

Cape Cod Resources and Information: Substance Use

Information and Services:

MA Substance Abuse Information and Education Helpline – Confidential information and treatment options. (800) 327-5050 (TTY 800-439-2370)
www.helpline-online.com

Stop Addiction – Online information about opioid addiction, tips for parents for talking to kids, information on Narcan, and links and resources for getting help.
www.mass.gov/eohhs/gov/departments/dph/stop-addiction/

Healthy Connected Cape Cod – Local, online clearinghouse for human service resources.
www.HealthyConnectedCapeCod.org

Massachusetts Organization for Addiction Recovery (MOAR) – State wide organization to organize and educate the public about the value of recovery. Please visit www.moar-recovery.org

Bureau of Substance Abuse Services, MA Department of Public Health – For more information, including downloadable publications, information on state-wide initiatives, and statistics:
www.mass.gov/dph/bsas

Opioid Overdose Education/ Naloxone Training - Naloxone is a non-addictive drug that can temporarily reverse the effects of an opiate overdose. Available at:

- Hyannis AIDS Support Group of Cape Cod - 428 South Street, 866-990-2437 or 508-778-1954
- Narcan training and distribution is available at weekly Learn to Cope meetings, more information at www.learn2cope.org
- Local Walgreens or CVS* pharmacies, no prescription is needed

*CVS Narcan program is currently in development, please call ahead.

Local Groups/Meetings:

Parent Support Groups

Learn to Cope - Learn to Cope is a support group for parents, family members, spouses, and caregivers who have a family member who is addicted to opiates, alcohol, or other drugs.

Learn to Cope offers experienced facilitators, resources, informational material, guest speakers, overdose education, and Narcan enrollment at all weekly meetings.

Weekly meetings are held on Tuesdays 7:00-8:30 PM at the Yarmouth Police Station, One Brad Erickson Way. For more information call (508) 738-5148 or visit www.learn2cope.org.

Parents Supporting Parents - Parents Supporting Parents is a group of people who have come together as parents and family members coping and dealing with children/loved one's addiction.

Weekly meetings are held on Monday 6:30-8:30 PM at the Mashpee Chamber of Commerce, 5 Bates Road, Mashpee, MA 02649.

Gosnold Family Support Groups

The Gosnold Reaching Out program is a resource for family members and loved ones affected by addiction. It assists the family at all stages of addiction through education, intervention, and support.

Information and Education Forums help family members gain a basic understanding of the signs and symptoms of addiction, treatment options, and stages of recovery.

Tuesday 6:00-7:30 PM Gosnold Counseling Center 1185 Falmouth Road Centerville, MA 02632	Wednesday 6:00-7:30 PM Gus Cauty Community Center 790 Main Street Falmouth, MA 02540
Sunday 1:00-2:30 PM Scituate Senior Center 27 Brook Street Scituate, MA 02066	Sunday 4:00-5:00 PM (Educational Group) Falmouth Hospital - Faxon Center 100 Ter Heun Drive Falmouth, MA 02540

For more
information contact
Mary Fisher
844-558-4357 or
mfisher@gosnold.org

Twelve-Step Family Groups

Alateen - Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. For more information, call 508-366-0556 or visit www.capeteens.com.

Al-Anon - We are a fellowship of men, women, and children who share our experience, strength and hope in order to solve our common problems. The primary purpose of Al-Anon/Alateen is to help families and friends of alcoholics. For more information, visit www.ma-al-anon-alateen.org

Nar-Anon - Nar-Anon Family Groups is a twelve step fellowship that offers a recovery program for those affected by someone's addiction. The only requirement for membership is that there be a problem of addiction in a relative or friend. For more information, visit www.nar-anon.org

Mutual Support Groups

Mothers Helping Mothers

Mothers Helping Mothers is a support group for women struggling with the emotional difficulties associated with addiction and recovery during the pregnant and postpartum phases of life.

Free childcare is provided during the meetings by The Children's Study Home. Anyone planning on attending the meeting and needing childcare is asked to call ahead. All ages are welcome.

Weekly meetings are held every Tuesday 7:30-9:00 PM at the John Wesley Methodist Church in Falmouth at 270 Gifford Street and every Monday 5:30-7:00 PM at the Federated Church in Hyannis at 320 Main Street. For more information, contact Deborah (774) 392-0446 or Danielle (508) 209-7533.

Alcoholics Anonymous - Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. www.capecodaa.net

Narcotics Anonymous - NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. www.nerna.org



Barnstable County Regional Substance Abuse Council

Contact Us

3195 Main Street, PO Box 427
Barnstable, MA 02630
(508) 375-6628
(508) 362-5855 (TTY)

www.BCHumanServices.net
[www.Facebook.com/CapeCodSAC](https://www.facebook.com/CapeCodSAC)

Stay in Contact with the Substance Abuse Council

The e-Newsletter from the Barnstable County Regional Substance Abuse Council is designed to provide timely information on substance abuse and other related topics for people living and working in Barnstable County.

To receive our e-newsletter, visit us at
www.bchumanservices.net/community-partners/regional-substance-abuse-council/

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