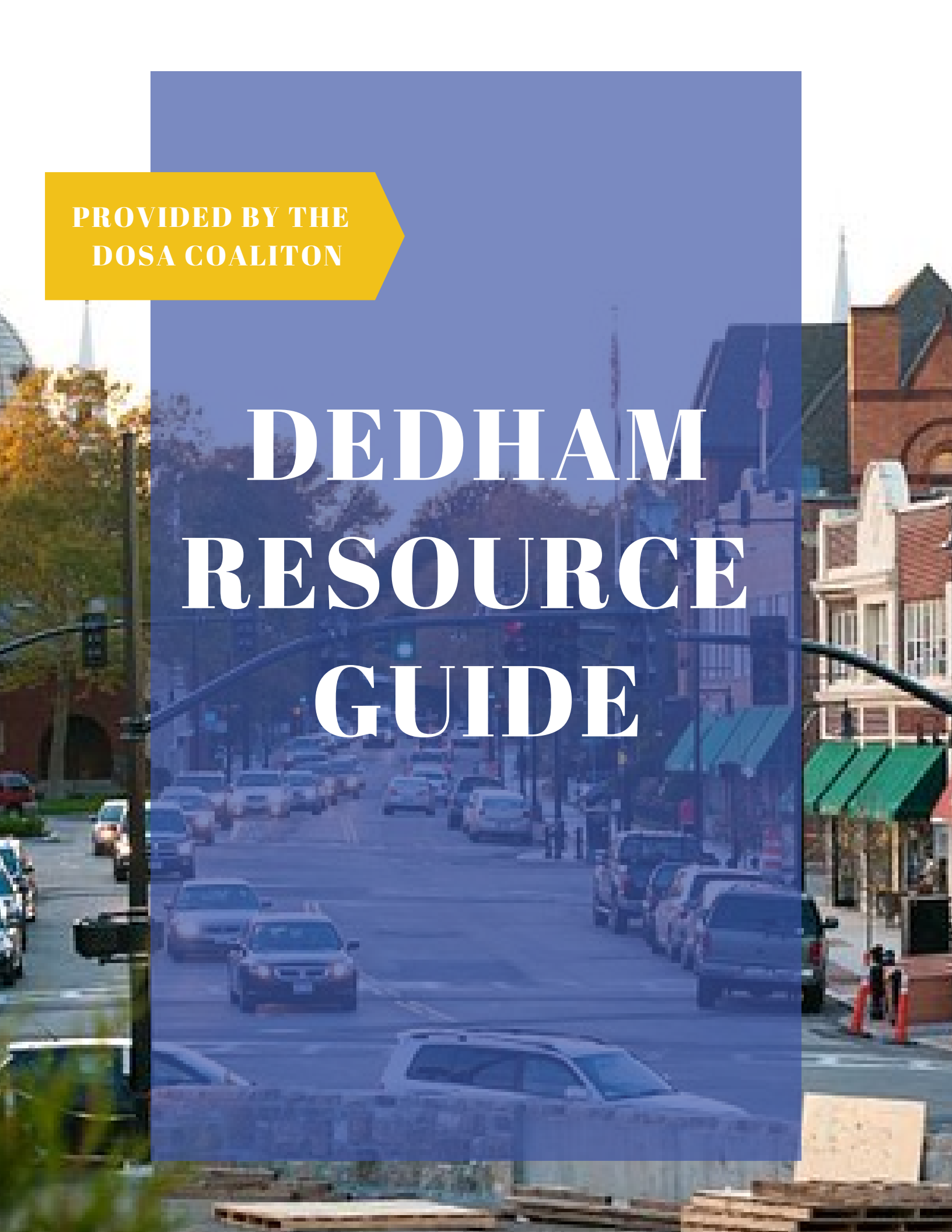


**PROVIDED BY THE  
DOSA COALITION**

# **DEDHAM RESOURCE GUIDE**



# About Dedham organization for substance awareness (DOSA)

## About us

DOSA's journey began in 2014 when it was established by the Select Board in direct response to the escalating opioid-related overdoses and fatalities plaguing Norfolk County. Originally conceived to provide essential resources to those grappling with substance misuse disorders and to curtail overdose deaths, DOSA has evolved beyond its initial mission. Today, it is a dynamic force, delving into the root causes of substance use, with a particular focus on preventing youth substance abuse. While it continues to offer crucial harm reduction and treatment resources, DOSA is committed to proactive youth substance prevention.



## Mission

DOSA stands as a beacon of hope and change in Dedham. Our mission is clear: to foster a healthier Dedham for both youth and adults. We do so by actively engaging the community in collaborative, data-driven substance use prevention strategies.

***A Comprehensive Resource Guide to Social, Emotional, and Mental Health Support for Children, Youth, and Families in Dedham, Massachusetts***

[www.dedhamcoalition.org](http://www.dedhamcoalition.org)

**The core purpose and mission of DOSA are to foster a healthy Dedham for both youth and adults by engaging the community in collaborative, data-driven substance use prevention strategies**

**Our Resource Guide serves as a comprehensive compilation of contact information, connecting families and youth to mental health resources, substance use and trauma hotlines, emergency and outpatient therapy, family and group support programs, substance use disorder treatment, culturally sensitive care, and social services. Some of these services may be covered by insurance.**

## **ABOUT THIS GUIDE**

**\* If you are in immediate danger, call 9-1-1-or go to the local emergency room**

- If you are experiencing a mental health emergency, please contact Riverside Mental Health Clinic or call 781-329-0909**

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# Hotlines + Helplines

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## SUBSTANCE USE DISORDERS AND ADDICTION

- 1 / Massachusetts Substance Use Helpline (24/7)  
Referrals for treatment of substance use disorders,  
for adults & youth  
  
**P 800.327.5050**
- 2 / Smoking/Vaping Quitline  
(English & Spanish)  
**P 1.800.QUIT.NOW**
- 3 / William James College INTERFACE Referral Service-  
INTERFACE provides free and confidential information as well as referrals  
for alcohol & drug addiction.  
  
**p:888-244-6843 (toll free)**

# Hotlines + Helplines

## CRISIS & MENTAL HEALTH

- 1 / Feeling down, depressed, or anxious and would like to make an appointment with someone to talk about it,  
**call**  
**781-329-0909** or  
visit Riverside Mental Health Clinic.
- 2 / William James College INTERFACE .  
Helpline available Monday through Friday, 9 am-5 pm, at  
P **888-244-6843 (toll free)**.  
This is a free, confidential referral service.
- 3 / Samaritans Suicide Hotline (24/7)  
Guidance and support for someone  
feeling desperate or suicidal, and  
for their loved ones  
**P 877. 870.4673**
- 4 / 988 Suicide and Crisis Lifeline  
Hours: Available 24 hours. Languages: English, Spanish.  
**SMS: 988**

# **Student & Youth resources**

**04**

**If you are a student in Dedham, Reach out to Ashley Dubé, LEP  
Director of Counseling Services (PreK-12)Dedham Public  
Schools at 781-310-1126  
Or email Ashley Dubé at [adube@dedham.k12.ma.us](mailto:adube@dedham.k12.ma.us)**

**The Addiction Recovery Management Service (ARMS)  
specializes in supporting teenagers and young adults between  
the ages of 14 and 26 and their parents as they deal with their  
substance use and related problems:**

**ARMS Clinic: 617-643-4699**

**If you find yourself vaping more than usual, text  
"VapeFreeMass" to 88709 to be connected to free and  
confidential texting support.**

**Or call or text "Start My Quit" to 855-891-9989 for free and  
confidential help. For more information visit [mylifemyquit.com](http://mylifemyquit.com).**

# Adult resources

## **Support Group:**

**Learn to Cope - 508-738-5148**

**450 Washington St, Dedham, MA 02026**

**Learn to Cope is a non-profit support network that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs.**

**MOAR - Massachusetts Organization for Addiction Recovery; meets 1st Monday of each month at the Faulkner (Huvos Auditorium)**

## **Parent Action Team**

**The Parent Action Team is a group of parents within DOSA who are dedicated to building a healthier community by offering their insight, and creating initiatives that educate community members on substance use awareness.**

**If you are interested in joining this action team or learning more about it, you can find more information on our website [www.dedhamcoaliton.org](http://www.dedhamcoaliton.org)**

# PHYSICAL HARM + VIOLENCE

## ➡ Domestic Violence: DOVE

Hotline (24/7)

Trained counselors to address  
domestic violence

**P 617.471.1234**

## ➡ Boston Area Rape Crisis Center

(24/7)

Trained counselors to help  
sexual assault survivors, and  
their loved ones

**P 800.841.8371**

## Dedham Police Department

Address: 600 High St, Dedham, MA 02026

**P: (781) 751-9300**

## ➡ Samaritans Suicide Hotline (24/7)

Guidance and support for someone  
feeling desperate or suicidal, and  
for their loved ones

**P 877. 870.4673**

## ➡ Dedham's Civilian Domestic Violence Advocate

Sarah Kinnane

**p:857-939-3058**

**@sarah.kinnane@dovema.org**



# Early warning signs for mental health

## Early Warning Signs & Symptoms

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- **Eating or sleeping too much or too little**
- **Pulling away from people and usual activities**
- **Having low or no energy**
- **Feeling numb or like nothing matters**
- **Having unexplained aches and pains**
- **Feeling helpless or hopeless**
- **Smoking, drinking, or using drugs more than usual**
- **Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared**
- **Yelling or fighting with family and friends**
- **Experiencing severe mood swings that cause problems in relationships**
- **Having persistent thoughts and memories you can't get out of your head**
- **Hearing voices or believing things that are not true**
- **Thinking of harming yourself or others**
- **Inability to perform daily tasks like taking care of your kids or getting to work or school**

# Early warning signs of substance Misuse

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**What kinds of behaviors or symptoms could indicate teen drug abuse or substance abuse?**

**Behavioral signs of drug use or substance abuse include:**

- Avoiding eye contact
- Ignoring or breaking curfew
- Acting irresponsibly
- Frequently asking for money
- Stealing
- Locking bedroom doors
- Making secretive calls
- Isolating from others/damaging relationships with family or friends
- Making excuses (or outright lying)
- Withdrawing from classroom participation/slipping in grades
- Resisting discipline or feedback
- Missing school or work
- Losing interest in hobbies or activities
- Abandoning long-time friends
- 

**Physical indicators of possible substance use or abuse include:**

- Poor hygiene/change in appearance
- Glazed or bloodshot eyes
- Frequent runny nose or nosebleeds
- Paranoia, irritability, anxiety, fidgeting
- Changes in mood or attitude
- Difficulty staying on task/staying focused
- Small track marks on arms or legs (wears long sleeves even in warm weather)
- Pupils larger or smaller than usual
- Cold, sweaty palms or shaking hands
- Sores on mouth
- Headaches
- Puffy, swollen face
- Extremely tired or extremely hyperactive
- Rapid weight gain or loss



More Info :

[www.dedhamcoalition.org](http://www.dedhamcoalition.org)