMHSA)