

# Young Adult Resource Guide: 2012



## Acknowledgements

This resource guide was created by Maria Tucker, intern at the Department of Mental Health, Child and Adolescent Services.

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Statewide Young Adult  
Council Members

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This Resource Guide can be found online at [www.mass.gov/dmh/tay](http://www.mass.gov/dmh/tay)

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# Education

- High Schools  
<http://profiles.doe.mass.edu/>
  - To find a school near you, click the above link by selecting the organization type (public school, alternative education, special education, etc.) and then hit search. You can also narrow your search by selecting an organization type and also selecting your city/town, or one close to you.
- Chapter 766
  - Chapter 766 is the Massachusetts law which guarantees the rights of all young people with special needs (age 3-22) to an educational program best suited to their needs. Team evaluations and Annual Reviews are conducted to develop an ongoing individual education plan (IEP) that ensures an appropriate education. To find out more about IEP's, visit The Federation for Children with Special Needs at: [www.fcsn.org/pti/topics/iep/index.html](http://www.fcsn.org/pti/topics/iep/index.html) and [www.fcsn.org/pti/topics/transition/index.html](http://www.fcsn.org/pti/topics/transition/index.html)
- Chapter 688
  - [www.doe.mass.edu/sped/688](http://www.doe.mass.edu/sped/688)
  - For young persons with severe disabilities still in need of services, Chapter 688 serves as a bridge from educational services into the adult human services program. The law provides for a two year transitional process for those young adults who will lose their entitlement to special education upon graduation or reaching the age of 22. It creates a single point of entry into the adult human services system by developing an Individual Transition Plan (ITP) for every person with a severe disability who is found eligible. For more information about Chapter 688, visit the above website or contact whoever is in charge of your IEP at school.
- Massachusetts Comprehensive Assessment System (MCAS) Testing  
[www.doe.mass.edu/mcas/overview.html](http://www.doe.mass.edu/mcas/overview.html)
  - To find out more about MCAS, please visit the above link.
  - MCAS Alternate Assessment is also available to students with disabilities who cannot take MCAS even when special accommodations are given. To find out more, visit the above link, and then click on "MCAS Alternate Assessment" along the left-hand side of the page.
  - To prepare for the MCAS, contact your school to see if they offer any practice or preparation classes, or visit the following link to learn how to better prepare for the test: [www.doe.mass.edu/as/pathways](http://www.doe.mass.edu/as/pathways)
- General Educational Development (GED) Testing  
<http://www.doe.mass.edu/ged/>
  - The GED test allows you to gain a high school equivalency diploma.
  - To find out more about GED testing, click on the above link. In the following chart you will find centers where they offer GED testing. The centers are listed in alphabetical order based on location.

- To find a program near you to prepare for the GED test, contact the Massachusetts Adult Literacy Hotline at 1-800-447-8844 or visit their website: <http://sabes.org/hotline/>

### Massachusetts GED Testing Centers

Testing Center	Phone Number	Address
Boston Center for Youth and Families	617-635-4920 x2540	1483 Tremont Street, Boston 02120
Massasoit Community College	508-588-9100 x1994	One Massasoit Boulevard, Brockton 02302
Clinton Adult Learning Center	978-365-4226	150 School Street, Clinton 01510
North Shore Community College	978-762-4000 x5423	1 Ferncroft Road, Danvers 01923
Grover Cleveland School: Adult Learning Center	617-635-9300	11A Charles Street, Dorchester 02122
Bristol Community College	508-678-2811 x2156	777 Elsbree Street, Fall River 02720
Keefe Technical School	508-879-5400 x254	750 Winter Street, Framingham 01701
Mount Wachusett Community College	978-630-9173	444 Green Street, Gardner 01440
Greenfield Community College	413-775-1147	One College Drive, Greenfield 01301
Northern Essex Community College	978-556-3448	100 Elliott Street, Haverhill 01830
Holyoke Community College	413-552-2292	303 Homestead Avenue, Holyoke 01040
Lawrence Adult Learning Center	978-722-8171	233 Haverhill Street, Lawrence 01841
Lowell Adult Educational Program	978-937-8989	408 Merrimack Street, Lowell 01854
Assabet Valley Regional School	508-485-9430 x1216	215 Fitchburg Street, Marlboro 01752
Milford High School	508-478-1119	31 W. Fountain Street, Milford 01757
Nantucket Community School	508-228-7257 x1571	10 Surfside Road, Nantucket 02554
New Bedford Public Schools	508-997-4511 x2420	181 Hillman Street, New Bedford 02740
Newton Public Schools: Newton Community Ed.	617-559-6993	140 Brandeis Road, Newton 02459
Martha's Vineyard Regional High School	508-693-1033 x174	High School District, Oak Bluffs 02557
Peabody Veterans Memorial High School	978-536-5600	485 Lowell Street, Peabody 01960
Berkshire Community College	413-236-1655	1350 West Street, Pittsfield 01201
Quincy Pub. Schools: Center for Tech Ed.	617-984-6619	316 Hancock Street, Quincy 02171
Roxbury Community College	617-427-0060, option 7	1234 Columbus Avenue, Roxbury Crossing 02120
SCALE Adult Learning Ctr.	617-625-6600 x6936	167 Holland Street, Somerville 02144
OWL Adult Learning Ctr.	413-787-7210	310 State Street, Springfield 01106
Springfield Technical Community College	413-755-4689	One Armory Square, Bld. 17, Springfield 01105
Wareham High School	508-291-3510 x399	Viking Drive, Wareham 02571
Cape Cod Community College	508-362-2131 x4450	2240 Iyannough Road, West Barnstable 02668
Quinsigamond Community College	508-854-4407	670 West Boylston Street, Worcester 01606
Worcester Pub. Schools: Adult Learning Center	508-799-3170	Fanning Bldg. Room 105, 24 Chatham St. Worcester 01609

- SAT Testing  
[www.sat.collegeboard.com](http://www.sat.collegeboard.com)
  - To sign up for a College Board account go to “My Organizer” along the left hand side of the homepage, and then click “Sign Up.” Once you have an

account, you will be able to register for upcoming tests, as well as view and send scores to colleges.

- To register for an upcoming test, visit the “Register” section along the top of the homepage. Here, you will find test dates, how to register, etc. Visit the “Students with Disabilities” section to find out information about receiving testing accommodations.
- To find out more about the SAT, please visit the above link. To practice and prepare for the SAT, visit the “Practice” section.

- Public Universities and Colleges

<http://www.mass.edu/campuses/phecampuses.asp>

- To find a list of public colleges in Massachusetts, click on the link above. You will find a list of community, state, and online colleges, as well as the University of Massachusetts. For more information on a certain school, click on the name, and the link will connect you directly to the school’s website.

## Disability Services for Each Public College in MA

### Community College

College Name	Disability Services Office	Disability Services Website
Berkshire CC	413-499-4660 x1608	<a href="http://www.berkshirecc.edu/DisabilityResourceCenter">http://www.berkshirecc.edu/DisabilityResourceCenter</a>
Bristol CC	508-678-2811 x2955	<a href="http://www.bristolcc.edu/Students/ods/index.cfm">http://www.bristolcc.edu/Students/ods/index.cfm</a>
Bunker Hill CC	617-228-2234 or 617-228-3415	<a href="http://www.bhcc.mass.edu/inside/213">www.bhcc.mass.edu/inside/213</a>
Cape Cod CC	508-362-2131 x4337	<a href="http://www.capecod.edu/web/disability/home">http://www.capecod.edu/web/disability/home</a>
Greenfield CC	413-775-1812	<a href="http://www.gcc.mass.edu/offices/ds/">http://www.gcc.mass.edu/offices/ds/</a>
Holyoke CC	413-552-2417	<a href="http://www.hcc.edu/student-services/disability-and-deaf-services">http://www.hcc.edu/student-services/disability-and-deaf-services</a>
Massachusetts Bay CC	781-239-2234	<a href="http://www.massbay.edu/mirrorpage.aspx?page=disabilityservices">http://www.massbay.edu/mirrorpage.aspx?page=disabilityservices</a>
Massasoit CC	508-588-9100 x1805	<a href="http://www.massasoit.mass.edu/stud_serv/disab_serv/index.cfm">http://www.massasoit.mass.edu/stud_serv/disab_serv/index.cfm</a>
Middlesex CC	978-656-3258 or 781-280-3630	<a href="http://www.middlesex.mass.edu/DisabilityServices/">http://www.middlesex.mass.edu/DisabilityServices/</a>
Mount Wachusett CC	978-630-9120	<a href="http://www.mwcc.edu/services/disability/default.html">http://www.mwcc.edu/services/disability/default.html</a>
North Shore CC	978-762-4000 x4501	<a href="http://www.northshore.edu/disability/">http://www.northshore.edu/disability/</a>
Northern Essex CC	978-556-3654	<a href="http://www.necc.mass.edu/learningaccommodations/index.php">http://www.necc.mass.edu/learningaccommodations/index.php</a>
Quinsigamond CC	508-854-4471	<a href="http://www.qcc.edu/pages/Disability_Services.html#contact">http://www.qcc.edu/pages/Disability_Services.html#contact</a>
Roxbury CC	617-427-0060 x5006	<a href="http://www.rcc.mass.edu/student-services/disabilities.asp">http://www.rcc.mass.edu/student-services/disabilities.asp</a>
Springfield Technical CC	413-755-4551	<a href="http://www.stcc.edu/ods/">http://www.stcc.edu/ods/</a>

## State Colleges

University Name	Disability Services Office	Disability Services Website
Bridgewater State University	508-531-1713	<a href="http://www.bridgew.edu/AAC/disability_resources_brochure.cfm">www.bridgew.edu/AAC/disability_resources_brochure.cfm</a>
Fitchburg State University	978-665-4020	<a href="http://www.fsc.edu/disability">www.fsc.edu/disability</a>
Framingham State University	508-626-4906	<a href="http://www.framingham.edu/center-for-academic-support-and-advising/disability-services/index.html">www.framingham.edu/center-for-academic-support-and-advising/disability-services/index.html</a>
MA College of Art & Design	617-879-7060	<a href="http://inside.massart.edu/Academic_Resources/Students_With_Disabilities.html">http://inside.massart.edu/Academic_Resources/Students_With_Disabilities.html</a>
MA College of Liberal Arts	413-662-5318	<a href="http://www.mcla.edu/Academics/academicresources/learning/studentswithdisabilities/">http://www.mcla.edu/Academics/academicresources/learning/studentswithdisabilities/</a>
MA Maritime Academy	508-830-5000 x2208	<a href="http://www.maritime.edu/index.cfm?pg=720">http://www.maritime.edu/index.cfm?pg=720</a>
Salem State University	978-542-6217	<a href="http://www.salemstate.edu/3719.php">http://www.salemstate.edu/3719.php</a>
Westfield State University	413-572-5676	<a href="http://www.wsc.ma.edu/directory/staff.aspx?deptid=12">http://www.wsc.ma.edu/directory/staff.aspx?deptid=12</a>
Worcester State University	508-929-8733	<a href="http://www.worcester.edu/DSO/default.aspx">http://www.worcester.edu/DSO/default.aspx</a>

## University of Massachusetts

University Name	Disability Services Office	Disability Services Website
UMass Amherst	413-545-0892	<a href="http://www.umass.edu/disability/">http://www.umass.edu/disability/</a>
UMass Boston	617-287-7430	<a href="http://www.rosscenter.umb.edu/student/">http://www.rosscenter.umb.edu/student/</a>
UMass Dartmouth	508-999-8711	<a href="http://www.umassd.edu/eoo/ada/faculty_gswd.cfm">http://www.umassd.edu/eoo/ada/faculty_gswd.cfm</a>
UMass Lowell	978-934-4574	<a href="http://www.uml.edu/student-services/disability/default.html">http://www.uml.edu/student-services/disability/default.html</a>

- Bridgewater State University: Academic Support for College and Life (ASCL)
  - Academic Support for College and Life at Bridgewater State University  
Burnell Hall, Room 115A  
66 Hooper Street  
Bridgewater, MA 02135  
[www.thehome.org/ascl](http://www.thehome.org/ascl)
  - ASCL is a research-based, outcomes-oriented program. They offer youth (over the age of 18 years) clinical, social, academic, vocational, and daily living supports. ASCL students reside on the Bridgewater State University campus throughout the year-long program.
  - For more information contact:  
Kathryn A. Moorehead, Ed.M  
ASCL Program Director  
[kmoorehead@thehome.org](mailto:kmoorehead@thehome.org)  
Office phone: 508-531-1483

# Employment Resources

- Career Centers
  - Careers Centers provide services for job seekers. These services include everything from assistance with searching for a job and career counseling, to holding workshops and job fairs. They are equipped with resources such as computers, reference materials, and unemployment insurance services.
  - To find a list of Career Centers in Massachusetts, refer to the chart below.

Career Centers in Massachusetts

City/Town	Name	Website	Phone Number
Attleboro	Attleboro Career Center	<a href="http://www.bristolwib.org">www.bristolwib.org</a>	508-222-1950
Boston	Boston Career Link	<a href="http://www.bostoncareerlink.org">www.bostoncareerlink.org</a>	617-536-1888
Boston	JobNet	<a href="http://www.jobnetboston.org">www.jobnetboston.org</a>	617-338-0809
Boston	The Work Place	<a href="http://www.theworkplace.org">www.theworkplace.org</a>	617-737-0093
Brockton	Career Works	<a href="http://www.careerworks.org">www.careerworks.org</a>	508-513-3400
Cambridge	Career Source	<a href="http://www.yourcareersource.com">www.yourcareersource.com</a>	617-661-7867
Everett	Career Source	<a href="http://www.yourcareersource.com">www.yourcareersource.com</a>	617-389-8025
Fall River	Fall River Career Center	<a href="http://www.bristolwib.org">www.bristolwib.org</a>	508-730-5000
Gardner	North Central Career Center	<a href="http://www.ccncm.com">www.ccncm.com</a>	978-632-5050
Gloucester	North Shore Career Center	<a href="http://www.nscareers.org">www.nscareers.org</a>	978-283-4772
Greenfield	Franklin/Hampshire Career Center	<a href="http://www.fhcc-onestop.com">www.fhcc-onestop.com</a>	413-774-4361
Haverhill	ValleyWorks	<a href="http://www.valleyworks.cc">www.valleyworks.cc</a>	978-722-7000
Holyoke	CareerPoint	<a href="http://www.careerpointma.org">www.careerpointma.org</a>	413-532-4900
Hyannis	Career Opportunities	<a href="http://www.capejobs.com">www.capejobs.com</a>	508-771-5627
Lawrence	ValleyWorks	<a href="http://www.valleyworks.cc">www.valleyworks.cc</a>	978-722-7000
Leominster	North Central Career Center	<a href="http://www.ccncm.com">www.ccncm.com</a>	978-534-1481
Lowell	Career Center of Lowell	<a href="http://www.cclowell.org">www.cclowell.org</a>	978-458-2503
Lynn	North Shore Career	<a href="http://www.nscareers.org">www.nscareers.org</a>	781-593-0585



	Center		
Marlboro	Employment and Training Resources	<a href="http://www.etrcc.com"><u>www.etrcc.com</u></a>	508-786-0928
Milford	Workforce Center Career Center	<a href="http://www.workforcecentralma.org"><u>www.workforcecentralma.org</u></a>	508-478-4300
New Bedford	New Bedford Career Center	<a href="http://www.newbedfordcareercenter.org"><u>www.newbedfordcareercenter.org</u></a>	508-990-4000
Newtonville	Employment and Training Resources	<a href="http://www.etrcc.com"><u>www.etrcc.com</u></a>	617-928-0530
North Adams	BerkshireWorks, North Adams	<a href="http://www.berkshireworks.org"><u>www.berkshireworks.org</u></a>	413-663-1111
Northampton	Franklin/Hampshire Career Center	<a href="http://www.fhcc-onestop.com"><u>www.fhcc-onestop.com</u></a>	413-586-6506
Norwood	Employment and Training Resources	<a href="http://www.etrcc.com"><u>www.etrcc.com</u></a>	781-769-4120
Orleans	Career Opportunities	<a href="http://www.capejobs.com"><u>www.capejobs.com</u></a>	508-771-5627
Pittsfield	Berkshire Works, Pittsfield	<a href="http://www.berkshireworks.org"><u>www.berkshireworks.org</u></a>	413-499-2220
Plymouth	Plymouth Career Center	<a href="http://www.plymouthcareercenter.org"><u>www.plymouthcareercenter.org</u></a>	508-732-5300
Quincy	Quincy Career Center	<a href="http://www.quincycareercenter.org"><u>www.quincycareercenter.org</u></a>	617-745-4000
Salem	North Shore Career Center	<a href="http://www.nscareers.org"><u>www.nscareers.org</u></a>	978-825-7200
Southbridge	Workforce Central Career Center	<a href="http://www.workforcecentralma.org"><u>www.workforcecentralma.org</u></a>	508-765-6430
Springfield	FutureWorks Career Center	<a href="http://www.getajob.cc"><u>www.getajob.cc</u></a>	413-858-2800
Taunton	Taunton Career Center	<a href="http://www.bristolwib.org"><u>www.bristolwib.org</u></a>	508-977-1400
Wareham	Wareham Career Center	<a href="http://www.newbedfordcareercenter.org"><u>www.newbedfordcareercenter.org</u></a>	508-291-7062
Woburn	The Career Place	<a href="http://www.careerplacejobs.com"><u>www.careerplacejobs.com</u></a>	781-932-5500
Worcester	Workforce Central Career Center	<a href="http://www.workforcecentralma.org"><u>www.workforcecentralma.org</u></a>	508-799-1600

- Successful Employment Program (SEP) at South Shore Mental Health
  - 460 Quincy Ave.  
Quincy, MA 02171  
617-774-6031  
[www.ssmh.org/providers\\_yat\\_ls.htm](http://www.ssmh.org/providers_yat_ls.htm)
  - SEP is a vocational program designed to support young adults in the process of searching for, obtaining and maintaining employment. They focus on building career paths by developing the young adult's abilities in their first experiences working. Services include 1:1 job coaching, peer support, social/recreational groups and vocational workshops.
  - Members: Ages 16-25 who reside in the South Shore area (Quincy, Milton, Hingham, Hull, Cohasset, Weymouth, Randolph, Scituate and Braintree) and are currently receiving or who have received mental health services over the past year. To become a member, a referral form must be submitted by a professional therapist, case manager, psychiatrist, school counselor, or other community program. Referrals can also come from a parent/caregiver or from the young adult.
  
- Peer Education Recovery Center (PERC) – Metro Boston RLC
  - Bay Cove Human Services  
129 Portland St.  
Boston, MA 02114  
617-788-1034  
[www.metrobostonrlc.org](http://www.metrobostonrlc.org)
  - PERC is an employment focused, recovery learning, community completely run by peers. They provide pre- and post-employment services, wellness services and recovery groups.
  - Members: Individuals of any age with a mental illness. A referral is not required.
  - For more information about PERC and to see their schedule of events, visit the above link, click on the “Partners” tab at the top of the page, and then select “PERC.”

# **Housing Resources and Agencies**

- Department of Housing and Community Development (DHCD)
  - [www.mass.gov/dhcd](http://www.mass.gov/dhcd)
  - 100 Cambridge Street, Suite 300  
Boston, MA 02114  
617-573-1100
  - DHCD is the state government's affordable housing agency. Its mission is to strengthen cities, towns and neighborhoods to enhance the quality of life of Massachusetts residents. DHCD provides leadership, professional assistance and financial resources to promote safe, decent affordable housing opportunities, economic vitality of communities and sound municipal management.
  - How to Obtain Housing Assistance:
    - For information on how to obtain housing assistance, visit the above link. Once on the website, look under "Key Resources" on the left hand side of the page, and then click on the link titled "How to Obtain Housing Assistance." On this page, you will find housing resources including information about state-aided public housing, section 8, the rental voucher program, and homelessness prevention.
    - A list of local housing authorities and regional non profit agencies can be found here also.
- US Department of Housing and Urban Development (HUD)
  - [www.hud.gov](http://www.hud.gov)
  - Contact the Boston Regional Office:  
Thomas P. O'Neill, Jr. Federal Building  
10 Causeway Street, 3rd Floor  
Boston, MA 02222  
617-994-8200
  - HUD provides grants and other funding to local communities. Its mission is to create strong, sustainable, inclusive communities and quality affordable homes for all. HUD is working to strengthen the housing market to bolster the economy and protect consumers, meet the need for quality affordable rental homes, utilize housing as a platform for improving quality of life, and build inclusive and sustainable communities free from discrimination.
- Mass Access
  - [www.massaccesshousingregistry.org](http://www.massaccesshousingregistry.org)
  - Mass Access is a free online program that matches people with disabilities with vacant, accessible housing. Mass Access catalogs affordable housing information: location of housing by city or town, rent level, number of bedrooms, particular adaptable or accessible features, and vacancy status. Any

person who has a disability, family member, or advocate can obtain housing information, regardless of age, income or type of disability.

- MassHousing
  - [www.masshousing.com](http://www.masshousing.com)
  - Boston Office:  
One Beacon Street  
Boston, MA 02108  
617-854-1000
  - Western Mass Office:  
59 Interstate Drive  
West Springfield, MA 01089  
413-733-0999
  - MassHousing, the state's affordable housing finance agency, supports the creation, preservation and long-term viability of affordable homeownership and rental housing. They set aside 3% of affordable units for DMH/DDS clients.
- Massachusetts Housing Consumer Education Centers
  - [www.masshousinginfo.org](http://www.masshousinginfo.org)
  - Housing Consumer Education Centers offer answers to a wide range of questions about all types of housing problems. Tenants, landlords, prospective buyers, and homeowners can access information designed to maximize housing stability, strengthen investments, and minimize disputes. Each of the nine member agencies of the statewide Regional House Network of Massachusetts acts as the Housing Consumer Education Center for its region. These agencies provide rental assistance and support to low- and moderate-income residents of Massachusetts.
  - To find a Housing Consumer Education Center near you, call 1-800-224-5124 or visit the above link and click on “Regional Agencies” at the top of the page.
- Independent Living Centers (ILC)
  - ILCs provide the services to assist individuals with disabilities to achieve their self-identified goals. These services include peer counseling, advocacy, skills training (to gain skills needed to live independently, such as finding housing and budgeting), and information and referral (provide information and referrals such as where to go for accessible housing, medical providers, and other resources).

### ILC Locations

Name	Address	Phone Number/Website
Multicultural Independent Living Center of Boston	110 Claybourne Street Dorchester, MA 02124	617-288-9431 <a href="http://www.milcb.org">www.milcb.org</a>
Boston Center for Independent Living	60 Temple Place, 5 <sup>th</sup> floor, Boston, MA 02111	617-338-6665 <a href="http://www.BostonCIL.org">www.BostonCIL.org</a>
Center for Living and Working	484 Main Street , Suite 345 Worcester, MA 01608	508-798-0350 <a href="http://www.centerlw.org">www.centerlw.org</a>
Cape Organization for the Rights of the Disabled	106 Bassett Lane, Hyannis, MA 02601	508-775-8300 <a href="http://www.cilcapecod.org">www.cilcapecod.org</a>
Independence Associates	141 Main Street, 1st Floor Brockton, MA 02301	508-583-2166 <a href="http://www.iacil.org">www.iacil.org</a>
The Independent Living Center of the North Shore and Cape Ann, Inc.	27 Congress Street, Suite 107 Salem, MA 01970	978-741-0077 <a href="http://www.ilcnsca.org">www.ilcnsca.org</a>
Metro West Center for Independent Living	280 Irving Street, #401 Framingham, MA 01702	508-875-7853 <a href="http://www.mwcil.org">www.mwcil.org</a>
Northeast Independent Living Program	20 Ballard Road Lawrence, MA 01843	978-687-4288 <a href="http://www.nilp.org">www.nilp.org</a>
Southeast Center for Independent Living	Merrill Building 66 Troy Street Fall River, MA 02720	508-679-9210 <a href="http://www.secil.org">www.secil.org</a>
Stavros Center for Independent Living, Inc.	210 Old Farm Road Amherst, MA 01002	413-256-0473 <a href="http://www.stavros.org">www.stavros.org</a>

- Metropolitan Boston Housing Partnership
  - [www.mbhp.org](http://www.mbhp.org)
  - Their mission is to ensure that the region's low- and moderate-income individuals and families have choice and mobility in finding and retaining decent affordable housing. MBHP is the state's largest regional provider of rental voucher assistance, serving homeless, elderly, disabled, and low- and moderate-income residents of Boston and 29 surrounding communities.
- Massachusetts Housing and Shelter Alliance
  - [www.mhsa.net](http://www.mhsa.net)
  - The Massachusetts Housing and Shelter Alliance (MHSA) is a non-profit public policy advocacy organization with the singular mission of ending homelessness in the Commonwealth. Founded in 1988 by a dedicated group of “first responders” working with unsheltered adults in Greater Boston,

MHSA initiates solutions to move people out of crisis to permanence throughout Massachusetts.

- They also have a Young Adult Resource Guide. Some of the topics included are Emergency Shelters, Drop-In Centers, Transitional and Permanent Housing, Services for People with Disabilities, Mental Health Services, Housing Search Services, among many others. To view the MHSA Young Adult Resource Guide, visit [www.mhsa.net](http://www.mhsa.net) and click on the “Resources” tab, or [www.yac-yac.info](http://www.yac-yac.info) and click on the “Resource Guides” tab.
- Massachusetts Coalition for the Homeless
  - [www.mahomeless.org](http://www.mahomeless.org)
  - The Massachusetts Coalition for the Homeless is committed to ensuring that everyone has a place to call home. The Coalition's policy work and programs address this issue on three fronts. First, the Coalition provides bridges over short-term crisis, helping homeless and at-risk people to relocate quickly into new housing or avoid homelessness altogether. Second, the Coalition works to ensure adequate and appropriate shelter if homelessness is unavoidable. Third, the Coalition advocates for long-term solutions to the housing crisis, promoting government support for income and housing resources so that all Massachusetts residents can obtain and maintain safe, affordable housing.

# **Transition Age Youth Services in Massachusetts**

- Young Adult Vocational Program (YAVP)
  - 75 Pleasant Street  
Arlington, MA 02476  
781-643-5093  
[www.yavp.org](http://www.yavp.org)
  - A transitional program that provides daily structure for young adults with psychiatric disabilities. They help build pre-vocational, vocational, and educational skills, as well as daily life skills as they relate to work or school.
  - YAVP has a peer mentoring project designed to help young adults.
    - You can contact the peer mentors by email at [peer@eliotchs.org](mailto:peer@eliotchs.org)
  - Members: Ages 16-25 that have been referred to YAVP by the Department of Mental Health
- STEPS: Young Adult Resource Center
  - 12 Prescott Street  
Arlington, MA 02474  
781-646-2826
  - A peer supported, safe, non-judgmental place to have fun and receive support in a welcoming environment. They create a community focused on meeting young adult's needs, goals, and dreams. They do this by promoting self advocacy, and by empowering members to draw upon their strengths, so that they can recognize they already possess the capabilities to accomplish their goals, and have the power to change. STEPS also assists others in navigating their way through life, while offering opportunities for vocational, educational and social development.
  - Members: Young adults ages 18-25
- Transition Resources and Community Supports (T.R.A.C.S.)
  - 460 Quincy Ave.  
Quincy, MA 02169  
617-689-2537  
[www.ssmh.org/providers\\_yat\\_ls.htm](http://www.ssmh.org/providers_yat_ls.htm)
  - TRACS offers multiple opportunities for young adults and their families to receive support and establish meaning, connection and purpose in their lives. This is done in a strengths-based, young adult-centered, culturally sensitive manner within the young adults' community. TRACS focuses on aspects of young adults' lives that are easily overlooked such as relationships, wellness, spirituality, family, employment, recreation and more. A key component of TRACS is the inclusion of young adult peer mentors on staff. The peer mentors offer their firsthand experiences of living with and overcoming mental health issues to support and assist the young adults they are teamed

up with on their road to recovery.

- Members: Young adults ages 16-25 who experience mental health or co-occurring mental health and substance use issues and who live in one of the following areas:
  - South Suburban DMH area- Braintree, Cohasset, Hingham, Hull, Milton, Norwell, Quincy, Randolph, Scituate, Weymouth.
  - Southwest Suburban DMH area - Canton, Dedham, Foxboro, Medfield, Millis, Needham, Newton, Norfolk, Norwood, Plainville, Sharon, Walpole, Wellesley, Weston, Westwood, Wrentham.
  - *Note: Young adults do not need to be eligible for services from the Department of Mental Health to be eligible for TRACS.*
- TEMPO: Young Adult Resource Center
  - 68 Henry Street  
Framingham, MA 01702  
508-879-1424  
[www.waysideyouth.org](http://www.waysideyouth.org)
  - Tempo is a drop in resource center for young adults. They work with youth who have mental health conditions, a lack of family connections, risky behavior, and other issues such as substance abuse and homelessness. Tempo addresses the urgent need for services for at-risk youth at the critical point of transition into adulthood.
  - Members: All young adults ages 17-24
- The Transformation Center
  - 98 Magazine Street  
Roxbury, MA 02119  
617-442-4111  
[www.transformation-center.org](http://www.transformation-center.org)
  - The Transformation Center is a peer-operated center associated with M-POWER to strengthen a mental health focus on wellness and life recovery through dialogue, education, systems change advocacy and peer support. They provide trainings for Peer Specialist Certification, Peer Facilitators and more. They work closely with the six Recovery Learning Communities (RLCs) across the state.
  - Members: Individuals of any age with a mental illness
- “The Spot” Young Adult Center
  - 76 Amory Street  
Roxbury, MA 02119  
617-516-5100  
[www.spotonline.org](http://www.spotonline.org)
  - The Spot provides the structure for young adults experiencing mental illness to choose their own path to recovery. It is a place for young adults to receive services and support with Accessing benefits, Motivation, Friendships, Self-



- esteem, Independent Living, Education, Leadership, Employment, Coaching, Community Connections, Psychiatric services, and Individual Counseling
  - Members: Individuals ages 16-25
- CEDAR Clinic: Center for Early Detection, Assessment and Response to Risk
  - [www.spotonline.org/cedar](http://www.spotonline.org/cedar)
  - Located at “The Spot”, The CEDAR clinic helps young people and their families understand recent changes in thoughts, feelings or behavior, consider treatment options, stay on track or get back on track with work, school, or self-care, and learn strategies for reducing stress and increasing protective factors.
  - Members: Young people ages 14-30 who are experiencing new or worsening symptoms that may be warning signs for psychosis.
- The PREP Program: Prevention and Recovery in Early Psychosis
  - [www.spotonline.org/prep](http://www.spotonline.org/prep)
  - Located at “The Spot”, PREP’s mission is the earlier detection, earlier diagnosis, and earlier treatment of psychotic illnesses, with the aim of better life-long outcome for patients and their families. They provide highly specialized diagnostic service and comprehensive support.
  - Members: Young people ages 16-30 who are experiencing changes or have been struggling with changes in their thoughts, feelings or behaviors which are making it difficult to do the things of everyday life, like school, work or relationships that may be signs of psychosis.
- Brookline Resilient Youth Team
  - [www.brooklinecenter.org/bryt](http://www.brooklinecenter.org/bryt)
  - BRYT is a unique response to help teens and their families. Two school-based Clinical Coordinators (social workers) and a Classroom Aide work closely with students in inpatient care and their families during a crisis and then through the four-to-eight week re-entry process.
  - For more information contact:  
Annie Eagle  
617-713-5488
- Parent/Professional Advocacy League (PPAL)
  - Boston Office  
45 Bromfield Street  
10<sup>th</sup> Floor  
Boston, MA 02108  
617-542-7860
  - Worcester Office  
51 Union Street, Suite 308  
Worcester, MA 01608  
508-767-9725
  - [www.ppal.net](http://www.ppal.net)

- Parent/Professional Advocacy League is an organization that promotes a strong voice for families of children and adolescents with mental health needs. PAL advocates for supports, treatment and policies that enable families to live in their communities in an environment of stability and respect.
  - PPAL also offers youth groups for young adults called H.O.P.E., TAG, and is also the Massachusetts chapter for Youth Move National. For more information about these youth groups visit [www.ppal.net/for-youth/hope](http://www.ppal.net/for-youth/hope) or contact: Meri Viano at [mviano@ppal.net](mailto:mviano@ppal.net) or Lydia Proulx at [lproulx@ppal.net](mailto:lproulx@ppal.net).
  - Members: Any parent or professional that has a child with mental illness
- Recovery Learning Communities (RLCs)
    - RLCs are consumer-run networks of self help/peer support, information and referral, advocacy and training activities. They offer peer support and dual recovery groups. RLCs create significant culture change that shifts the focus on symptom management to a focus on promoting recovery, resilience and wellness.
    - Members: Individuals of any age with a mental illness
    - For more information follow the link and then search for Recovery Learning Communities.  
[www.mass.gov/eohhs](http://www.mass.gov/eohhs)

#### RLC Locations

RLC	Number	Address	Email/Website
Central Massachusetts	508-751-9600	91 Stafford Street Worcester, MA 01603	<a href="mailto:info@centralmassrlc.org">info@centralmassrlc.org</a>
Metro Boston	617-305-9976	85 E. Newton Street, Ground Floor Boston, MA 02118	<a href="mailto:info@bostonresourcecenter.org">info@bostonresourcecenter.org</a>  <a href="http://www.metrobostonrlc.org">www.metrobostonrlc.org</a>
Metro suburban region	617-472-3237	460 Quincy Ave. Quincy, MA 02169	<a href="mailto:info@metrosubrlc.org">info@metrosubrlc.org</a>  <a href="http://www.metrosubrlc.org">www.metrosubrlc.org</a>
North east region Northeast Independent Living Program	978-687-4288	20 Ballard Road Lawrence, MA 01843	<a href="http://www.nilp.org/RLC.html">www.nilp.org/RLC.html</a>
Southeastern	508-828-4537	71 Main Street, Suite 1100 Taunton, MA 02780	
Western Massachusetts Western Mass. Training Consortium	413-539-5941	187 High Street, Suite 303 Holyoke, MA 01040	<a href="mailto:info@westernmassrlc.org">info@westernmassrlc.org</a>  <a href="http://www.westernmassrlc.org">www.westernmassrlc.org</a>

- Rediscovery Inc.
  - 296 Newton Street, Suite 150  
Waltham, MA 02453  
781-894-1222  
[www.rediscoveryhouse.org](http://www.rediscoveryhouse.org)
  - Rediscovery, Inc. uses residential, educational, vocational, and clinical services to prepare youth, ages 16-24, leaving state custody, homeless or at risk of being homeless, to thrive independently as adults, while simultaneously creating a support network that ensures client needs are addressed adequately. They work to increase employment and graduation rates, prevent homelessness, and decrease incarceration rates.
  - Members: Ages 16-24 who are Malden High School Students, Metrowest residents, or are referred by a state agency, such as DMH and DCF (and occasionally DYS or DDS).
  
- Employment Options, Inc.
  - 82 Brigham Street  
Marlborough, MA 01752  
508-485-5051  
[www.employmentoptions.org](http://www.employmentoptions.org)
  - Employment Options creates a home-away-from-home, where people can overcome barriers to employment and discover personal growth, self-sufficiency, and hope. Two major programs offered are Workforce Development, and Family Initiatives. Workforce Development provides education, training and supports to low-wage workers and unemployed families seeking employment or advancement in the health care field. Family Initiatives offers services such as the Young Parents Support Service, and Family Options, which offers family coaching, peer support, and wraparound family teams for parents with mental health conditions whose children also experience emotional and/or behavioral disorders.

# LGBTQ

- Greater Boston PFLAG (Parents, Family and Friends of Lesbians and Gays)
  - 85 River St., Suite 3A  
P.O. Box 541619  
Waltham, MA 02454  
781-891-5966  
[www.gbpflag.org](http://www.gbpflag.org)
  - Greater Boston PFLAG offers help for LGBT youth, their families, and communities around the topic of sexual identity. They are a group of parents, families, friends, and lesbian, gay, bisexual and transgender people. Greater Boston PFLAG helps change attitudes and creates an environment of understanding so that our gay family members and friends can live in a world that is safe and inclusive. They accomplish this through support, education, and advocacy.
  - Trained parent and family volunteers are available to answer questions, listen, and provide resources through their help line: 866-427-3524.
  - Greater Boston PFLAG also offers many support groups in different locations throughout Massachusetts. To view the list of support groups by location, please visit their website at the above link and click on the “Support” tab.
- Boston GLASS Community Center
  - 93 Massachusetts Avenue  
3rd Floor  
Boston, MA 02115  
617-266-3349  
[www.jri.org/glass](http://www.jri.org/glass)
  - A drop-in center for gay, lesbian, bisexual, transgender, and questioning young people between the ages of 13 and 25. You can get something to eat, use the computers to build a resume or talk to a staff person for help or support. Their staff is there to provide informal counseling, advocacy, and referrals on everything from housing issues to health care.
  - They also offer group meetings such as: Gender Identity Group, Coming Out Group, Women’s Group, and Men’s Group. To see the day and time these groups meet, visit their website at the above link and click on the “Schedule” tab.
- The Trevor Project
  - [www.thetrevorproject.org](http://www.thetrevorproject.org)
  - The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth.
  - 24/7 Trevor Lifeline: 1-866-4-U-TREVOR

- Sidney Borum Jr. Health Center
  - 130 Boylston Street  
Boston, MA 02116  
617-457-8140  
[www.sidneyborum.org](http://www.sidneyborum.org)
  - Sidney Borum Jr. Health Center provides safe, non-judgmental care for young people ages 12–29 who may not feel comfortable going anywhere else. They provide medical care, mental health counseling, substance abuse treatment, STD testing and treatment, women’s health care, transgender care, and provide sensitive, respectful and appropriate care to lesbian, gay, bisexual, transgender, queer and questioning (LGBT) youth and young adults.
  
- Waltham House
  - 617-267-3700  
[www.thehome.org](http://www.thehome.org)
  - Waltham House is located in Waltham, Massachusetts. It is a group home program designed to provide a safe and supportive living environment for up to 12 gay, lesbian, bisexual and transgender (GLBT) youth ages 14-18. The program also serves youth who may be questioning (Q) their sexual orientation and/or gender identity. Waltham House offers residents a safe environment to live while they prepare for family reunification, independent living and future self-sufficiency.
  - For more information, visit the above link and click on the “Programs” tab, and then select “Residential Care”.
  
- Safe Homes
  - 4 Mann Street  
Worcester, MA 01602  
508 755-0333  
[www.safehomesma.org](http://www.safehomesma.org)
  - Safe Homes is a program of The Bridge of Central Massachusetts. It is a program for gay, lesbian, bisexual, transgender, and questioning young people between the ages of 14 and 23, and is led by youth and professional staff, as well as volunteer adult advisors. They offer support and resources in a safe and nurturing environment.
  
- The Gay, Lesbian, Bisexual, and Transgender Youth Support Project
  - 942 West Chestnut Street  
Brockton, MA 02301  
1-800-530-2770  
[www.healthimperatives.org/glys/glys.htm](http://www.healthimperatives.org/glys/glys.htm)
  - Their mission is to ensure safe and supportive communities for gay, lesbian, bisexual, transgender and questioning (GLBTQ) youth. The GLBT Youth Support Project provides training and on-going support for educators and health and human service providers to assist them in implementing welcoming and appropriate programs, policies, and services for these young people and their families.

- The Cape and Islands Gay and Straight Youth Alliance
  - 56 Barnstable Rd.  
Hyannis, MA 02601  
508-778-7744  
[www.cigsya.org](http://www.cigsya.org)
  - CIGSYA (The Cape & Islands Gay & Straight Youth Alliance) is a community-based alliance of young people from 14 to 22 that exists to improve the lives of LGBTIQQS (lesbian, gay, bisexual, transgender, intersex, queer, questioning and straight) youth on Cape Cod and the Islands by addressing key risk factors such as the self hate, isolation and fear, which are often prevalent in their lives. CIGSYA works toward eliminating all forms of discrimination based on differences through education and training, and by providing a space where young people come together in an environment of respect, free from judgment and harassment.
- Merrimack Valley Alliance of Gay, Lesbian, Bisexual, and Transgender Youth
  - [www.mcvagly.org](http://www.mcvagly.org)
  - McVAGLY aims to provide LGBT youth from the Merrimack Valley a safe environment to gather weekly to discuss issues that may not be adequately addressed elsewhere. These issues may include coming out, safe sex, the effectiveness of high school and middle school GSA's, suicide, and GLBT rights in the community. All meetings are facilitated by high school and college students and chaperoned by adults 25+ yrs.
  - Check website for meeting time and location or contact:  
[kkantola@comcast.net](mailto:kkantola@comcast.net) or [tjbickford@comcast.net](mailto:tjbickford@comcast.net)
- Supporters of Worcester Area Gay and Lesbian Youth
  - 508-755-0005  
[www.swagly.org](http://www.swagly.org)
  - Since 1984, SWAGLY has provided a safe space for all gay, lesbian, bisexual, transgendered, and questioning youth and their straight allies, ages 14-23 to socialize, learn and share. Their weekly meetings consist of social time, introductions, community announcements, and a structured conversation about issues facing GLBTQ youth today. These include coming out, coping with stress, working with relationships, and various discussions about drug abuse and safer sex.
  - Check the website for meeting times and locations, or call the number listed above.

- Boston Alliance of Gay, Lesbian, Bisexual, & Transgender Youth
  - 617-227-4313  
[www.bagly.org](http://www.bagly.org)
  - 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 GLBT youth 22 and under.
  - Check the website for meeting times and locations, or call the number listed above.
  
- North Shore Alliance of Gay, Lesbian, Bisexual and Transgender Youth
  - 617-927-6088, 781-913-3747  
[www.nagly.org](http://www.nagly.org)
  - NAGLY is a welcoming and safe place for youth ages 14 – 21 who identify as gay, lesbian, bisexual, and transgender. Their mission is to create, sustain and advocate for programs, policies, and services for the lesbian/gay/bisexual/transgender youth community, particularly including the establishment of regular support meetings, and to defend and enhance the human and civil rights of lesbian, gay, bisexual and transgender youth on the North Shore of Massachusetts.
  - Check the website for meeting times and locations, or call the number listed above.
  
- Gay and Lesbian Advocates and Defenders
  - 30 Winter Street, STE 800  
Boston, MA 02108  
[www.glad.org](http://www.glad.org)
  - They are New England's leading legal rights organization dedicated to ending discrimination based on sexual orientation, HIV status and gender identity and expression.
  - If you are interested in learning more about your rights, visit the above website and click on the "Know your Rights" tab.

# **Young Adult Parents**

- Family Initiatives
  - Employment Options, Inc.  
82 Brigham Street  
Marlborough, MA 01752  
(508) 485-5051
  - Family Initiatives at Employment Options offers a continuum of programs for custodial and non-custodial parents. The Family Initiatives programs are developed and designed to reflect the strengths, and address the needs of parents in recovery and their children. Through the many programs offered through Family Initiatives, parents can receive peer support, family coaching, parent coaching, peer mentoring for young pregnant and parenting adults with mental health conditions, and legal support, among other resources.
- Massachusetts Children's Trust Fund
  - 55 Court Street, 4th Floor  
Boston, MA 02108  
617-727-8957  
[www.mctf.org](http://www.mctf.org)
  - The Children's Trust Fund (CTF) leads statewide efforts to prevent child abuse and neglect by supporting parents and strengthening families. CTF reaches families across Massachusetts.
  - They fund over 100 family support and parenting education programs in communities throughout Massachusetts. Some of the programs they offer for parents include Parenting Education and Support Groups, Massachusetts Family Centers, and Healthy Families, which provides home visiting specifically for first-time parents under age 21.
  - To find out more about each program, visit the above link and click on the "Parent Resources" tab at the top of the page.
- Massachusetts Alliance On Teen Pregnancy
  - 105 Chauncy Street, 8th Floor  
Boston, MA 02111  
617-482-9122  
[www.massteenpregnancy.org](http://www.massteenpregnancy.org)
  - Their mission is to advocate statewide and mobilize communities to prevent teen pregnancy, to increase opportunities for youth and young parents, and to empower young people to make healthy decisions about relationships, sex, parenting, and life. They provide resources for pregnant and parenting teens such as the Benefits Access Project, Teen Parent Rights, and Teen Parent Programs.
  - To find out more, visit the above link and click on the "For Teens" section.



- One Tough Job
  - [www.onetoughjob.org](http://www.onetoughjob.org)
  - The Massachusetts Children's Trust Fund created One Tough Job to support parents by providing them with current, reliable, and practical information on a variety of parenting topics related to raising children from infancy through adolescence. They provide information on topics such as Positive Parenting, Health and Safety, School and Child Care, and Growth and Development.
- 24/7 Parental Stress Line: 1-800-632-8188
- Massachusetts Department of Public Health Family Planning Program
  - Community Health and Prevention  
250 Washington Street  
Boston, MA 02108  
617-624-6012  
[www.mass.gov/dph/familyplanning](http://www.mass.gov/dph/familyplanning)
  - The Family Planning Program promotes and provides comprehensive family planning services, which include clinic-based services and may include community education and outreach. These services are targeted to adolescents and low-income residents in Massachusetts. Family planning services aid individuals and families in making choices regarding the spacing and number of their children. Family planning is an integral component of the Department of Public Health's efforts to prevent unintended pregnancies and STDs including HIV/AIDS, reduce infant mortality and morbidity, and improve the health of individuals and communities.

For Nutrition information, please visit the *Health, Wellness, and Nutrition* section of this guide.

# **Qualifying and Applying to the Department of Mental Health**

The Department of Mental Health [www.mass.gov/dmh](http://www.mass.gov/dmh)

DMH assures and provides access to services and supports to meet the mental health needs of individuals of all ages, enabling them to live, work and participate in their communities. DMH has primary responsibility for delivery of non-acute continuing care mental health services for those children with serious emotional disturbance (SED) who are not able to receive appropriate mental health services through other entities or through insurers. The department sets policy, promotes self-determination, protects human rights and supports mental health training and research.

The range of services that DMH offers includes the following: residential and inpatient programs, community-based residential programs, community and school support, case management, clubhouses and community based flexible supports (CBFS). CBFS services include interventions and supports that manage psychiatric symptoms in the community, restore or maintain independent living in the community, restore or maintain daily living skills, promote wellness and the management of medical conditions and assist clients to restore or maintain and use their strengths and skills to undertake employment.

The Department of Mental Health Transition Age Youth (TAY) Initiative helps young persons embark on a positive life path into adulthood and toward the goals of personal stability, community housing and employment and positive youth and family relationships. To learn more about the Transitional Age Youth Initiative, visit the DMH website and visit the “Initiatives” section.

- **Qualifying and Applying to DMH**

Once on the Department of Mental Health Website, click on the “For Consumers” tab located at the top of the webpage. From there, select “Behavioral Health,” then click on “Mental Health” and select the link labeled “Applying for Mental Health Services.”

# **Information about EOHHS and Other State Agencies**

## Executive Office of Health and Human Services (EOHHS)

- [www.mass.gov/eohhs](http://www.mass.gov/eohhs)
- The Executive Office of Health and Human Services (EOHHS) which encompasses Mass Health, is the responsible secretariat for the coordination of all children's services in Massachusetts. The agencies within EOHHS serving children exclusively are the Departments of Children and Families (DCF), and Youth Services (DYS). The Departments of Public Health (DPH), Mental Health (DMH), Developmental Services (DDS), and Transitional Assistance (DTA) and the Commissions for the Blind, and Deaf and Hard-of-Hearing, serve children and adults.

## Massachusetts Rehabilitation Commission (MRC)

- [www.mass.gov/mrc](http://www.mass.gov/mrc)
- MRC assists individuals with disabilities to live and work independently. These goals are achieved through enhancing and encouraging personal choice and the right to fail in the pursuit of independence and employment in the community. MRC is responsible for Vocational Rehabilitation Services, Community Services, and eligibility determination for the Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) federal benefits programs for Massachusetts citizens with disabilities.

## Department of Transitional Assistance (DTA)

- [www.mass.gov/dta](http://www.mass.gov/dta)
- DTA assists low-income individuals and families to meet their basic needs, increase their incomes, and improve their quality of life. DTA administers benefits such as the Supplemental Nutrition Assistance Program/SNAP (formerly the Food Stamp Program), Transitional Aid to Families with Dependent Children (TAFDC), and Emergency Aid to the Elderly, Disabled and Children (EAEDC).

## Department of Labor and Workforce Development (DLWD)

- [www.mass.gov/dlwd](http://www.mass.gov/dlwd)
- The Department works on behalf of job seekers, apprentices, union members, claimants, employers, attorneys and researchers. They provide a wide variety of programs and services to serve constituents across the Commonwealth. The cornerstone of their services is the network of 37 One-Stop Career Centers and the field offices across the Commonwealth.

#### Department of Children and Families (DCF)

- [www.mass.gov/dcf](http://www.mass.gov/dcf)
- DCF ensures the safety of children in a manner that holds the best hope of nurturing a sustained, resilient network of relationships to support the child's growth and development into adulthood. DTA programs and services include: Placement services in congregate care and in family settings, Family Support services that assist families in keeping their children safely at home, Domestic Violence services to assist victims with advocacy, counseling and shelter, adoption services, and case management.

#### Department of Elementary and Secondary Education (DESE)

- [www.doe.mass.edu](http://www.doe.mass.edu)
- DESE is charged with the responsibility of ensuring improved teaching and learning in all of the Commonwealth's public schools. DESE's mission is to improve the quality of the public education system so that students are adequately prepared for higher education, rewarding employment, continued education, and responsible citizenship. We carry out our mission in partnership with Massachusetts school districts and other organizations that provide educational programs and services.

#### Department of Youth Services (DYS)

- [www.mass.gov/dys](http://www.mass.gov/dys)
- The mission of DYS is to protect the public and prevent crime by promoting positive change in the lives of youth committed to our custody, and by partnering with communities, families, government and provider agencies toward this end. DYS accomplishes this mission through interventions that build knowledge, develop skills and change the behavior of the youth in our care.

#### Department of Public Health (DPH)

- [www.mass.gov/dph](http://www.mass.gov/dph)
- The Department of Public Health provides many programs that support young adults. DPH programs and services include: the Bureau of Substance Abuse Services, Youth Development, Family Planning, HIV/AIDS, Youth Violence Prevention, and Suicide Prevention.

# Hotlines, Warm Lines and Young Adult Council Meetings

## Hotlines

Hotlines provide an alternative to hospital emergency departments (EDs) for individuals seeking behavioral health services when use of the ED may be avoided and/or is not voluntarily sought. They provide in-person behavioral health crisis assessment, intervention, and stabilization services.

### Mass Behavioral Health Partnership (MBHP) Hotlines (Emergency Services Programs)

Region	Cities/Towns in Region	Service Program	24-Hour Phone Number
<b>Boston Region</b>			
Boston	Boston (Dorchester, South Boston, Roxbury, West Roxbury, Jamaica Plain, Mattapan, Roslindale, Hyde Park, Lower Mills), Brighton, Brookline, Charlestown, Chelsea, East Boston, Revere, Winthrop	Boston Medical Center/ Boston Emergency Services Team (B.E.S.T.)	800-981-4357
<b>Metro Boston Region</b>			
Cambridge, Somerville	Cambridge, Somerville	Boston Medical Center/ Cambridge Somerville Emergency Services Team (C.S.E.S.T.)	800-981-4357
Norwood	Canton, Dedham, Dover, Foxboro, Medfield, Millis, Needham, Newton, Norfolk, Norwood, Plainville, Sharon, Walpole, Wellesley, Weston, Westwood, Wrentham	Riverside Community Care	800-529-5077
South Shore	Braintree, Cohasset, Hingham, Hull, Milton, Norwell, Quincy, Randolph, Scituate, Weymouth	South Shore Mental Health (SSMH)	800-528-4890
<b>Western Region</b>			
The Berkshires	Adams, Alford, Becket, Cheshire, Clarksburg, Dalton, Egremont, Florida, Great Barrington, Hancock, Hinsdale, Lanesboro, Lee, Lenox, Monroe, Monterey, Mount Washington, New Ashford, New	The Brien Center for Mental Health and Substance Abuse	800-252-0227

	Marlboro, North Adams, Otis, Peru, Pittsfield, Richmond, Sandisfield, Savoy, Sheffield, Stockbridge, Tyringham, Washington, West Stockbridge, Williamstown, Windsor		
Greenfield	Ashfield, Athol, Bernardston, Buckland, Charlemont, Colrain, Conway, Deerfield, Erving, Gill, Greenfield, Hawley, Heath, Leverett, Leyden, Millers Falls, Montague, New Salem, Northfield, Orange, Petersham, Phillipston, Rowe, Royalston, Shelburne, Shutebury, Sunderland, Turners Falls, Warwick, Wendell, Whately	Clinical and Support Options	800-562-0112
Northampton	Amherst, Chesterfield, Cumminton, Easthampton, Florence, Goshen, Hadley, Hatfield, Middlefield, Northampton, Pelham, Plainfield, Westhampton, Williamsburg, and Worthington	Clinical and Support Options	800-562-0112
Southern Pioneer Valley	Agawam, Belchertown, Blandford, Bondsville, Chester, Chicopee, East Longmeadow, Granby, Granville, Hampden, Holyoke, Huntington, Indian Orchard, Longmeadow, Ludlow, Monson, Montgomery, Palmer, Russell, South Hadley, Southampton, Southwick, Springfield, Thorndike, Three Rivers, Tolland, Ware, Westfield, West Springfield, Wilbraham	Behavioral Health Network	800-437-5922
<b>Central Region</b>			
MetroWest	Acton, Ashland, Arlington, Bedford, Belmont, Boxborough, Burlington, Carlisle, Concord, Framingham, Holliston, Hopkinton, Hudson, Lexington, Lincoln, Littleton, Maynard, Marlborough, Natick, Northborough, Sherborn, Southborough, Stow, Sudbury, Waltham, Watertown, Wayland, Westborough, Wilmington, Winchester, Woburn	Advocates	800-640-5432
North County	Ashburnham, Ashby, Ayer, Barre, Berlin, Bolton, Clinton, Fitchburg, Gardner, Groton, Harvard, Hubbardston, Lancaster, Leominster, Lunenburg, New Braintree, Oakham, Pepperell, Princeton, Rutland, Shirley, Sterling, Templeton, Townsend, Westminster, Winchendon	Community HealthLink Inc.	800-977-5555
South County	Bellingham, Blackstone, Brimfield, Brookfield, Charlton, Douglas, Dudley, East Brookfield, Franklin, Holland, Hopedale, Medway, Mendon, Milford, Millville, Northbridge, North Brookfield, Oxford, Southbridge, Sturbridge, Sutton, Upton, Uxbridge, Wales, Warren, Webster, West Brookfield	Riverside Community Care	800-294-4665

Worcester	Auburn, Boylston, Grafton, Holden, Leicester, Milbury, Paxton, Shrewsbury, Spencer, West Boylston, and Worcester	Community HealthLink Inc.	866-549-2142
<b>Northeastern Region</b>			
North Essex	Amesbury, Beverly, Boxford, Danvers, Essex, Georgetown, Gloucester, Groveland, Hamilton, Haverhill, Ipswich, Manchester by the Sea, Marblehead, Merrimac, Middleton, Newbury, Newburyport, Peabody, Rockport, Rowley, Salem, Salisbury, Topsfield, Wenham, West Newbury	Health and Education Services (HES)	866-523-1216
Lawrence	Andover, Lawrence, Methuen, North Andover	Health and Education Services (HES)	877-255-1261
Lowell	Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro, Westford	Health and Education Services (HES)	800-830-5177
Tri-City	Everett, Lynn, Lynnfield, Malden, Medford, Melrose, Nahant, North Reading, Reading, Saugus, Stoneham, Swampscott, Wakefield	Eliot Community Services	800-988-1111
<b>Southeastern</b>			
Southern Coast	Acushnet, Carver, Dartmouth, Duxbury, Fairhaven, Halifax, Hanover, Hanson, Kingston, Marion, Marshfield, Mattapoisett, New Bedford, Pembroke, Plymouth, Plympton, Rochester, Wareham	Child and Family Services of New Bedford	877-996-3154
Brockton	Abington, Avon, Bridgewater, Brockton, East Bridgewater, Easton, Holbrook, Rockland, Stoughton, West Bridgewater, Whitman	Brockton Multi-Service Center	877-670-9957
Cape Cod and the Islands	Aquinnah, Barnstable, Bourne, Brewster, Chatham, Chilmark, Cotuit, Dennis, Eastham, Edgartown, Falmouth, Gay Head, Gosnold, Harwich, Hyannis, Mashpee, Nantucket, Oak Bluffs, Orleans, Osterville, Provincetown, Sandwich, Tisbury, Truro, Wellfleet, West Tisbury, Woods Hole, Yarmouth	Cape & Islands Emergency Services	800-322-1356
Fall River	Fall River, Freetown, Somerset, Swansea, Westport	Corrigan Mental Health Center	877-425-0048
Taunton, Attleboro	Attleboro, Berkley, Dighton, Lakeville, Mansfield, Middleborough, North Attleboro, Norton, Raynham, Rehoboth, Seekonk, Taunton	Norton Emergency Services	800-660-4300

## Warm Lines

Warm Lines are peer-operated, compassionate listening lines. Operators talk about day to day experiences living with mental health issues, and focus on the transformation and recovery possibilities from a place where many people feel disabled, isolated and perhaps stuck. The Operators can provide local, state and national resources to assist callers in their recovery.

### Warm Lines

Location	Name	Phone Number	Hours of Operation
<b>Central-West Area</b>			
	Cross Connections	978-629-8485 After three beeps enter your phone number and a volunteer will call you back shortly.	Mon.-Sun. 4-7pm and 10pm-12am
	Westwinds Warmline	508-426-1660	Mon.-Sun. 6-9pm
<b>Metro-Southeast</b>			
	Casa Primavera Warmline	617-445-8017	Mon.-Fri. 8-9am and 5-11pm, Sat.-Sun. 9am-5pm
	Metro Boston and Northeast RLC Peer Warmline	877-733-7563	Tues.-Sun. 4-8pm
<b>Northeast-Suburban</b>			
	C.A.S.T.L.E.	617-610-7907	Sun.-Fri. 7-11pm
	Edinburg Center Warmline	800-243-5836	Mon.-Fri. 5-10pm, Sat.-Sun. 1-10pm



## Young Adult Councils

The Department of Mental Health (DMH) created a Statewide Youth Advisory Council (SYAC) and area/local young adult councils across the state. These councils were created for young adults between ages 16-25 who are or have been involved in the DMH system to voice their concerns and needs for mental health services during a young person's transition period, and to serve as an advisory board to the Department of Mental Health's Transition Age Youth Initiative. Past and current activities of the young adult councils include: creating films and documentaries, social and recreational activities, presentations at local and national conferences, trainings, and publications. Any young adult who has lived experience with mental illness and is interested in sharing experiences or ideas about young adult mental health services and policies is welcome to join.

### DMH Statewide Young Adult Council Meeting

Area	Time	Frequency	Place	Point Persons
Northeast-Suburban	2pm-4pm	3rd Tuesday of the month	Tatnuck Bookseller's 18 Lyman Street Westborough, MA 01581 508-366-4959	Stephanie Morrill 617-442-4111 Annabelle Lim 617-626-8087

### DMH Young Adult Council Meetings

Area	Time	Frequency	Place	Point Person
<b>Central -West</b> (Holyoke and surrounding sites)				
	5-7pm	1 <sup>st</sup> and 3 <sup>rd</sup> Monday of the month	Western Mass Training Consortium 187 High Street Holyoke, MA 01040 413-536-2401	Danielle Niedzwiecki 413-536-2401 Extension 3011
<b>Central -West</b> (Worcester and surrounding sites)				
	3-4:30pm	2 <sup>nd</sup> Tuesday of the month	*NOTE: The meeting place for this council has the following <u>alternating</u> locations.  Alternatives Unlimited 286 Lincoln Street Worcester, MA 01605 508-853-7463	Catherine McCormack 508-368-3585
	3-4:30pm	2 <sup>nd</sup> Tuesday of the month	Central Mass RLC 91 Stafford Street Worcester, MA 01603 508-751-9600	Catherine McCormack 508-368-3585

	3-4:30pm	2 <sup>nd</sup> Tuesday of the month	Worcester State Hospital 305 Belmont Street Worcester, MA 01604 508-368-3585	Catherine McCormack 508-368-3585
	3-4:30pm	2 <sup>nd</sup> Tuesday of the month	Genesis Clubhouse 274 Lincoln Street Worcester, MA 01605 508-831-0100	Catherine McCormack 508-368-3585
	3-4:30pm	2 <sup>nd</sup> Tuesday of the month	Crossroads Clubhouse 11 Williams Street Hopedale, MA 01747 508-473-4715	Catherine McCormack 508-368-3585
<b>Northeast-Suburban</b>				
	10am-12pm	Every Monday	Young Adult Vocational Program 75 Pleasant Street Arlington, MA 02476 781-643-5093	Jonathan Bowen-Leopold 774-286-9172
	TBD	TBD	Young Adult Council Meetings meet in the Beverly, Lowell, Lawrence, and Lynn/Metro (Wakefield) areas. To find out the time and place of these council meetings, contact Kelly Sporer.	Kelly Sporer 978-605-5467 or 781-592-2494 x24 sporerk@vinfen.org
<b>Metro-Southeast</b>				
	4-4:45pm	Every Tuesday (except the 3 <sup>rd</sup> Tuesday of each month)	The "Spot" Young Adult Center 76 Amory Street Roxbury, MA 02119 617-516-5100	Andres Strohmeier 617-516-5116
	3-5pm	Last Wednesday of the month	Community Counseling of Bristol County 59 Broadway Taunton, MA 02780 508-884-8264	Clyde Godfrey 508-897-2180

# Peer Support and Dual Recovery Groups

## Peer Support Groups in the Metro-Southeast Area

Day	Time	Address	Phone Number
Tuesdays	6-7 pm	Southeastern RLC 71 Main Street, Suite 1100, Taunton, MA	508-828-4537
Wednesdays	1-2 pm	Southeastern RLC 71 Main Street, Suite 1100, Taunton, MA	508-828-4537
Wednesdays	6-7 pm	Brockton RLC 375 Westgate Drive, Brockton, MA	508-828-4537
Thursdays	7-8 pm	Southeastern RLC 71 Main Street, Suite 1100, Taunton, MA	508-828-4537

## Dual Recovery Groups in the Metro-Southeast Area

Day	Time	Address	Phone Number
Tuesdays	1-2 pm	The Twist Program 1175 Acushnet Avenue, New Bedford, MA	774-634-7976
Tuesdays	4-5 pm	Brockton RLC 375 Westgate Drive, Brockton, MA	508-828-4537
Wednesdays	6-7 pm	Southeastern RLC 71 Main Street, Suite 1100, Taunton, MA	508-828-4537
Fridays	6-7 pm	Brockton RLC 375 Westgate Drive, Brockton, MA	508-828-4537

# **Substance Abuse**

- Bureau of Substance Abuse Services
  - Department of Public Health  
250 Washington Street  
Boston, MA 02108-4609  
[www.mass.gov/dph/bsas](http://www.mass.gov/dph/bsas)
  - The Bureau of Substance Abuse Services (BSAS) oversees the substance abuse and gambling prevention and treatment services in the Commonwealth. Responsibilities include: licensing programs and counselors; funding and monitoring prevention and treatment services; providing access to treatment for the indigent and uninsured; developing and implementing policies and programs; and tracking substance abuse trends in the state.
  - Massachusetts Youth and Young Adult Substance Abuse Services Directory
    - This directory provides information on finding the right treatment, youth residential treatment programs, youth stabilization and detoxification units, recovery homes and high schools, and other resources.
    - To access this directory, please visit [www.yac-yac.info](http://www.yac-yac.info) and click on the “Resource Guides” tab.
- National Institute on Drug Abuse
  - [www.drugabuse.gov](http://www.drugabuse.gov)
  - NIDA's mission is to lead the nation in bringing the power of science to bear on drug abuse and addiction. NIDA's website provides information on many drugs that are typically abused as well as information on related topics, fact sheets, and publications.
  - They also have a “Student and Young Adults” section with the link to the NIDA for Teens website: [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov). The NIDA for Teens website provides facts and information on drugs, videos, and real stories about addiction and substance abuse.
- Substance Abuse and Mental Health Services Administration (SAMHSA):  
Substance Abuse Treatment Facility Locator
  - [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)
  - The Locator includes more than 11,000 addiction treatment programs, including residential treatment centers, outpatient treatment programs, and hospital inpatient programs for drug addiction and alcoholism.
  - To find a substance abuse treatment program near you, visit the above link. Once on the website, click on Massachusetts (MA) on the map, and then enter your city or zip code to find the programs nearest you.

- Massachusetts Substance Abuse Information and Education Helpline
  - [www.helpline-online.com](http://www.helpline-online.com)
  - The Helpline is a Massachusetts resource providing free and anonymous information and referral for alcohol and other drug abuse problems and related concerns. The Helpline is committed to linking consumers with comprehensive, accurate, and current information about treatment and prevention services throughout Massachusetts. Information on over 600 programs can be accessed through the Helpline website or visitors may call the Helpline 24 hours a day, every day, to talk with a referral specialist. Helpline services are anonymous and free.
  - Massachusetts Substance Abuse Helpline: 1-800-327-5050
  
- Alcoholics Anonymous
  - [www.aa.org](http://www.aa.org)
  - Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; they are self-supporting through their own contributions. AA is not allied with any sect, denomination, politics, organization or institution.
  - To find an A.A. meeting near you, visit the above link, click on the “How to Find A.A. Meetings” tab, and then visit the “Local Resources that provide A.A. Meeting Information” section and click on your state.
  
- Narcotics Anonymous
  - [www.na.org](http://www.na.org)
  - Narcotics Anonymous offers recovery to addicts around the world. They focus on the disease of addiction rather than any particular drug. N.A.’s message is broad enough to attract addicts from any social class or nationality. When new members come to meetings, the N.A.’s sole interest is in that person’s desire for freedom from active addiction and how they can be of help
  - To find an N.A. meeting near you, visit the above link and click on the “Find a Meeting” section and select one of the options.

# **Health, Wellness, and Nutrition**

- Health Insurance
  - To find a health insurance plan for you, visit the Health Connector website:  
[www.mahealthconnector.org](http://www.mahealthconnector.org)
  - For more information about health coverage, insurance, and how to apply, call the Health Care for All Help Line at 1-800-272-4232 or visit their website:  
[www.hcfama.org](http://www.hcfama.org)

- Social Security Disability Insurance (SSDI) vs. Supplemental Security Income (SSI)

## Social Security Disability Insurance (SSDI)

- Social Security pays benefits to people who cannot work because they have a medical condition that is expected to last at least one year or result in death.
- For more information about SSDI, visit the following link:  
[www.ssa.gov/pubs/10029.html](http://www.ssa.gov/pubs/10029.html)

## Supplemental Security Income (SSI)

- SSI makes monthly payments to people who have low income and few resources and are age 65 or older, blind, or have a disability.
- For more information about SSI, visit the following link:  
[www.ssa.gov/pubs/11000.html](http://www.ssa.gov/pubs/11000.html)
- For more information, you can call Social Security's toll-free number: 1-800-772-1213 or call one of the following Work Incentives Planning and Assistance (WIPA) Programs in Massachusetts
- BenePLAN: Berkshire, Franklin, Hampden, Hampshire, Middlesex, and Worcester counties: 1-877-937-9675
- Project Impact: Barnstable, Bristol, Dukes, Nantucket, Plymouth, Suffolk, Essex, and Norfolk counties: 1-800-734-7475
- To find a Social Security office near you, visit the following link, type your zip code in the space provided, and click Locate:  
<https://secure.ssa.gov/apps6z/FOLO/>

For more information on SSI and SSDI, visit the following helpful links:

- [www.communityinclusion.org/article.php?article\\_id=211](http://www.communityinclusion.org/article.php?article_id=211)
- [www.umassmed.edu/uploadedFiles/cmhsr/Publications/RycUssi.pdf](http://www.umassmed.edu/uploadedFiles/cmhsr/Publications/RycUssi.pdf)

- Medication
  - [www.nami.org/template.cfm?section=about\\_medications](http://www.nami.org/template.cfm?section=about_medications)
  - Please visit the above website to find out information about medications. You can click on any of the links located under the "General Information about Medications" section, or you can scroll down to the "Specific Medications"

section to find out more about certain medications and questions and answers about that medication.

- Children’s Behavioral Health Initiative (CBHI)
  - CBHI is an interagency initiative of the Commonwealth’s Executive Office of Health and Human Services whose mission is to strengthen, expand and integrate Massachusetts state services into a comprehensive, community-based system of care, to ensure that families and their children with significant behavioral, emotional and mental health needs obtain the services necessary for success in home, school and community.
  - Youth covered by the new Mass Health services include ages 0-21.
  - For more information about CBHI, visit [www.mass.gov/eohhs](http://www.mass.gov/eohhs). Once there, click the “For Government” tab at the top of the page, then click on the “Special Commissions and Initiatives” section, and select the “Children’s Behavioral Health Initiative” link.
- Health Centers
  - [www.massleague.org/findahealthcenter/index.php](http://www.massleague.org/findahealthcenter/index.php)
  - To find a health center near you, visit the above link. Type your address into the appropriate space, select a distance away from your address using the dropdown arrow, select your type of service, and then hit Go.
  - To find out more information about the Massachusetts League of Community Health Centers, visit their main website: [www.massleague.org](http://www.massleague.org)
- Clinics
  - [www.needymeds.org/free\\_clinics.taf](http://www.needymeds.org/free_clinics.taf)
  - To find a clinic near you, enter your zip code in the space provided, and then click Search.
- Healthy Changes Initiative
  - [www.mass.gov/dmh](http://www.mass.gov/dmh)
  - The Massachusetts Department of Mental Health recognizes the essential role of wellness in recovery from psychiatric illness. The mission of the DMH Healthy Changes Initiative is to improve the quality of life, health and wellness of individuals at risk for illness and premature death and eliminate the significant health disparity among individuals with serious mental illness.
  - To view the Healthy Changes Resource Guide and to learn more about physical activity, nutrition, and smoking cessation, visit the above link and click on the “Initiatives” section on the left hand side of the page, and then click on the link titled “Healthy Changes”.
- Massachusetts Health Promotion Clearinghouse
  - [www.maclearinghouse.com](http://www.maclearinghouse.com)
  - The Massachusetts Health Promotion Clearinghouse provides free health promotion materials for Massachusetts residents and health and social service providers in the Commonwealth. Some of the health topics within the materials include information on influenza, GLBT health, substance abuse, women and men’s health, and tobacco cessation.

- MassHealth Wellness Program
  - [www.mass.gov/eohhs](http://www.mass.gov/eohhs)
  - The MassHealth Wellness Program encourages MassHealth members to take actions to prevent disease and illness in their lives. It provides information on staying healthy, tobacco cessation, and MassHealth program resources.
  - To learn more, visit the above link. Once on the website, click on the “For Consumers” tab, then click on the “Prevention and Wellness” section, and then click on the link titled “MassHealth Wellness – MassHealthy”.
  
- SNAP: Supplemental Nutrition Assistance Program
  - [www.mass.gov/snap](http://www.mass.gov/snap)
  - Supplemental Nutrition Assistance Program or SNAP is the new name for the Food Stamp Program. SNAP benefits are provided by the federal government and administered by DTA. Residents of the Commonwealth who participate in SNAP are families with children, elders and disabled. Many are the working poor with limited income or those who are temporarily unemployed.
  - To apply for SNAP benefits, you may fill out the SNAP application to see if you are eligible to receive benefits. To apply online, please visit the above link and click on the “SNAP Application” link located under the “Apply Online” section. To apply by mail or in person, you must complete the application and submit it to the Transitional Assistance office that covers your city/town. To download and print the SNAP Application, visit the above link and look under the “Apply by Mail or Fax” section. To find the Transitional Assistance office that covers your city/town, visit the above link and click on the “Transitional Assistance Office” link located under both the “Apply by Mail or Fax” and “Apply in Person” sections.
  
- WIC: Women, Infants and Children Nutrition Program
  - [www.mass.gov/wic](http://www.mass.gov/wic)
  - WIC is a nutrition program that provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify. WIC’s goal is to help keep pregnant and breastfeeding women, new moms, and kids under age 5 healthy. WIC also offers immunization screening and referral, breastfeeding support, and nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget.
  - To apply for WIC, call 1-800-WIC-1007, or visit the above website, click on the map, and select your area to find a WIC program in your community.
  
- Mass in Motion
  - [www.mass.gov/massinmotion](http://www.mass.gov/massinmotion)
  - Mass in Motion aims to promote wellness and to prevent overweight and obesity in Massachusetts – with a particular focus on the importance of healthy eating and physical activity. The website provides information on physical activity, eating healthy, staying healthy at home, at work, and in your community, as well as a blog.



- Physical Activity
  - YMCA
    - Many YMCA's offer fitness facilities, recreational activities, educational programs to promote healthier decisions, and a wide variety of programs that support physical, intellectual, and spiritual strength. Membership rates among YMCA's vary, but ask your Y if they offer reduced rates for students.
    - To find a YMCA nearest you, visit [www.ymca.net](http://www.ymca.net) and type in your city, state, or zip code into the "Find your Y" search bar.
  - Local Gyms
    - Many local gyms offer low monthly rates and special offers. Contact a gym near you to find out what fitness facilities they offer, their membership rates, and if they offer reduced rates for students.
- Food Pantries and Free Meal Programs
  - [www.massresources.org/food-pantries.html](http://www.massresources.org/food-pantries.html)
  - Food pantries are places where people in need can receive free food (mostly canned and packaged foods) to take home with them to prepare. Free meal programs, such as soup kitchens, are places where people can go to eat cooked meals free of charge.
  - To find a food pantry or free meal program, call Project Bread's FoodSource Hotline:  
FoodSource Hotline: 1-800-645-8333  
[www.projectbread.org](http://www.projectbread.org)
- Sexual Education:
  - For information regarding sexually transmitted diseases, pregnancy, birth control and other general information please visit [www.yac-yac.info](http://www.yac-yac.info), click in the "Resource Guides" tab and click the link for the sexual education manual.

# **Transportation**

- Massachusetts Bay Transportation Authority (MBTA)
  - [www.mbtta.com](http://www.mbtta.com)
  - To find a bus or subway stop near you, visit the above link, and then click on the “Schedules & Maps” section located at the top of the page.
  - To find out more about reduced fares for people with disabilities, visit the following link and scroll down to “Persons with Disabilities”:  
[www.mbtta.com/fares\\_and\\_passes/reduced\\_fare\\_programs/](http://www.mbtta.com/fares_and_passes/reduced_fare_programs/)
- Regional Transit Authorities (RTA)
  - [www.eot.state.ma.us/rtas/rtaMap.asp](http://www.eot.state.ma.us/rtas/rtaMap.asp)
  - To find the RTA in your area, select a city from the dropdown bar. Once it locates the appropriate RTA for you, the link to the RTA will be displayed under “More Info”. Click that link for more specific information.
  - Contact your RTA to find out if they offer reduced fares for people with disabilities, and how to purchase these reduced fares.
- The RIDE
  - The RIDE provides door-to door transportation to eligible people who cannot use general public transportation all or some of the time, because of a physical, cognitive or mental disability. The fare for a one-way trip is \$2.00, regardless of the area traveled.
  - To find out more information about The RIDE, visit the following website:  
[www.mbtta.com/riding\\_the\\_t/accessible\\_services](http://www.mbtta.com/riding_the_t/accessible_services) . Once on the website, click the link that says “The Office for Transportation Access—THE RIDE.”
- Driving Schools
  - <http://www.mass.gov/rmv/driversed/selectschool.htm>
  - To locate a driving school near you, click the above link. Once on the web page, go to “Locate a Professional Driving School”, then select the city or town where you wish to attend the school.
- Registry of Motor Vehicles
  - <http://www.massdot.state.ma.us/RMV/>
  - To see a complete listing of RMV branches, please visit the following link:  
[www.massdot.state.ma.us/rmv/BranchInfo/Branches.aspx](http://www.massdot.state.ma.us/rmv/BranchInfo/Branches.aspx)
    - Obtaining a Class D Permit and License
      - [www.mass.gov/rmv/license/5classd.htm](http://www.mass.gov/rmv/license/5classd.htm)
    - Booking a Road Test
      - [www.mass.gov/rmv/roadtests](http://www.mass.gov/rmv/roadtests)
    - Obtaining a Massachusetts ID
      - [www.mass.gov/rmv/license/13bMAID.htm](http://www.mass.gov/rmv/license/13bMAID.htm)
    - Voter Registration
      - [www.mass.gov/rmv/info/voter.htm](http://www.mass.gov/rmv/info/voter.htm)

# **Banking**

- What is a checking account?
  - An account provided to you by a bank that allows you to withdraw and deposit money into that account, as well as use a debit card or check to pay for purchases instead of cash.
- What is a savings account?
  - An account provided to you, typically by a bank, which allows you to deposit money into that account, and gain interest on that money.
- Student Accounts
  - Many banks offer student accounts that include features such as no minimum balance requirement, a free debit card, free monthly maintenance fee, etc. Contact your bank to find out if they have student accounts and what they offer.

***PLEASE NOTE: We do not endorse any particular bank. There are many banks and banking institutions to choose from in your local community. Below is a list of some banks as an example.***

## **Banks**

<b>Name</b>	<b>Link to Bank Locator</b>
Bank of America	<a href="http://bankofamerica.via.infonow.net/locator/atmbranch">http://bankofamerica.via.infonow.net/locator/atmbranch</a>
Berkshire Bank	<a href="http://www.berkshirebank.com/locations">http://www.berkshirebank.com/locations</a>
Century Bank	<a href="http://www.century-bank.com/about/atmbranch.cfm">http://www.century-bank.com/about/atmbranch.cfm</a>
Citibank	<a href="http://locations.citibank.com/citibankV2/Index.aspx">http://locations.citibank.com/citibankV2/Index.aspx</a>
Citizens Bank	<a href="http://www.citizensbank.com/branchlocator/">http://www.citizensbank.com/branchlocator/</a>
Eastern Bank	<a href="http://locations.easternbank.com/Pages/locator.aspx">http://locations.easternbank.com/Pages/locator.aspx</a>
Enterprise Bank	<a href="http://www.enterprisebanking.com/index.php?id=7">http://www.enterprisebanking.com/index.php?id=7</a>
Middlesex Savings Bank	<a href="http://www.middlesexbank.com/locations/">http://www.middlesexbank.com/locations/</a>
Sovereign Bank	<a href="http://www.sovereignbank.com/atm_locator">http://www.sovereignbank.com/atm_locator</a>
TD Bank	<a href="http://www.tdbank.com/net/absearch/default.aspx">http://www.tdbank.com/net/absearch/default.aspx</a>
United Bank	<a href="https://www.bankatunited.com/home/hours.php">https://www.bankatunited.com/home/hours.php</a>

# **Other Helpful Resources**

- Smoking Cessation
  - [www.trytostop.org](http://www.trytostop.org)
  - [www.smokefree.gov](http://www.smokefree.gov)
  - 1-800-TRY-TO-STOP
  - National Quit Line: 1-800-QUIT-NOW
- Suicide Prevention
  - [www.masspreventssuicide.org](http://www.masspreventssuicide.org)
  - [www.samaritanshope.org](http://www.samaritanshope.org)
  - Samaritans Statewide Helpline: 1-877-870-HOPE
  - National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Massachusetts Clubhouses
  - [www.massclubs.org/MAClubhouses](http://www.massclubs.org/MAClubhouses)
- Safelink Wireless – Free Cell Phone/Airtime for Eligible Customers
  - [www.safelinkwireless.com](http://www.safelinkwireless.com)
- Support and Other Helpful Resources
  - [www.strengthofus.org](http://www.strengthofus.org)
  - <http://labs.umassmed.edu/transitionsRTC/>
  - <http://voices4hope.wikispaces.com/>
  - [www.pathwaysrtc.pdx.edu](http://www.pathwaysrtc.pdx.edu)
  - [www.going-to-college.org](http://www.going-to-college.org)
  - [www.nami.org](http://www.nami.org)
  - [www.namimass.org](http://www.namimass.org)
  - [www.nimh.nih.gov](http://www.nimh.nih.gov)
  - [www.masspartnership.com](http://www.masspartnership.com)
  - [www.workwithoutlimits.org](http://www.workwithoutlimits.org)
  - [www.stopbullying.gov](http://www.stopbullying.gov)
  - [www.whatadifference.samhsa.gov](http://www.whatadifference.samhsa.gov)
  - [www.massresources.org](http://www.massresources.org)

# **Young Adult Experiences with Programs and Services**

## ***Amy shares her experience with various young adult programs...***

*“The Transformation Center has different workshops and trainings for young adults. They are also a peer run organization. Their trainings have given me a lot of self worth. They teach you that young adults can advocate for themselves. TRACS is another great program for young adults. They have two young adult peer mentors that run peer support groups. There are also social outings once a month that help you stay connected to other young adults in mental health recovery. The Metro Suburban Recovery Learning Community is run by those in mental health recovery. I started out volunteering there on the phones and am now a Peer Facilitator. They have trainings where they teach you how to run a group. I currently run a group called Raw Arts where anything creative happens. Another program that has been a great help to me is Transitions Young Adult Day Program in Walpole, MA. It is a part of the May Institute which handles all behavioral health, not just autism. I have met other young adults there with similar experiences and we have groups such as Expressive Arts Therapy and DBT (Dialectical Behavioral Therapy) group. It’s great to have a day program for just young adults.”*

- Amy Manion

## ***Jessel shares his experience at community college...***

*“My experience at RCC (Roxbury Community College) on the whole has been great. The professors are fantastic and the student body for the most part is mature and friendly. Class sizes are relatively small (which is very good). It is also a very diverse student body. By putting in my best effort and showing seriousness I have been able to get mostly A's in my first two semesters.”*

- Jessel-Paul Smith

## ***Megan shares her experience with an intensive residential treatment program...***

*“Chauncy Hall saved my life. The people there cared. They believed in me. They always gave that extra push when I needed it. They made me realize that I have a life worth living, and they will tell you that everyday. They are the people who will never give up on you, who will never back off. They were able to give me the tools for me to better myself.”*

- Megan Biela