



**RECOVERY MONTH**  
Every Person. Every Family. Every Community.

“THE RSS WEEKLY”

**We are 1/2 way through RECOVERY MONTH! There are still so many exciting events happening so don't worry– there's plenty of time for you to attend an event or two! We hope you are enjoying Recovery Month 2024!**



Take a look at the PRSC Recovery Month Challenge to view the teams, their travels, event flyers, and who is in the lead as they compete for the 1st Recovery Month Challenge Trophy to be presented at MOAR Recovery Day! <https://p2p.onecause.com/recoverymonthchallenge>



*For ALL events in MA throughout the month, visit the MOAR website at*

[Recovery Month | Moar Recovery \(moar-recovery.org\)](https://moar-recovery.org)

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate Recovery Month. They speak about strides made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and foster a greater understanding about mental and substance use disorders.



Moving forward, there will no longer be a new Recovery Month theme announced each year. Recovery Month has adopted the theme of “Every Person. Every Family. Every Community.” as its permanent tagline. The 2024 Recovery Month observance will work to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

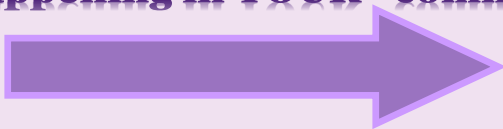
At federal, state and local levels, there's a lot happening throughout Recovery Month! Take a look at



Faces and Voices' National Recovery Month Calendar for events across the country.

[Recovery Month Events Calendar - Faces & Voices of Recovery](#)

**What's happening in YOUR community this week?**





**“The RSS Weekly”, Week Two – It’s RECOVERY MONTH!**

9/16	12:00-- 4PM	<b>Western MA Recovery Day</b> <b>8 Western MA PRSC’s!!!</b> Look Memorial Park 300 North Main St Northampton	West
9/18	5-8PM	<b>Friends &amp; Family Fun Fair</b> Recovery Café Lowell 20 Williams St Lowell MA	Northeast
9/19	10am- 2pm	<b>Recovery Month Outreach Celebra- tion</b> <b>Leaders of Restoration PRSC</b> Riverfront Park 51 Commercial St Fitchburg	Central
9/20	10-6PM	<b>Recovery Day 2024</b> <b>Peer to Peer Recovery Center</b> 175 North Main St Fall River	Southeast
9/20	3:00-10 PM	<b>***GRAND OPENING</b> <b>The Bridge to Hope PRSC</b> 29 Everett St Southbridge Grand Opening 3-5 Comedy Show 6-8 Recovery Dance 8-10	Central
9/20	1-4PM	<b>Recovery Celebration</b> <b>Recover Project</b> Energy Park 50 Miles St. Greenfield	Western
9/20	12:00- 5PM	<b>Holyoke Recovery Day</b> <b>Hope for Holyoke PRSC</b> Veterans Park, Dwight/Chestnut St Holyoke	Western
9/20	5-7PM	<b>Wey of Life PRSC</b> <b>Ribbon Cutting and</b> <b>Recovery Celebration</b> 383 Bridge St Weymouth MA	Southeast
9/21	12:00- 4PM	<b>Recovery Month Harvest Dance</b> <b>VALOR Recovery Center</b> 383 Worthington St Spfld	Western
9/21	11am- 3PM	<b>Recovery Walk with EDM</b> <b>Fuller Family Park</b> 12 Allendale St Worcester	Central
9/21	2:00 PM	<b>FIRE by Ripple Effect PRSC</b> <b>Recovery EVENT!</b> <b>Carter Park</b> 68 Summer St Leominster	Central
9/21	10-2PM	<b>Together We Can!</b> <b>Family Fun Celebration</b> <b>New Beginnings PRSC</b> Campagnone Common Prk 200 Common St Lawrence, MA	Northeast



# RECOVERY MONTH

Every Person. Every Family. Every Community.

# AT BSAS!

## "The RSS Weekly", Week Two – It's RECOVERY MONTH!

9/21	1:00	<b>Turning Point 5 Year Anniversary Celebration</b> 32 Common St Walpole	Metrowest
9/21	11-3 PM	<b>Strength in Unity</b> <b>Falmouth Recovery Center</b> <b>PIER Recovery Support Center</b> Teaticket Park East Falmouth MA	Southeast
9/20-9/22	Call for details	<b>EPIC Family Camping Adventure</b> <b>Squam Lake</b> <b>CORE Peer Recovery Center</b> Contact 351-217-1427 or <a href="mailto:Rebeccam@corerecovery.org">Rebeccam@corerecovery.org</a> <a href="mailto:Joshg@corerecovery.org">Joshg@corerecovery.org</a>	Northeast
Sept	Business Hours	<b>The Red House PRSC</b> 12 Beach Road Oak Bluffs, MA 02557	Southeast

**RECOVERY MONTH**  
Every Person. Every Family. Every Community.

### WESTERN MA RECOVERY CELEBRATION IN THE PARK

Join us for a celebration of recovery in honor of Recovery Month

September 16th  
12-4 PM  
Look Park Dow Pavillion  
300 N Main St Northampton  
\$5.00 Per Car Entrance Fee

**LOOK PARK**  
Frank Newhall Look Memorial Park

**FOOD & REFRESHMENTS** **GUEST SPEAKERS**  
**MUSIC!** **FUN & GAMES!**

Hosted by...

- For more info, visit your local Recovery Center's Facebook Page
- Bring a food/drink item to share if you are able

**Recovery Month Outreach Celebration!**

Join us to recognize the recovery community, recovery success & the power of engagement!

**Date:** Thursday, Sept 19th  
**Time:** 10am-2pm  
**Place:** Riverfront Park

*Fellowship \* Speakers \* Lunch \* Games*

Many recovery support resources!

**TURNING POINT'S 5 YEAR ANNIVERSARY CARNIVAL**

**September 21, 2024 at 1p**

Turning Point turns 5! Come celebrate with us while enjoying a panini truck, Del's lemonade cotton candy, and live music from Never in Vegas and Nicky G plus so much more! Come dunk the Turning Point staff in the dunk tank!

**HOLYOKE Recovery day**

Join the Voices for Recovery:  
Together We Are Stronger

**FRIDAY SEPTEMBER 20th**

**Veterans Park, Holyoke MA - 12 to 5pm**

Join us at Heritage State Park at 11:30am, march starts at 12noon to Veterans Park

Followed by a Resource Fair & Recovery Celebration!  
Guest Speakers, Music, Resource Tables, & More

All our Friends, Families, and Programs, are invited to march! Make Your Recovery Signs! Call us to donate snacks, beverages, or a prize basket! We hope to see you there.

**Hope for Holyoke, 100 Suffolk Street, Holyoke MA**

NO RAIN DATE: IF RAINING EVENT WILL BE HELD INSIDE HOPE FOR HOLYOKE

**F.I.R.E: FRIENDS IN RECOVERY EVERYWHERE (2024)**

JOIN US FOR OUR

Food Friends Family Fun

**Recovery EVENT**

Don't miss it! Scan to RSVP

**21 SEPT 2:00 PM**

**Free Entry**

**Garter Park**  
68 Summer Street  
Leominster  
(Across from St. Leo's Church)

**NATIONAL RECOVERY MONTH**

**GAAMHA**

**Everyday Miracles PEER RECOVERY CENTER PRESENTS**

**ANNUAL RECOVERY WALK 2024**

**FULLER FAMILY PARK**

FOOD AND REFRESHMENTS  
LIVE ENTERTAINMENT  
RESOURCE TABLES  
FAMILY FRIENDLY ACTIVITIES

**SEPTEMBER 21ST 11AM-3PM**

JOIN US FOR A FUN DAY CELEBRATING RECOVERY, BECAUSE RECOVERY IS POSSIBLE!

ALL ARE WELCOME TO ATTEND!

FOR INFORMATION ON RESOURCE TABLES, SPONSORSHIP AND MORE EVENT INFO CONTACT  
**MICHAEL CARLEO 974-329-6887**

“The RSS Weekly”, Week Two – It’s RECOVERY MONTH!



**NATIONAL RECOVERY MONTH**  
RECOVERY IS REAL.

**RECOVERY DAY 2024**

“The recovery journey isn’t just for the person with the substance use or mental health issue—it includes everyone who cares about them.”

10:00am-8:00pm  
20 SEPTEMBER, 2024

Contact us  
#508-567-5086

Visit our website  
WWW.FACEBOOK.COM/P2PKIC

**NATIONAL RECOVERY MONTH**  
TOGETHER WE CAN

**VALOR RECOVERY DAY**

**VALOR Recovery Center**  
invites you to our  
**Recovery Day Harvest Dance**  
There will be music, dancing, food,  
Join us

**When: Sept. 21st, 2024**  
**Time: 12:00p - 4:00pm**  
**Where: VALOR Recovery Center**  
**383 Worthington, Street**  
**Springfield, MA. 01108**  
**For more information contact:**  
**Maria Lopez - 413 - 507 - 3635**  
**or at mlopez3@gandaracenter.org**

**Hope to see you there.**

**HARVEST DANCE**

**Wey of Life**  
**Peer Recovery Center**  
**RECOVERY MONTH & RIBBON CUTTING**  
**CELEBRATION!!!**

**FORTUNATE DAUGHTER**  
**TEMPERANCE MOBILE CAFE**  
**Wey of Life**

Wey of Life invites you to our Ribbon Cutting Ceremony and Recovery Month Celebration. Come enjoy some complimentary food, refreshments, and desserts with live music thanks to our friends at Temperance Mobile Cafe and artists Fortunate Daughter!

**When: September 20th 5pm-7pm**  
**Where: 383 Bridge St, Weymouth, MA 02191**

**Recovery Month Event**  
**STRENGTH IN UNITY**  
“Every Person. Every Family. Every Community.”

**Saturday, September 21st**  
**11AM - 3PM**  
**Teaticket Park, East Falmouth MA 02536**

**Celebrate Recovery Month with Us!**  
Join Us for a **FREE** Community Event in Honor of Recovery Month.

- Fun for kids of all ages!
- Enjoy delicious treats on us!
- Express using your creativity!
- Learn more about local recovery services and support.

September is National Recovery Month, a time to celebrate the strength and resilience of those in recovery from substance use and mental health challenges.

This event is open to everyone! Bring your friends, family, and kids to join in the celebration. Whether you’re in recovery, supporting a loved one, or simply want to show your support, we welcome you with open arms.

Let’s come together as a community to reduce stigma, celebrate recovery, and offer hope.

**Event Sponsors**  
R.C. PALMOUTH RECOVERY CENTER, PIER, THE KITCHN, WELLS TRONIC RECOVERY CENTER, FIRST STEPS TOGETHER

**International Recovery Speaker**  
  
Kevin Rosario  
Founder of Addiction Consulting & Education Services  
Guest Recovery Speaker @ 1pm

**For More Information Contact:**  
@Awakeyogandaracenter.org

**RECOVERY CAFE LOWELL**  
A PLACE TO RECONNECT, HEAL, AND LIVE!

**FRIENDS & FAMILY FUN FAIR**

**Wednesday, September 18,**  
**2024 from 5-8 PM**

20 Williams St. Lowell, MA 01852

**Games | Prizes | Swag | Community**

A chance to share your recovery community with family and friends during this kid-friendly, fun-filled event!

**FAMILY FRIENDLY AND FREE OF CHARGE**

**RECOVERY CELEBRATION**

**ACTIVITIES | PERFORMANCES | RESOURCES**

**Participate Grow Recover**

**SEP. 20.2024 1PM-4PM ENERGY PARK, GREENFIELD MA**

FIND MORE INFORMATION AT RECOVERPROJECT.ORG

**CELEBRATING RECOVERY MONTH**  
**New Beginnings**  
PEER RECOVERY CENTER  
Hosted By Spectrum Health Systems

**Together WE CAN!**

**FUN FOR FAMILIES IN RECOVERY!**  
SNACKS, GAMES AND RESOURCES

**10am-2pm**  
**Saturday - September 21st, 2024**

**Where: Campagnone Common Park**  
200 Common St. Lawrence, MA 01841

Rain Date: September 28th

**NATIONAL RECOVERY MONTH**

**CAMPING**

**EPIC CAMPING ADVENTURE TO SQUAM LAKE**

Join CORE 9/20-9/22 as we venture into the wilderness, explore breathtaking landscapes, and create memories that will last a lifetime.

**Things you need to know...**  
1 mile hike from parking lot to campsite  
Must provide your own camping gear (tent, sleeping bag, food etc.)  
Ride with CORE to New Hampshire  
Limited spots available.

Contact Becca or Josh  
Josh@corerecovery.org  
Rebeccam@corerecovery.org  
11-15 Parker St  
Gloucester MA 01930  
351-217-1427

**FAMILY-FRIENDLY**



# PATHWAY SPOTLIGHT

## Recovery Dharma



Recovery Dharma is a peer-led movement and community that is unified by our trust in the potential of each of us to recover and find freedom from the suffering of addiction. We believe that the traditional Buddhist teachings, often referred to as the Dharma, offer a powerful approach to healing from addiction and living a life of true freedom.

We believe that recovery means **empowerment**, and we support each other as partners walking the path together. We believe that recovery is rooted in finding our own inner wisdom and individual journeys.

Recovery Dharma is founded on, and inspired by, Buddhism that originated in India and later on flourished in other regions of Asia (e.g., South Asia, East Asia, Southeast Asia, Central Asia). We deeply appreciate the Buddhist heritage that was protected and freely offered by the ancestors of these cultures.

Through trauma-Informed Recovery at Recovery Dharma, we learn to gently investigate the underlying causes of our substance and process addictions, which we've often found rooted in pain and trauma. Our trauma-informed practice emphasizes compassion, non-judgment, and spaciousness to tenderly understand why we turned to our addictive habits for relief or survival. We don't rely on motivators of shame and fear. This is a program of empowerment and we don't rely on anything other than our own potential to change and heal. We believe in our inner wisdom; that there's a pure seed of good in each of us that can always be nourished.

No matter your circumstances or how you found recovery, you will be able to share your story here. The purpose of these gatherings is for all individuals regardless of their individual recovery pathway to have an opportunity to showcase their story. Speakers will share their experience, strength and hope and then the meeting will open up for love and support from peers.

## RECOVERY DHARMA

BOSTON AREA

We are a peer-led movement using Buddhist practices and principles to overcome addiction through meditation, personal inquiry, and community.

We believe that the traditional Buddhist teachings ("Dharma") offer a powerful approach to healing from addiction and living a life of true freedom. By following a balanced path of understanding, ethical behavior, and mindfulness, all beings have the potential to find happiness and free themselves from the suffering of repetitive craving.

Recovery Dharma is centered on the idea that meditation, the Four Noble Truths, and the support of our community ("Sangha") can foster our journey toward an end to the suffering of addiction.

All those who seek recovery from substances or behaviors are welcome at meetings. No meditation experience necessary.

**THURSDAYS 6:00-7:00PM**

**RECOVERY ON THE HARBOR**  
**979 BENNINGTON STREET, EAST BOSTON**

In recovery, everyone deserves a chance and a choice. But regardless of the path or program chosen, we want every person suffering from addiction to be able to find the recovery program that meets their needs. May all beings be free from suffering.

□ Meditate to guided recordings: [recoverydharma.org/meditation](https://recoverydharma.org/meditation)

□ Find a meeting: [recoverydharma.org/find-a-meeting](https://recoverydharma.org/find-a-meeting)



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## Art of Recovery:

24 Hr. Power, Inc. helps lessen stigma, promotes awareness of the opioid crisis, and creates fun, creative, sober activities that engage recovering addicts/alcoholics in healthy sobriety. 24 Hr. Power, Inc. offers local artists in recovery a unique opportunity to give back.

Powerful, personal expression utilizing Recovery Graffiti and Pay it Forward Recovery Community Activities create awareness and celebrate recovery every 24 Hrs.



### Recovery Graffiti

Turns a negative into a positive. The same applies for recovering addicts truly engaged in sobriety.

### Recovery Graffiti

is edgy fun and guaranteed fellowship!



# Personal Success Story...

## This week's story comes to us from *Everyday Miracles, Worcester*

**Theresa Buccico** started out as a member at EDM and became involved through the years moving from volunteering to peer leadership to employment as the Community Engagement Specialist at EDM. Theresa was recently published sharing her personal story "**United we Stand: Through the Cries of an Opiate Orphan.**" in the book "*Clementinos Voices— The Clemente Project*". Please enjoy reading her story.

When conversations are taboo, wounds never heal. Pain is passed down from ancestors along with physical traits; I can hear the echoing of their souls' cries. To find a home where I could feel at peace, I needed to uncover the past that had been buried with people, some who I'd never met. I needed to discover the family truths that had been tightly wrapped up in secrets and lies. Now my voice, the voice of an opiate orphan, will finally tell the story that heals.

I am Theresa, named after the grandmother who raised me from infancy. I will always refer to her as "Ma" and I am forever her "Mija" ("my daughter"), as she called me. Ma filled me up with great memories, like the smell of sofrito when I'm making it as she taught me, and the sound of the songs she played, from Luis Miguel to Bocelli. Although we lived in a basement apartment on Pleasant Street, her love made everything beautiful.

Growing up, I can't forget the lit-up dumpsters in The Valley at night. The orange light created ghostly shapes that floated to the sky. To others, they were simply dumpster fires. To me, they were the project's campfire. If you'd seen me playing in Elm Park or dancing on the stage at the Latin festival of Worcester's Institute Park, you would have seen a happy kid. Until I was eleven, life still had innocence.

It only took a four-hour trip to Brooklyn to take away the life I thought was mine. Until that day, I didn't know the feeling of being less than. Until that car ride, I never realized I was not Ma's daughter but her granddaughter. This is the story of how I met my biological mother.

Ma is driving the car, and I'm in the back seat. Ma says, "This is my daughter," when introducing the woman she calls "Gigi." She has an angelic glow around her. Her white coat trimmed with white fur on the hood is beautiful. When I finally get the courage to engage her, I call out, "Gigi!" Why do I get reprimanded? She looks at me side-eyed, and with an attitude in her tone says, "I'm your mom." How can this be? I have no memories of her, and yet the feeling in my gut doesn't dispute the truth. I look at her and see dimples on her face that I know from my own.

By the end of that ride, I had grown closer to the painful truth, but it was a truth that brought no healing. She had abandoned me! And each new experience of my birth mother in my youth increased my anger.

I felt anger when I thought about my baby sister, Jasmine, who was born not long after that car ride. And when Jasmine died at ten months, I felt overwhelmed with pain. I had made my baby sister smile, held her little body, and played with her. I couldn't understand why she was gone. Now I know she was infected with HIV by my mother at birth. I was in fifth grade. It was my first funeral.

By the time I was fourteen-years old, I was already used to helping Ma clean out apartments after Gigi would disappear again because of drugs. The pain on Ma's face was unforgettable: that look reminded me it wasn't only me Gigi was abandoning. When Ma would say with a shaky voice, "Mija, be careful of needles," I knew she was warning me about something more than getting stabbed while cleaning. But I was never given an explanation. I felt dragged along, cautioned, silenced. But I would always reassure Ma somehow that I understood, making a silent pact that I would not make the same mistakes.

By the time I was 17, Ma was aging quickly, and as she declined she began to pass on long-hidden family stories. I was one of seven children born to Gigi, beginning when she was only sixteen. But because she put drugs and alcohol ahead of parenting, Gigi wasn't there for any of us. Listening, I was able to imagine my infant self, left alone by Gigi to scar both physically and emotionally over hours and days. The scars I still have on my right thigh testify to those infant cries. But I could also picture the joy of Ma bringing me home to Massachusetts on a Greyhound bus in 1981 after a painful call from her daughter. Ma said that it was one of the smelliest rides she ever had, but as I lay still in her arms, we both smiled. "It was meant to be, Mija," she'd say. Each time she retold that story, she smiled.

I could hear her pride.

But Gigi, too, had been abandoned by a parent struggling with drug use: her dad. And at the age of eleven Ma, too, had been abandoned along with three younger siblings by her mother, Emilia, back in Humacao, Puerto Rico. This multigenerational cycle shaped Ma's life, Gigi's life, and my own. Despite all the trauma passed down due to abandonment, alcohol, drugs, and mental illness, Teresa Curbelo was able to raise me with love. And that, too, shapes who I am today.

Gigi died in her early forties. Like her father, she was taken by the early '80s inner-city tsunami: HIV infection caused by heroin use with needles. I was only twenty-four years old then, and despite my promises to Ma, I had started down my own path of numbing life's experiences. But my mother's death was the turning point of my life. I would never use drugs again. In a sense, that was Gigi's gift to me.

Ma's gift for me was the way she nurtured and loved Gigi, my brother, and me in spite of all that pain. She never gave up on any of her family members. She always prayed and stayed in faith. She taught me it was not my place to take on ancestral pain or behavior patterns. I had the right to rise from the brokenness of the past. She empowered me to live, dream, and love! So I no longer question whose child I am. From the time I was an opiate orphan to the day my flesh becomes one again with the earth, I am and always have been a child of God and Ma's daughter.

Eventually time, like a thief in the night, carried Ma away. I was 35. Now, although Ma is in her eternal Home in heaven, she carries on with me. Her voice in my heart tells me "Mija, I always go before you, to prepare a place for you, so that you may always feel at home."

And I carry on her legacy. With my husband I am raising our two daughters. My oldest daughter carries her grandma's name as her middle name in English translation—Estrella means Star. And my youngest carries her nickname; we call her Gigi.

There was a time in my life when I believed my soul was broken. Looking in the mirror, I couldn't unsee the reflections of Estrella, Teresa, and Emilia in myself. Would history repeat in me? Living past the experience of the women who had come before me would take strategy and strength. Could I do it?

Now, some wounds have healed: I have beautiful scars. Learning and telling the story of intergenerational trauma is the process I'm using to mend my heart and mind, body and soul. These are no longer the lonely cries of an opiate orphan, but instead the song of a woman who stands united in memory with her mother, grandmother, and great-grandmother, loving them all back to life as Ma did for me.

*Theresa Buccico & Debbie Flynn-Gonzalez at Family Fun Day with EDM & the Miracle Mamas, 9/24*







**“The RSS Weekly”, Week Three– It’s RECOVERY MONTH!**

## Additional Resources

Find a Peer Recovery Support Center:

<https://www.mass.gov/info-details/peer-recovery-support-centers>

Access Recovery Support Training:

<https://massrec.org/>

<https://careersofsubstance.org/trainings>

Connect to a Recovery Coach Learning Community:

<http://massrchub.org/>

Recovery Education Collaborative (Recovery Education & Training)

<https://massrec.org/>

MOAR- Massachusetts Organization for Addiction Recovery

Recovery Support & Advocacy, <https://www.moar-recovery.org/>

Harm Reduction Program Locator

<https://www.mass.gov/info-details/harm-reduction-program-locator>

FIRST Steps Together (Pregnant and Parenting Support)

[https://www.mass.gov/first-steps-together?](https://www.mass.gov/first-steps-together?_gl=1*1864box*_ga*NzYxMTc2MDE0LjE3MjQwNzY4MjY.*_ga_MCLPEGW7WM*MTcyNTAyMjUwOC4xLjAuMTcyNTAyMjUwOC4wLjAuMA..)

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Moms Do Care (Pregnant and Parenting Support)

<https://www.momsdocare.org>

Young Adult Resource Guide Substance Abuse Resources

[https://www.mass.gov/info-details/department-of-mental-health-young-adult-resource-guide-substance-abuse-resources?](https://www.mass.gov/info-details/department-of-mental-health-young-adult-resource-guide-substance-abuse-resources?_gl=1*1xdx1tv*_ga*NzYxMTc2MDE0LjE3MjQwNzY4MjY.*_ga_MCLPEGW7WM*MTcyNTAyMjUwOC4xLjEuMTcyNTAyMjY5OC4wLjAuMA..)

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Older Adults Resource Guide Substance Abuse Resources

<https://massclearinghouse.ehs.state.ma.us/category/BSASELDPROG.html>