



Addiction and Mental Health Recovery Peer Support Resource Guide

Index

Addiction/Dual Recovery Peer Supports

Peer Recovery Support Centers	page 3
Family Resources	page 8
Dual Recovery Anonymous	page 8
Massachusetts Organization for Addiction Recovery (MOAR)	page 9
Online Resources for Persons who are Deaf or Hard of Hearing	page 9

Mental Health Recovery Peer Supports

The Transformation Center	page 9
Recovery Learning Communities	page 10
Peer-Run Respite	page 18
Peer Run Warm-Lines	page 19
Young Adult Resources	page 20

Other Non-Clinical Peer-Driven Resources

WRAP/WHAM	page 23
Clubhouses	page 24

Cross-Disability/Miscellaneous Resources

Independent Living Centers	page 32
Miscellaneous Resources	page 35

Addiction/Dual Recovery Peer Supports

Peer Recovery Support Centers

Funded by the Department of Public Health, the community-based Peer Recovery Support Centers provide 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 members helping to choose, plan, and run the activities offered. There are now 26 BSAS-funded centers throughout the Commonwealth, as 16 additional Peer Recovery Support Centers were funded in 2019 to join the original 10. The new centers are currently in various stages of development. Below is a listing of current information on the Peer Recovery Support Centers as of January 2020.

Western Massachusetts

Recover Project

Contact: Peggy Vezina, Program Director

68 Federal Street

Greenfield, MA 01301

Phone: (413) 774-5489 x103

Fax: (413) 774-6039

Email: pvezina@wmtcinfo.org

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

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/>

Springfield Recovery Support Center

383 Union Street

Springfield, MA 01105

Phone: (413) 507-3635

Living in Recovery

81 Linden Street

Pittsfield, MA 01201

Phone: (413) 320-3546

Website: <https://www.servicenet.org/services/addiction-services/living-in-recovery/> or

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

Northampton Recovery Center

2 Gleason Plaza
Northampton, MA 01060
Phone: (413) 834-4127
Website: <https://www.northamptonrecoverycenter.org/>

Central Massachusetts

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/>

No One Walks Alone (NOWA)

Contact: Rebecca Zwicker, Program Director
76 Church Street, Suite 301
Whitinsville, MA 01588
Phone: (508) 488-5096
Email: rzwicker@familycontinuity.org
Website: <https://www.facebook.com/NOWARSC>

Alyssa's Place

297 Central Street
Gardner, MA 01440
Phone: (978) 364-0920
Website: <https://www.facebook.com/pages/category/Community/Alyssas-Place-Peer-Recovery-and-Resource-Center-1036671136361774/>

Northeast Massachusetts

New Beginnings Peer Recovery Center

Contact: Joanna Morillo, Program Director
487 Essex Street
Lawrence, MA 01840
Phone: (978) 655-3674
Fax: (978) 258-4355
Email: joanna.morillo@spectrumhealthsystems.org
Website: <http://www.newbeginningsprc.org/> or
<https://www.facebook.com/NewBeginningsPeerRecoveryCenter/>

Lowell Recovery Café

Contact: Rich Hollett, Program Director
20 Williams Street
Lowell, MA 01852
Phone: (617) 285-6386
Email: rhollett@lowellhouseinc.org

Lynn Peer Recovery Support Center – Coming Soon

Malden Peer Recovery Support Center – Coming Soon

Metro West Massachusetts

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
Website: <http://www.therecoveryconnection.org/> or
<https://www.facebook.com/TheRecoveryConnection.org/>

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/>

Walpole Recovery Center

Contact: Cory O'Brien, Director
32 Common Street
Walpole, MA 02081
Phone: (508) 668-3960
Email: cobrien@baystatecs.org
Website: <https://www.facebook.com/Walpole-Recovery-Center>

Framingham Recovery Center – Coming Soon

Southeast Massachusetts

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

Contact: Brian Robbins, Director

209 Main Street

Hyannis, MA 02601

Phone: (508) 827-6150

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

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

Stairway to Recovery

Contact: Efrain Baez, Program Director

142 Crescent Street

Brockton, MA 02302

Phone: (774) 257-5660

Email: ebaez@gandaracenter.org

Website: <https://gandaracenter.org/stairway-to-recovery/> or <https://www.facebook.com/Stairway2Recovery>

Peer2Peer

Contact: Mike Bryant, Director

175 North Main Street

Fall River, MA 02720

Phone: (508) 567-5086

Email: mbryant@steppingstoneinc.org

Website: <https://www.facebook.com/P2PRSC/>

Martha's Vineyard Recovery Center – Coming Soon

Contact: Jeremy Norton, Director

Beach Road

Oak Bluffs, MA 02557

Phone: (508) 693-7900

Plymouth Recovery Center

Contact: Dan Kelly, Director

5 Main Street

Plymouth, MA 02360

Email: dkelly@gandaracenter.org

New Bedford Recovery Center - Coming Soon

Boston Area

STEPRox

Contact: Loretta Leverett, Director

1427 Blue Hill Avenue (Temporary Address**)

Mattapan, MA 02126

**Moving to a new location on Blue Hill Avenue soon

Phone: (617) 442-7837

Email: lleverett@northsuffolk.org

Website: <http://northsuffolk.org/services/addiction-services/recovery-support/> or
<https://www.facebook.com/steproxrecoverycenter>

Devine Recovery Center

Contact: Jen Callahan, Program Director

70 Devine Way

South Boston, MA 02127

Phone: (857) 496-1384 x601

Fax: (857) 496-0177

Email: devinerecoverycenter@gmail.com or JenCallahan@GavinFoundation.org

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

St. Francis House

Contact: Efrain Lozada, Director

39 Boylston Street

Boston, MA 02116

Phone: (617) 542-4211

East Boston Recovery Center (North Suffolk Mental Health) - Coming Soon

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, 8 a.m. – 5 p.m.

Open NA Meetings: Monday - Friday, 9 – 10 a.m., and 12 – 1 p.m.

Living Sober meetings Mondays and Wednesdays 1:15 – 2 p.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 around 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
Fax: (617) 423-6626
Email: maryanne@moar-recovery.org
Website: <http://www.moar-recovery.org>

Online Resources for Persons Who Are Deaf or Hard of Hearing

Online Deaf and Hard of Hearing 12-Step Meeting List:

http://aa-intergroup.org/directory_dhoh.php

Deaf off Drugs and Alcohol (DODA):

<https://www.facebook.com/Deaf-Recovery-DODA-112334123604/>

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, works to expand availability of WRAP classes and facilitator training, and supports other training, support and policy advocacy initiatives.

Contact: Brenda Vezina, Executive Director
209 Shrewsbury Street
Worcester, MA 01604
Phone: (508) 751-9600
Fax: (508) 751-9601
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.

Wildflower Alliance (formerly 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@wildfloweralliance.org

Website: <https://www.wildflower-alliance.org>

The Wildflower Alliance has four parts: peer-to-peer supporters, alternative healing practices, advocacy, and learning and growth opportunities. In addition to what is listed below, peer supports include a bridging team that goes into several local jails and hospitals to offer support to people transitioning back to community. It also offers a variety of groups, tenancy preservation supports, and more. As a part of their learning and growth opportunities, they offer a variety of trainings and events, including Career Initiative grants for individuals with small business ideas. Most recently, they have begun a new project (working title: Empowering Individuals with Lived Experience) that will focus state-wide on reaching people who've been marginalized based not only on their psychiatric history, but also on their gender, sexual orientation, race, disability status, and other identities that commonly limit people's access to resources and full community participation.

** If you are having trouble with the contact information listed above, please try the original emails (name@westernmassrlc.org) and original website (www.westernmassrlc.org).*

Wildflower Alliance Community Centers are located at:

Holyoke Center

Contact: Chris Carlton, Community Coordinator
199 High Street
Holyoke, MA 01040
Phone: (413) 539-5941
Toll-Free: 1-866-641-2853
Fax: (413) 493-7810
Email: chris@wildfloweralliance.org
Website: <http://www.wildflower-alliance.org/holyoke>

Springfield Center (Bowen Resource Center)

Contact: Mike Cook, Community Coordinator
235 Chestnut Street
Springfield, MA 01103
Phone: (413) 372-5652
Email: michael@wildfloweralliance.org
Website: <http://www.wildflower-alliance.org/springfield>

Greenfield Center

Contact: Calvin Moen, Community Coordinator
20 Chapman Street
Greenfield, MA 01301
Phone: (413) 772-0715
Email: calvin@wildfloweralliance.org
Website: <http://www.wildfloweralliance.org/greenfield> or
<https://www.facebook.com/groups/rlcgreenfield/about/>

Pittsfield Center

Contact: Jean-Marie, Community Coordinator
361 North Street
Pittsfield, MA 01201
Phone: (413) 464-9807
Email: jeanmarie@wildfloweralliance.org
Website: <http://www.wildflower-alliance.org/pittsfield>

Central Massachusetts Recovery Learning Community (RLC)

The Kiva Center

Contact: Brenda Vezina, Executive 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: <https://www.centralmassrlc.org> or <https://www.facebook.com/kivacenter/>
The Kiva Center is open Mondays through Thursdays from 9 a.m. – 3:30 p.m. and Fridays from 12 – 6 p.m.

Kiva Metro West Access Center

Please note that this RLC site is only open on Tuesdays and Thursdays from 10 a.m. to 2 p.m.

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

855 Worcester Road, Suite 12 (Trolley Square Plaza)

Framingham, MA 01701

Phone: (508) 626-2206

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

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

Kiva South County Site

Please note that this RLC site is only open on Mondays from 11 a.m. to 8 p.m.

Contact: Jasmine Quinones, Program Coordinator

346 Main Street

Southbridge, MA 01550

Phone: (508) 765-6670 or (508) 751-9600

Email: jasmine.quinones@centralmassrlc.org

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

Additionally, Kiva support groups take place in the following communities:

Fitchburg, Leominster, Gardner, Hudson: <http://www.centralmassrlc.org/areas/north/>

South County area (Southbridge to Milford):

<http://www.centralmassrlc.org/areas/south/>

Natick, Marlborough: <http://www.centralmassrlc.org/areas/framingham/>

Norwood: <http://www.centralmassrlc.org/areas/canton/>

For Young Adults:

Zia Young Adult Access Center and Advocacy Network, a partnership between the Kiva Center and Open Sky, offers peer support and community and resource connections for young adults ages 16-22. More information is available in the Young Adult Resources section.

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/NortheastIndependentLivingProgram/>

Northeast RLC Hubs are located at:

Essex North Hub

Contacts: Mike Berggren, Essex North/Greater Lowell Hub Manager or
Lisa Rivard, Peer Specialist
20 Ballard Road
Lawrence, MA 01843
Telephone: (978) 687-4288, Ext. 200 or Ext. 140
Email: mberggren@nilp.org or lrivard@nilp.org

Greater Lowell Hub

Contact: Mike Berggren, Essex North/Greater Lowell Hub Manager or
David Carignan, Peer Specialist
35 John Street, 2nd Floor
Lowell, MA 01852
Telephone: (978) 687-4288, Ext. 200 or Ext. 140
Email: mberggren@nilp.org or dcarignan@nilp.org

Metro North Hub

Contact: Rachely Ramos, Metro North/Acton Hub Manager
40 Eastern Avenue, Suite 318
Malden, MA, 02148
Telephone: (978) 687-4288, Ext. 201
Email: rramos@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. 203
Email: aorfanos@nilp.org or gmcmanamy@nilp.org

North Shore Area

Contacts: Mandy Orfanos, North Shore/Lynn Hub Manager
Telephone: (978) 687-4228, Ext. 203
Email: aorfanos@nilp.org

Acton Area

Contact: Rachely Ramos, Metro North and Acton Hub Manager
Telephone: (978) 687-4288, Ext. 201
Email: rramos@nilp.org

Transitional Age Youth (TAY) Peer Support

Contact: Rachely Ramos, Metro North and Acton Hub Manager for assistance
Location: Northeast Area Wide
Telephone: (978) 687-4288, Ext. 201
Email: rramos@nilp.org

Older Adult Peer Support

Contact: Joanne Wolf, Older Adult Peer Specialist

Location: Northeast Area-Wide

Telephone: (978) 687-4288, Ext. 202

Email: jwolf@nilp.org

Metro-Boston Recovery Learning Community (RLC)

The Metro Boston Recovery Learning Community has five recovery centers and a peer support line (see listing under Peer Run Warm Lines). Metro Boston RLC Recovery Centers are located at:

Boston Resource Center (BRC)

Contact: Howard D. Trachtman, Director of Constituent Affairs

85 East Newton Street, Ground Floor

Boston, MA 02118

Phone: (781) 642-0368

Fax: (617) 414-1975

Email: info@metrobostonrlc.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>

Peer Support Network

Contact: Karen Kugel, Director

31 Bowker Street, 5th floor

Boston, MA 02114

Phone: (617) 788-1034

Email: psn@baycove.org or kkugel@baycove.org

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

Dorchester satellite (*Saturdays only, 10 a.m. – 3 p.m.)

1500 Dorchester Avenue

Dorchester, MA 02122

Phone: (617) 788-1034

Email: psn@baycove.org or kkugel@baycove.org

**To gain access to the building and for programming and other information please call (617) 788-1034.*

Hope Recovery Learning Center

Contact: Julie Anne Entwistle, Center Coordinator or Zohreh King, Director of Recovery
The DMH Erich Lindemann Mental Health Center

25 Staniford Street (plaza level)

Boston, MA 02114

Phone: (617) 912-7867

Email: Zking@northsuffolk.org

Website:

https://link.zixcentral.com/u/fbd36cb2/yvfJbbM_6hGVjaXQIYY8jw?u=http%3A%2F%2Fwww.metrobostonrlc.org%2Fhope.html

South East Recovery Learning Community (RLC)

Contact: Sandra Whitney Sarles, Director

c/o 106 Bassett Lane

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:

Fall River RCC

Contact: Niki Fontaine, Area Program Director

649 Bedford Street

Fall River, MA 02720

Phone: (508) 675-3137

Email: fontainen@vinfen.org

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

Hyannis RCC

Contact: Jason Raineri, Area Program Director

106 Bassett Lane

Hyannis, MA 02601

Telephone: (508) 815-5218

Email: rainerij@vinfen.org

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

Brockton RCC

Contact: Janet Ransom, Area Program Director

730 Belmont Street

Brockton, MA 02301

Phone: (508) 857-0316

Email: janetransom@bamsi.org

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

Quincy RCC

Contact: Abigail Gascoyne, Area Program Director

1458 Hancock Street

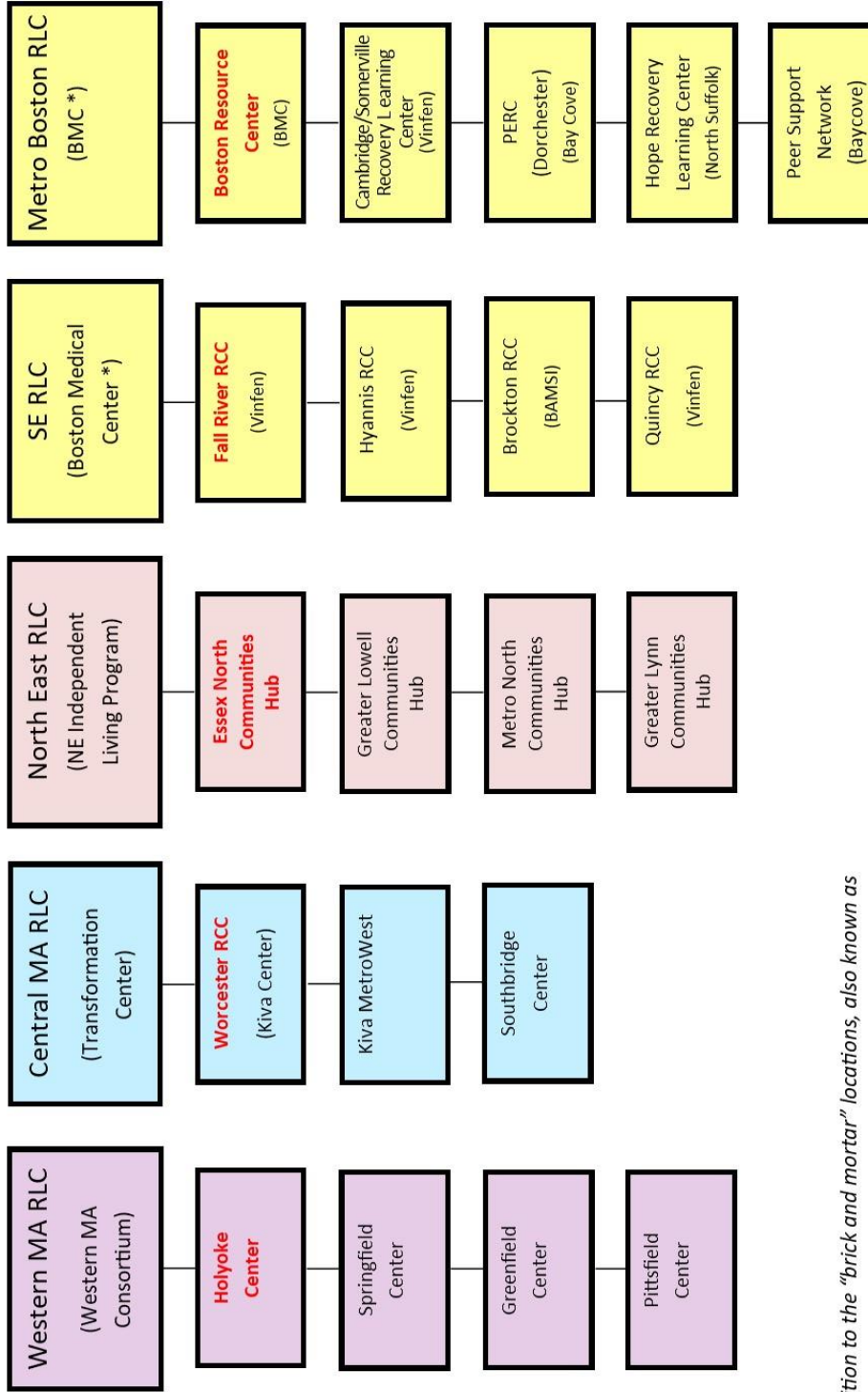
Quincy, MA 02169

Phone: (617) 405-5263

Email: gascoyne@vinfen.org

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

The Five Recovery Learning Communities and Their Locations



* SE RLC and MetroBoston RLC funded through BMC with partner auspice agencies

In addition to the “brick 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/Crisis Alternatives

Afiya Peer Respite

Afiya is the first peer-run respite in Massachusetts and is run by the Wildflower Alliance/Western Mass Recovery Learning Community. It is open to anyone age 18 or older, from the Central or Western regions of the state, who is experiencing distress and believes that staying in a peer supported environment would be helpful to them. The average stay is 1-7 nights. Ultimately, Afiya's 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.

Contact: Ephraim Akiva, Director

Phone: (413) 570-2990

Email: ephraim@wildfloweralliance.org

Website: <http://www.wildflower-alliance.org/afiya>

(If having trouble contacting Afiya through listed email and website, please try ephraim@westernmassrlc.org and www.westernmassrlc.org/afiya while transition to the new organizational name is in progress.)

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 post-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 24 hours. The Living Room encourages individuals to contact staff directly.

21 Warwick Street, Entrance L

Springfield, MA 01104

Phone: (413) 310-3312

Website: <https://www.bhninc.org/services-and-programs/emergency-services/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 Metro West 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: TheLivingRoom@Advocates.org

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

Peer Support Resource Guide

The Greenfield Living Room

The Greenfield Living Room is a peer-led, daytime support and diversion program that can be accessed without an appointment, regardless of insurance, and without lengthy intake forms and paperwork. It is a warm, inviting, substance-free environment for individuals 18 years or older experiencing emotional distress.

Focused on hope, respect, and trust, the Greenfield Living Room is staffed by people with lived experience who can provide a compassionate and trauma-sensitive space. Resources include social and peer support, as well as assistance with health, housing, and employment issues. The Greenfield Living Room offers a kitchen for snacks, as well as on-site laundry, shower, and bathroom facilities. The program is open Tuesday–Saturday from 10 a.m. to 6 p.m.

140 High Street
Greenfield, MA 01301
Phone: (413) 775-6760

The Peer-to-Peer Program

The Peer-to-Peer Program at Aspire Health Alliance (formerly South Shore Mental Health) functions as a peer driven “drop-in” center for adults 18 years and older. The program’s mission is to provide a safe and supportive environment where peer visitors can connect with others whose shared experiences help them work through various stages of their recovery. The program offers support to individuals living with mental illness in the evenings and weekends, when access to mental health services are unavailable. The program is open Tuesday through Friday from 3-10 p.m. and Saturdays and Sundays from 10 a.m. to 10 p.m.

460 Quincy Avenue, Main Floor
Quincy, MA 02169
Phone: (617) 689-2599

Website: <https://www.aspirehealthalliance.org/our-programs/for-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 Support Line (Metro Boston Recovery Learning Community)

Phone: 877-PEER-LNE (733-7563)
Hours: Monday through Sunday, 4 – 7:45 p.m.
Website: <http://www.metrobostonrlc.org/warm-line.html>

Western Mass Peer Support Line

Toll-free: 1-888-407-4515
Hours: Monday through Thursday from 7 - 9 p.m., and Friday through Sunday, 7 – 10 p.m.
Website: <http://www.wildfloweralliance.org/peer-support-line>
(If having trouble contacting the Western Mass Peer Support Line through the listed website, please try www.westernmassrlc.org/peer-support-line. Transition to the new name is currently in progress.)

Edinburg Center Warmline

Phone: (617) 875-0748

Hours: Monday, Tuesday, Thursday, Friday, and 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

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

STEPS offers services and supports for all individuals ages 18-26, with no referrals needed. STEPS is a peer-driven center that provides a wide variety of social, creative, and supportive groups and activities. STEPS provides a supportive environment that encourages people to fully be themselves. The community is committed to empowering each other to reach personal goals and aspirations. STEPS also provides traditional assistance with referrals and connections to requested services.

12 Prescott Street

Arlington, MA 02474

Phone: (781) 646-2826

Hours: Monday through Thursday, 1 - 7 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, Tuesday, Thursday, 8 a.m. to 5 p.m.; Wednesday, 8 a.m. to 8 p.m.; Friday, 10 a.m. to 4 p.m.; Saturday, 10 a.m. to 2 p.m.

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

Zia Young Adult Access Center

The Zia Young Adult Access Center and Advocacy Network prioritizes youth autonomy, liberation, and support. Part of the Central Mass Recovery Learning Community, Zia supports young adults ages 16-22 who express and self-identify with different human experiences (societal and/or social class impacts like trauma, mental health, and substance use). No registration, referral, or health insurance is necessary. All supports are free of cost and are intended to be accessible.

The two Zia Young Adult Access Center locations offer youth-held and peer-run community spaces, groups, and events as well as self-determined resource connections (education, employment, family support, and more).

Zia Young Adult Access Center at the Kiva Center

209 Shrewsbury Street

Worcester, MA 01604

Hours: Mondays from 3 – 6 p.m. and Wednesdays from 4 – 8 p.m.

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

Zia Young Adult Access Center at Open Sky Community Services

4 Mann Street

Worcester, MA 01602

Hours: Tuesdays, Thursdays, and Fridays from 11 a.m. – 6 p.m.

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

Speaking of Hope

Speaking of Hope is a network for young adults to connect with others through shared experiences, resources, and to promote self-discovery and is supported by the Massachusetts Department of Mental Health.

Email: SpeakingofHope@MassMail.State.MA.US

Website: www.speakingofhope.org or

<https://www.facebook.com/speakingofhopeproject/> and <https://twitter.com/speakingofhope>

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

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 clinic services are for youth age 29 and younger across Massachusetts, and BAGLY works with youth 22 and younger providing leadership development, health promotion and services, social support, events, and the statewide GLBTQ+ Youth Group Network. BAGLY programs include social support meetings, weekly programming, and free, clothes-on STI and HIV testing (no insurance required, LGBTQ+ youth age 29 and under). Its free mental health programming includes walk-in, one-on-one therapy, narrative art therapy, themed-group therapy (6-week sessions), and peer-led mental health groups.

28 Court Square

Boston, MA 02108

Phone: (617) 227-4313

Fax: (617) 227-3266

Hours: Monday – Friday, 9 a.m. to 7 p.m. (except Wednesday, 9 a.m. to 9 p.m.)

Email: info@bagly.org

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

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

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

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

Drop-in Hours: Monday, Tuesday, Wednesday, Friday, 11 a.m. – 1 p.m. and 2 – 5:45 p.m.

Thursday by appointment only.

Email: yof@aac.org

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

Youth Motivating Others through Voices of Experience (MOVE) 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

Chandra Watts, Youth Move's Youth Coordinator, can be emailed at cwatts@ppal.net.

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

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

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

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: cntrclub@baycove.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.baycovehumanservices.org/clubhouse-and-peer-services>

Webster House

746 South Street

Roslindale, MA 02131

Director: Maggie Mahoney

Phone: (617) 739-5461

Org: Vinfen

Email: mahoneym@vinfen.org

Website: www.websterclubhouse.org

Metro Boston**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 Avenue

Needham, MA 02494

Director: Alison Siersdale

Phone: (781) 449-1212

Fax: (781) 449-4064

Org: Riverside Community Care

Email: Asiersdale@riversidecc.org

Website: <http://elliothouse.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@edinburgcenter.org

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

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/>

Crystal House

55 Lake Street, #100

Gardner, MA 01440

Director: Tamela Deveikis

Phone: 978 630 2794

Org: Open Sky

Email: tamela.deveikis@openskycs.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

Program 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 Clark

Phone: (508) 765-9947

Org: Viability

Email: BClark@viability.org

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

Westwinds

545 Westminster Street

Fitchburg, MA 01420

Director: Deborah Downing

Phone: (978) 345-1581

Org: Community Health Link

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

Website: <http://www.communityhealthlink.org/chl/adult-outpatient-services/westwinds-clubhouse>

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/>

Harbor Place Clubhouse

71 Linden Street

Lynn, MA 01905

Director: Christina Tinkham

Manager: Melissa Harris

Phone: (781) 842-7200

Org: Eliot Community Human Services

Email: mharris@eliotchs.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) 725-5527
Org: Vinfen
Email: coppingerth@vinfen.org
Website: <http://www.pointafterclub.org/>

Renaissance Club

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

Salem Connections Clubhouse

50 Grove Street
Salem, MA 01970
Director: John Kirton
Phone: (978) 498-4400
Org: Eliot Community Human Services
Email: jkirton@eliotchs.org

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: Tom Couhig
Phone: (508) 778-4234
Org: Vinfen
Email: couhigt@vinfen.org
Website: <http://www.baybridgeclubhouse.org/>

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 or <https://www.facebook.com/Cove-Clubhouse-96369568380/>

Daybreak

457 State Road, #B
Vineyard Haven, MA 02568
Phone: (508) 696-7563
Org: Martha's Vineyard Community Services
Email: anicholson@mvcommunityservices.com
Website: <https://www.mvcommunityservices.org/services/mental-health-services/mental-illness-rehabilitation/>

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>

Our House in Brockton

728 Belmont Street
Brockton, MA 02301
Director: Maria Lobo-Terrell
Phone: (508) 857-1657
Org: Brockton Area Multi-Services, Inc. (BAMSI)
Email: marialobo-terrell@bamsi.org

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

Taunton River House (formerly Corner Clubhouse)

225 Cape Highway
East Taunton, MA 02718
Director: Karen Therrien
Phone: (508) 828-4591
Org: Fellowship Health Resources
Email: ktherrien@FHR.net
Website: <https://www.fhr.net/our-services/clubhouses/cornerclubhouse>

Towne House

1706 President Avenue
Fall River, MA 02720
Director: Aaron Labonte
Phone: (508) 672-2023
Fax: (508) 672-2051
Org: Fellowship Health Services
Email: alabonte@fhr.net
Website: <https://www.fhr.net/our-services/clubhouses/townehouse>

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: <https://www.viability.org/clubhouses> 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: <https://www.viability.org/clubhouses> or <https://www.facebook.com/viabilityocks/>

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: <https://www.viability.org/clubhouses> or <https://www.facebook.com/pg/251slc>

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: <https://www.viability.org/clubhouses> or
<https://www.facebook.com/Odyssey-Clubhouse-644025472417561/>

Quabbin House

25 West Main Street

Orange, MA 01364

Director: Danielle Barron

Phone: (978) 544-1859

Fax: (978) 544-1860

Org: Clinical Support Options

Email: Daniellebarron@csoinc.org or 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.viability.org/clubhouses> or

<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

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

Center for Living and Working, Inc. – Worcester

Meg Coffin, Chief Executive Officer
484 Main Street, Suite 345
Worcester, MA 01608
Phone: (508) 798-0350
Video Phone: 508-762-1164
TTY: (508) 755-1003
Toll-free: 1-800-570-4020
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

(CORD will be moving in January or February—email them for new address)

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/cordcapecod/>

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/>

Disability Resource Center (formerly 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

Fax: (978) 741-1133

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

Website: <https://disabilityrc.org/> or <https://www.facebook.com/DisabilityRCSalem>

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

Lawrence Site:

20 Ballard Road

Lawrence, MA 01843

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

Fax: (978) 689-4488

Lowell Site:

35 John Street, 2nd Floor

Lowell, MA 01852

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

Fax: (978) 455-4999

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

Website: www.nilp.org or <https://www.facebook.com/NortheastIndependentLivingProgram/>

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

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>

National Depression and Bipolar Support Alliance (DBSA)

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>

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

Contact: Barry Park

P.O. Box 102

115 Mill Street

Belmont, Mass 02478

Phone: (617) 855-2795

Fax: (617) 855-3666

Email: info@dbsaboston.org

Website: <http://www.dbsaboston.org/> or <https://www.facebook.com/BostonDBSA>

NAMI Greater Boston Peer Support and Advocacy Network (NAMI GB PSAN)

(formerly NAMI Greater Boston Consumer Advocacy Network)

NAMI GB PSAN 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, COAPS

Erich Lindemann Building, Plaza Level

25 Staniford Street

Boston, MA 02114

Phone: (781) 642-0368

Email: info@namiboston.org

Website: <https://namiboston.org/people-living-mental-illness/>

Eastern Mass Peer Network (EMPN)

Eastern Mass Peer Network (EMPN) is a professional organization of peer workers. EMPN is available to provide support to the peer support workforce by email or phone.

Phone: (617) 905-5241

Email: 2017empn@gmail.com

Facebook: <https://www.facebook.com/EMPeerNet/>

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 nationally and have support groups in local neighborhoods.

Email: info@hearingvoicesusa.org

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

Massachusetts United for Connection and Healing (MUCH)

A project of The Transformation Center, MUCH is a network for the peer support workforce and community to strengthen skills, increase information sharing, and build healing connections across Massachusetts. MUCH is building a coalition across the state to facilitate and develop infrastructure for certified peer specialists (CPSs), in-person networking events, webinars, and opportunities to learn and connect as a workforce.

Contact: Khalil Power, Project Coordinator

Email: info@muchnetwork.org

Website: www.MUCHnetwork.org

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. Tickets are available for persons who identify as having mental health conditions.

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

Phone: (781) 642-0368

Email: howard@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.peerstar.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. Since June 2018, it has been affiliated with the Temple University Collaborative on Community Inclusion.)