

# **Arlington Public Schools Physical and Mental Health Resource Booklet**



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This resource booklet is designed to provide information and referral services for students, parents and staff to use for physical & mental health referrals. It also serves as an informational packet to help with intervention services as needed.

For general information about mental health symptoms, diagnoses and resources the government website for the National Institute of Mental Health is excellent: Website: **[www.nimh.nih.gov/index.shtml](http://www.nimh.nih.gov/index.shtml)**

The staff at the Arlington Public Schools is readily available to answer questions or to address concerns that you may have, as parents or guardians. Please feel free to contact them directly. All contact information is listed on individual school websites, all accessible from [www.arlington.k12.ma.us](http://www.arlington.k12.ma.us).

## I. AIDS AND HIV

### **AIDS Action Committee**

(for youth) 617-437-  
6200 800-235-2331  
(for adults) 800-788-  
1234

### **Cambridge Hospital/Cambridge Health Alliance**

This location can be used for outpatient mental health services as well as disease and emergency safety assessment help.  
617-665-1000

### **Center for Disease Control and Prevention**

1-800-342-AIDS

### **Children's Hospital, Boston**

Adolescent Unit  
617-355-7181  
AIDS testing for children under 18.

### **Department of Public Health**

1-800-750-2016  
This number will give a listing of all sites.

### **Massachusetts General Hospital, Boston**

Infectious Disease Department  
617-726-2748

### **Somerville**

**Alliance** 617-628-  
6065

## II. ALCOHOL & OTHER DRUGS

Alcohol and Other Drug Abuse Treatment

**The Massachusetts Department of Public Health has published a state Youth and Young Adult Substance Abuse directory. This link takes you to the pdf version of the very helpful document.**  
[http://www.mass.gov/Eeohhs2/docs/dph/substance\\_abuse/ooyas\\_directory\\_print.pdf](http://www.mass.gov/Eeohhs2/docs/dph/substance_abuse/ooyas_directory_print.pdf)

### **Massachusetts Substance Abuse Information and Education HELPLINE**

24-hour per day helpline

1-800-327-5050

TTY 617-536-5872

Website: [www.helpline-online.com](http://www.helpline-online.com)

### **Massachusetts Central Intake for Youth in MA**

Call this number for assistance in finding placement for a youth in need of substance abuse specific residential treatment.

617-661-3991

### **McLean Hospital**

115 Mill Street, Belmont,

MA 617-855-2781

### **BourneWood Caulfield Center**

23 Warren Street, Woburn, MA 781-932-0649

### **Cambridge Health Alliance**

(Cambridge, Somerville and Whidden Hospitals) Drug and Alcohol Services Alcohol and Drug Detox

Programs 617-665-1560 also 617-591-6051

### **Emerson Hospital**

Addiction Unit

133 Ormiston St

Concord Ma

1-978-287-3520

### **Mt. Auburn Hospital**

330 Mt. Auburn Street, Cambridge, MA 617-492-3500

### **SAMEEN Associates, Inc.**

34 Lincoln Street, Newton Highlands

617- 964-1060

Drug & alcohol addiction/dependence/family solutions

Adolescent Programs/Services

Website: [www.sosdrugs.org](http://www.sosdrugs.org)

### **Right Turn, Inc.**

299 Broadway

Arlington Center

Arlington, Ma. 02474

781-646-3800

### **ALCOHOLICS ANONYMOUS**

For complete list of meetings call 617-426-9444

**OPEN MEETING:** Anyone whose life is or has been affected by close contact with a problem drinker & anyone interested in learning about the effects of the disease on family

**CLOSED MEETING:** Anyone whose life is or has been affected by close contact with a problem drinker

### **ALATEEN**

Support group for teenagers (including age 12), whose personal lives are or have been deeply affected by close contact with a parent, relative or friend who has a drinking problem. 508-366-0556

Website: [www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)

### **AL-ANON**

AL-ANON is a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. 508-366-0556

### **COCAINE ANONYMOUS**

Helpline-781-551-6677

### III. ADD/ADHD

**Center for Speech and Language Pathology**

160 Lincoln Road, Suite 206, P.O. Box 224, Lincoln, MA 01773  
781-453-0841

Website: [www.executivefunctiontherapy.com](http://www.executivefunctiontherapy.com)

**Hallowell Center**

142 North Road, Sudbury, MA 01776  
978-287-0810

Website: [www.drhallowell.com](http://www.drhallowell.com)

**Weaver Center**

30 Boston Post Road, Wayland, MA 01778  
508-358-1112

Website: [www.weaverclinic.com](http://www.weaverclinic.com)

**Arise Consulting Service, Inc.**

Waltham, MA 781-736-7900 Website: [www.ariseco.com](http://www.ariseco.com)

#### IV. BEREAVEMENT/LOSS

**The Children's Room**

Center for grieving Children & Teenagers - talking center & groups  
1210 Massachusetts Avenue, Arlington, MA  
781-641-4741

**Hospice Care Inc.**

607 North Avenue, #17, Wakefield, MA 01880  
781-224-3399

Website: [www.hospicecarema.org](http://www.hospicecarema.org)

**The Good Grief Program**

1 Medical Center Place, Boston, MA 02188 617-414-4005

**Wayside Youth and Family Support Network**

406 Massachusetts Avenue, Arlington, MA 02476 781-643-2580



## V. CANCER SUPPORT SERVICES

### **National Cancer Institute**

Cancer questions / Prevention & Resources

1-800-442-6237

Website: [www.cancer.gov](http://www.cancer.gov)

### **American Cancer Society**

1-800-952-7430

Website: [www.americancancersociety.com](http://www.americancancersociety.com)

### **Center for Cancer Support and Education**

180 Massachusetts Avenue, Arlington, MA

781-648-0312

Website: [www.centerforcancer.org](http://www.centerforcancer.org)

## VI. CRISIS INTERVENTION SERVICES

When a youth or adult is feeling suicidal or unsafe, emergency rooms and emergency support response programs can be accessed for safety assessments.

### **Advocates**

675 Main Street, Waltham, MA

24 hour / 7 days per week - psychiatric crisis services for children, adolescents & adults

Specialized services for substance abuse counseling, child & adolescent treatment & group services.

In office evaluations provided.

800-640-5432

781-893-2003

### **Cambridge Health Alliance**

(Cambridge, Somerville and Whidden  
Hospitals)

24 hr. Psychological Emergency Services  
through emergency room eval

Child/Adolescent/Adult Psychiatric Services

Child Development Center Adult/Child  
outpatient therapy 617-575-5700

### **Is Someone Abusing You - Do You Need Help?**

SafeLink Hot Line - 1-877-785-2020

### **Bridge Over Troubled Waters**

47 Tremont Street, Boston, MA

24-hour emergency hot line for drugs, suicide, counseling & shelter  
617-423-9575

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

*Formerly Massachusetts Department of Social Services*

30 Mystic Street, Arlington, MA

781-641-8200

1-800-769-4615

Abuse Hotline - 1-800-792-5200

### **Samaritans**

Samaritans, Inc. is dedicated to reducing the incidence of suicide by befriending individuals in crisis and educating the community about effective prevention strategies. 617-247-0220 24 hour helpline 877-870-HOPE (4673) Samarateens 800-252-8336

### **Parent Resource Network Line**

Information, referral and support for parents in search of help with child and adolescent mental health issues.

1-866-815-8122

### **Parental Stress Line**

24 hr support hotline for parents.

1-800-632-8188

**Parents Helping Parents**

24hr support hotline and groups for  
parents 1-800-882-1250

## VII. EATING DISORDERS

### **Multi-service Eating Disorders Association, Inc. (MEDA)**

92 Pearl Street, Newton, MA 617-558-1881 (8 -4 Mon-Fri)

Website: [www.medainc.org](http://www.medainc.org)

- Group therapy
- Eating disorder assessments
- Consultations
- National phone consultations
- Coaching sessions

### **Mass. General Adolescent Medicine (12-26 yrs. of age)**

617-726-2730

Also associated with Klarman Center Eating Disorders @ McLean Hospital

### **Klarman Eating Disorders Center at McLean Hospital**

115 Mill Street

Belmont, MA 02478

1-800-333-0338

- Residential eating disorder treatment
- Partial Hospital Program

### **Cambridge Eating Disorders Center (CEDC)**

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

3 Bow Street,

Cambridge, MA 02138

1(617)547-2255 (phone)

1(617)547-0003 (fax)

- Adolescent Intensive Outpatient Program, day and evening programs available.

### **Cambridge Eating Disorders Center (CEDC)**

127 Mt. Auburn Street, Cambridge, MA

617-547-2255

- Residential eating disorder treatment

### **Walden Behavioral Care**

[www.waldenbehavioralcare.com](http://www.waldenbehavioralcare.com)

### **Adolescent Partial Hospital Hospitalization Eating Disorder Program**

60 Hope Ave. Apt. 121

Waltham, MA 02473

- Patients typically attend for 3-4 weeks, Monday through Friday
- Program runs from 7:30 a.m. to 4 p.m.

### **Adolescent Intensive Outpatient Eating Disorder Program**

60 Hope Ave. Apt. 121

Waltham, MA 02473

- Patients may attend 24 hours a day/7 days a week.

## VIII. FAMILY VIOLENCE/ASSAULT /RAPE CRISIS

### **Dating Violence - Youth Hotline**

617-773-4878 (HURT)

### **Arlington Youth Consultation Center**

670R Massachusetts Avenue, Arlington, MA

781-316-3255

Emergency Referrals - Mon. - Friday 8:00 am - 5:00 pm

### **Rape Crisis Hot Line**

617-492-7273

### **First Step Group**

Support group for women leaving violent home  
situations Joyce Wilson - Arlington Police Department

781-316-3915

## IX. IN-HOME FAMILY THERAPY AND FAMILY STABILIZATION TEAM RESOURCES

### **Riverside Community Care**

In-Home Therapy (Somerville)  
111 South Street  
Phone: 617-284-5131

In-Home Therapy (Wakefield)  
338 Main Street  
Suite 301  
Wakefield, MA 01880  
Phone: 781-246-2010  
Fax: 781-246-1448

### **Family Advocacy, Stabilization and Support Team**

61 Medford Street  
Somerville, MA 02143

Phone: 617-629-3919  
Fax: 617-629-4644

**The Family Advocacy, Stabilization and Support Team (FASST)** provides in-home intensive clinical case management and treatment for children with severe emotional disturbances who are at risk for out-of-home placement. FASST works with youth and their families to coordinate supports within the community including schools, hospitals, churches, and community agencies. Our goal is to help families identify, strengthen, and enhance support systems that will assist the long-term sustainability and success of the child within the family and community.

**Referrals can be made only by the Department of Mental Health.  
For more information: 617-629-3919**

### **Family Intensive Reunification and Stabilization Team**

61 Medford Street  
Somerville, MA 02143  
Phone: 617-629-3919  
Fax: 617-629-4644

**The Family Intensive Reunification and Stabilization Team (FIRST)** is designed to significantly reduce or eliminate the amount of time children with severe emotional disturbances spend in out-of-home placement (such as hospitals or institutions). We accomplish this by partnering with families and community providers to divert placement or accelerate the reunification process. FIRST provides home-based clinical case management, including family work, case management services, brief respite, and one-on-one support for family members.

**Referrals can be made only by the Department of  
Child and Family Services.  
For more information: 617-629-3919**

## **Wayside Youth & Family Support Network**

75 Fountain Street  
Framingham, MA 01702  
Tel: (508) 879-9800  
Fax: (508) 875-1348  
[www.waysideyouth.org](http://www.waysideyouth.org)

**HomeBase Waltham: 781-891-0555**

**HomeBase Malden: 781-338-2640**

• **Family-based Services**--Intensive, flexible services designed to respond to individual family situations, typically combining therapeutic counseling for children, youth and families, skill-building, crisis counseling, mentoring and assistance in building community connections.

Most HomeBase and FamilyWorks services are accessed by a referral from the Massachusetts Department of Children and Families (DCF) or the Massachusetts Department of Mental Health (DMH).

For In-Home Therapy, contact us directly. We accept MassHealth.

### **Solutions for Living**

200 Boston Avenue, Suite 1900  
Medford, MA 02155  
781 306-1180 (telephone)  
781 306-1187 (voicemail)  
781 306-1190 (fax)

• **Family Therapy**--Solutions for Living's Family Therapy component is designed as a time-intensive, in-home and community based array of coordinated services. It is intended for multi-problem families in which there is the risk of fragmentation or the potential for re-unification. The Program supports and strengthens the family unit and enables it to become an effective support system for its individual members while promoting its ability to interface productively with the community.

## X. HEALTH INSURANCE

Massachusetts state law requires that everyone has health insurance and provides various options for residents. Take a look at the following website for more information.

[www.mahealthconnector.org/portal/site/connector](http://www.mahealthconnector.org/portal/site/connector)

Commonwealth Care is an insurance program for uninsured individuals with incomes that fall within certain guidelines and who meet other qualifications. With Commonwealth Care, you choose a health plan and you choose your own doctor. The benefits of Commonwealth Care include regular check-ups, treatment when you are sick or injured, prescriptions at your local pharmacy, vision care, mental health or substance abuse treatment, and, for some members, dental care.

MassHealth is a public health insurance program for eligible low and medium-income residents of Massachusetts. MassHealth is the name used in Massachusetts for Medicaid and the State Children's Health Insurance Plan (SCHIP), combined in one program. There are some basic rules for getting MassHealth. Even if you or your family already has health insurance, you may be eligible if your family's income is low or medium and:

- o You are a parent living with your children under age 19;
- o You are an adult caretaker living with children under age 19 to whom you are related by blood, adoption, or marriage, or are a spouse or former spouse of one of those relatives, and you are the primary caretaker of these children when neither parent is living in the home;
- o You are under age 19, whether or not you live with your family;
- o You are pregnant, with or without children;
- o You have been out of work for a long time;
- o You are disabled; or
- o You are HIV-positive.

### **Health Care for All**

Information and advocacy for health care; assistance in securing health insurance. 617-350-7279

### **Mass Health/Children's Medical Security Plan**

1-800-841-2900

Website:

[www.mass.gov](http://www.mass.gov)

*Note: Please use their website's search box to search for the term: Children's Medical Security Plan.*  
Arlington School Nurses - contact for information



## XI. LOCAL HOSPITAL EMERGENCY ROOMS

When a youth or adult is feeling suicidal or unsafe, emergency rooms can be accessed for safety assessments to assist a family in deciding whether a hospitalization is necessary or how to access the appropriate treatment.

**Cambridge Hospital**

617-665-  
1000 617-  
665-1560

**Children's Hospital - Boston**

617-355-6000

**Emerson Hospital - Concord**

978-287-3690

**Lahey Clinic Medical Center - Burlington**

781-744-5100

**Mt. Auburn Hospital - Cambridge**

617-492-3500

**Newton Wellesley Hospital**

617-243-6000

**Somerville Hospital**

617-495-4500

**Winchester Hospital**

781-756-2000

## XII. PSYCHIATRIC PARTIAL HOSPITAL/ INTENSIVE OUTPATIENT/DAY TREATMENT

Partial hospitalization programs are day treatment centers running typically from 9-3pm where clients are deemed in need of treatment throughout the day in order to maintain stability and safety, but are not deemed in need of overnight, inpatient hospitalization.

*\*\*Typically, you will need to call your insurance company to ask them which hospitals have partial programs that your carrier will cover services within. You can also ask your therapist for help with this process.*

### **Arbour Health System:**

www.arbourhealth.com

#### **Intake Department at:**

**800-22-ACCES (222-2237) or 617-390-1320**

#### **The Boston Center**

14 Fordham Road  
Allston, MA 02134  
617-783-9673

- Adolescent Partial Hospital Program
- Child Partial Hospital Program

#### **Pembroke Hospital**

www.arbourhealth.com

199 Oak Street  
Pembroke, MA 02359  
781-829-7000

- Partial Hospitalization for Adolescents and Adults

#### **Westwood Lodge**

www.arbourhealth.com

45 Clapboardtree Street  
Westwood, MA 02090  
781-762-7764

- Young Adult Unit for patients 17-30
- Partial Hospitalization for Children, Adolescents, and Adults

#### **Lowell Treatment Center**

www.arbourhealth.com

391 Varnum Avenue  
Lowell, MA 01854  
(978) 322-5160

- Young Adult Unit for patients ages 17-30

- Partial Hospitalization for Adolescents and Adults

**Boston University Center for Anxiety and Related Disorders**

648 Beacon St., 6th Floor  
Boston, MA 02215  
616-353-9610

- Offers outpatient treatment (does not accept insurance) and intensive 1 week programs for a variety of issues such as Generalized Anxiety Disorder in Children and Adolescents, Selective Mutism, Obsessive-Compulsive Disorder in Children and Adolescents, Panic Disorder in Children and Adolescents, Post-traumatic Stress Disorder in Children and Adolescents, Separation Anxiety Disorder, Social Anxiety Disorder in Children and Adolescents, Specific Phobias in Children and Adolescents, Major Depressive Disorder in Children and Adolescents, Dysthymia in Children and Adolescents

**Metro-West Medical Center:  
Leonard Morse Hospital**

[www.mwmc.com](http://www.mwmc.com)

67 Union Street  
Natick, MA 01760  
508-650-7000

- **Partial Hospital Program** – This program provides intensive outpatient day treatment for adults and adolescents over age 15 who suffer from mental health problems, substance abuse or dual diagnoses.

**North Shore Medical Center**

[www.nsmc.partners.org](http://www.nsmc.partners.org)

81 Highland Avenue  
Salem, MA 01970  
978 741-1200

- **Pediatric Psychiatry**-- a Partial Hospital program for adolescents, and an inpatient program for children ages 3-17.

**Bournewood Hospital**

[www.bournewood.com](http://www.bournewood.com)  
300 South St.  
Brookline, MA  
1-800-468-4358

- Partial hospital and intensive outpatient (IOP) for adolescents with emotional, behavioral, psychiatric and addictions disorders.

**Wayside Youth and Family Support Network**

www.waysideyouth.org

75 Fountain Street  
Framingham, MA 01702  
Tel: (508) 879-9800  
Fax: (508) 875-1348

• **Partial Hospitalization**

**Contact: Stacey Fraidin, LICSW, Assistant Clinical Director, (508) 270-1356**

Acute day clinical service at the Wayside Day Center with regular oversight from a psychiatrist. Often used as a diversion or a step-down from psychiatric hospitalization for youth who have acute or emergency care needs but who live at home while receiving intensive day clinical services.

Partial Hospitalization referrals are made by hospitals and screening teams ([link](#)). We accept 3rd party health insurance, including MassHealth. Contact your insurance company or Wayside for more information.

• **Day Treatment**

**Contact: Stacey Fraidin, LICSW, Assistant Clinical Director, (508) 270-1356**

Day services for adolescents who are unable to attend school due to psychiatric and/or behavioral issues. Our intensive approach is designed to prevent hospitalization or to shorten hospital stays. We seek to provide skills for resolution and stabilization when problems become acute, life management and goal setting.

Day Treatment referrals are initiated by public schools or 3rd party insurance screening teams. Contact your child's school, insurance company or Wayside for more information.

### XIII. PEDIATRICS/ADOLESCENT MEDICINE

#### **Alewife Brook Community Pediatrics**

29 Massachusetts Avenue, Arlington, MA

781-643-4507

Children & Adolescent Specialty

David Pangburn, M.D.

Mary Colpoys, M.D.

Martha McCarty, M.D.

Carole Allen, M.D.

#### **Harvard Vanguard**

40 Holland Street, Davis Sq., Somerville, MA 617-629-6080

#### **Samuel Andonian, MD**

16 Clarke Street, Lexington, MA 781-862-3218

#### **Arlington Family Practice**

11 Water Street, Suite 1-A, Arlington, MA

781-646-4345

Adults & Children

Ann Morvai, MD

Linnea Meyer, M.D.

Anna Stevens, M.D.

Chuck Kaplan, MS.NP

#### **Arlington Pediatric Association**

5 Water Street, Arlington, MA

781-641-5800

Matthew Schofield, M.D.

Elizabeth Chamberlain Landis, M.D.

#### **Family Practice Group**

22 Mill Street, Arlington, MA 781-

648-9700 Stanley Sagov, M.D. Laura

Zucker, M.D. Wayne Altman, M.D.

Karen Hinchey, PAC

#### **Lexington Pediatrics - Pediatric & Adolescent Medicine**

19 Muzzey Street, Lexington, MA 781-

862-4110

#### **Mass. General Hospital for Children**

55 Fruit Street, Boston, MA

617-726-2730

Mark A. Goldstein, M.D. - Chief, Adolescent Medicine

General Adolescent Medicine, Male Adolescent Health, Eating Disorders

Psychosocial Issues, Sexually Transmitted Diseases, Growth & Development Disorders

#### **Sabin Sullivan, M.D.**

975 Massachusetts Avenue, Arlington, MA 781-

643-8556

**Teen Health Center - Cambridge Rindge & Latin**  
459 Broadway, Cambridge, MA 617-  
665-1548

**Michael Yogman, M.D. & Susan Robinson, M.D.**  
617-864-7071                      617-864-1407  
575 Mt. Auburn Street S#202, Cambridge, MA  
Pediatric & Adolescent Specialty

## XIV. COUNSELING SERVICES FOR TEENS AND FAMILIES

### **Arbour Counseling Services**

A Division Of Arbour Health System  
500 West Cummings Park, Suite 3900, Woburn, MA 01801  
Phone: 781)-932-8114  
Fax: 781-932-0218

### **Arlington Youth Consultation Center (AYCC)**

670 R Massachusetts Avenue, Arlington, MA Emergency  
Referrals also - Monday-Friday 8:00-5:00 781-316-3255

### **Faith Benton, Ph.D.**

94 Pleasant Street, Arlington, MA  
781-642-9202  
617-233-8186  
Specializing in: Anxiety Disorders; Women's Issues; Child & Family Psychotherapy

### **Brighton-Allston Mental Health Association**

77B Warren Street, Brighton, MA  
617-787-1901

### **Terry Buck, LICSW (female therapist)**

Brookline, MA  
617-232-3324

### **Heidi Burke, LICSW**

Arlington, MA  
617-504-6624

### **Cambridge Health Alliance**

Outpatient Central Intake 617-591-6033  
This program has both an African-American Team and a Gender Clinic team to help find services for African-American persons and/or those struggling with issues around gender identity.

### **Children's Hospital Gender Clinic**

Laura Edwards Leeper 617-  
355-0580

### **James W. Caron, EdD, Licensed Psychologist Provider**

Connections Child & Adolescent Group Program  
20 Academy Street, S#201A, Arlington, MA 781-  
646-2468

### **Bob Cohen, LICSW**

Arlington Counseling Services  
821 Massachusetts Avenue, Arlington, MA  
781-641-4100

### **Jennifer Coon-Wallman, PsyD.**

76 Bedford Street, Suite 10, Lexington, MA  
781-863-1350  
Experienced with teens/families/loss/grief. Only takes Blue Cross PPO insurance.

**Patricia Davis, LICSW**

Belmont, MA 335-225-2136

Experienced with teens/families

**Tom Denton, LICSW**

Arlington, MA

781-643-5451

Takes Blue Cross only.

Director of Guidance at Needham High and tons of experience with teens and families.

**Leslie Donovan, LICSW**

Arlington, MA

617-732-3921

Takes all major insurances except Tufts and Cigna.

**David Gehrenbeck-Shim, Phd.**

Belmont, MA 781-

985-5745 781-893-

0611

**Adam Glick, LICSW**

Brookline, MA

617-993-5110

Takes major insurances.

Works also at a private special education school. Experienced with students in special education system, as well as with identity and LGBT issues.

**Liz Grabiner, LICSW**

Arlington, MA 781-

641-2897

**Len Greenberg, Phd.**

Lexington family therapist 781-641-

2210

**Nettie Greenstein, Psy.D**

945 Great Plain Avenue, Needham, MA

617-610-1082

Takes only Blue Cross PPO.

**Barry Kahn, LICSW**

Winchester, MA

781-729-2781

Takes Blue Cross, but not the HMO. Also takes Harvard Pilgrim and Tufts PPO.

Works with boys and families

**Ian Kelleher, LICSW**

Lexington, MA 781-863-2434

Experienced with teen boys

**Susan Kass, LICSW**

821 Massachusetts Avenue, Arlington, MA

781-641-3664

Children, Adolescents & Adults



**McLean Hospital**

115 Mill Street, Belmont, MA  
617-855-2000  
617-855-2151 - admissions for mental health

**Kate Miller, LICSW**

76 Bedford Street, Lexington, MA  
978-502-2926  
No HMOs, PPO and private pay  
Sees adults, teens and families

**Robin Montague, LICSW**

22 Mill Street, Suite 305, Arlington, MA  
781-439-2897  
Takes all major insurances.  
Experienced with teens, eating disorders, and family therapy

**Chris Pierce, LICSW**

599 North Avenue, Door 8, Wakefield, MA  
781-854-6952  
Takes Harvard Pilgrim, Blue Cross, United Behavioral, but not Tufts or Fallon

**Joanne Poole**

Arlington, MA  
617-818-4604

**Elise Sokol**

Newton, MA  
617-997-3888  
Takes Blue Cross PPO, self-pay and sliding scale

**Christine Sorrenti, LICSW**

Lexington, MA  
617-981-9755

**Isabel L. Steven, Psy.D** Licensed Psychologist

180 Massachusetts Avenue, Suite 302, Arlington, MA 02474  
617-501-5883

**Jennifer Thomas, LICSW**

271 Main Street, Stoneham, MA  
781-438-5550x20  
Takes all major insurances. Experienced with teens, substance abuse, family therapy, and LGBT issues.

**Karl Weiland**

Somerville, MA  
617-666-3664

## XV. PSYCHOLOGICAL TESTING/EDUCATIONAL TESTING SERVICES

### **Jerome Shultz, Phd.**

Provides neuropsych and psychoeducational evaluations, as well as reviews reports written by others for students and their families.

76 Bedford Street, Suite 21, Lexington, MA 02420

617-797-2446

Website: [www.ieromeschultz.com](http://www.ieromeschultz.com)

### **Sidney Trantham, Phd.**

Provides neuropsych and psychoeducational evaluations, as well as reviews reports written by others for students and their families. Also provides counseling.

233 Harvard Street, Office 303, Brookline, MA 02446-5017

Phone: (617) 785 - 0409

Website: [www.sidneytrantham.com](http://www.sidneytrantham.com)

### **Psychological Care Associates**

22 Mill Street, Arlington, MA 02474

Also has locations in Stoneham, Terwksbury and Woburn so families may be referred out of Arlington for a provider. Provides neuropsych and psychoeducational evaluations, as well as reviews reports written by others for students and their families. Also provides counseling.

781-646-0500

Website: [www.psychologicalcareassociates.org](http://www.psychologicalcareassociates.org)

## XVI. SHELTERS

### **Bristol Lodge Single Women Shelter**

205 Bacon Street, Waltham, MA  
781-891-9510

### **Mass. Shelter Alliance**

617-367-9447

### **Medford Family Life Education Program**

Shelter for Women and Children — moderate length of stay  
2 Central Avenue, Medford, MA  
781-391-9116

## XVII. SUICIDE

### **Samaritans Suicide Prevention**

500 Commonwealth Avenue, Boston, MA Business Phone - 617-536-2460

24 Hour Hotline - 617-247-0220

### **Samariteens**

For TEENS only

617-247-8050 - 9am-9pm. After hrs: call 24 hour hotline - 617-247-0220

## XVIII. OTHER RESOURCES

### **Arlington Special Education Advisory Council**

<http://www.arlington.k12.ma.us/news/pdfs/sepacbrochure.pdf>

Support for parents in negotiating Special Education.

### **GAMBLERS ANONYMOUS**

617-338-6020 - call for information

### **GAY AND LESBIAN SERVICES**

Helpline-617-267-9001

Outright Youth Support

Line 800-452-2428

### **Massachusetts Rehabilitation Commission**

MRC promotes dignity for individuals with disabilities through employment and independent living in the community.

5 Middlesex Avenue, 3<sup>rd</sup> floor, Somerville, MA

Contact for Arlington High Students: Jean Acker

781-776-2662, x304

Website: [www.mass.gov/mrc](http://www.mass.gov/mrc)

### **MULTI CULTURAL SERVICES**

#### **South Cove Community Health Center**

145 South Street, Boston, MA

617-521-6730

Counseling services provided in Japanese, Cantonese, Vietnamese, Khamir, Mandarin. Services include mental health, social services, community health and family life center.

#### **Healthy Families**

1430 Main Street, Waltham, MA

781-647-5327

Program for 1st time parents under 20 yr.- free service & confidential

Free home visiting program - pregnancy up to 3rd birthday

Appendix:



**ARLINGTON HIGH SCHOOL, 869 Massachusetts Avenue, Arlington, MA 02476-4701**

**Andrea Razi, LICSW**  
**Intervention Coordinator/Social Worker**  
**(781) 316-3651**  
**Email: [arazi@arlington.k12.ma.us](mailto:arazi@arlington.k12.ma.us)**  
**Fax (781) 316-3319**

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Intervention Coordinator Andrea Razi, LICSW, provides a range of supports to students affected by substance use. Identified students participate in a one-hour evaluation with Ms. Razi after which the information gathered is used to determine the relative risk that this student may develop or continue to display a substance abuse problem. After this assessment students may be identified as needing in-school group or individual support and/or out of school support from a range of community resources.

**The purpose of this information sheet is to inform parents and persons working with the individual student of the meaning of some of the recommendations that may come from the evaluation. Based on the information a student reports, each young person will be deemed within a certain risk level.**

**CATEGORY MEANING:**

Low Risk: Students in this category may report having tried alcohol and/or marijuana, but deny regular use. Substance use appears to be experimental and occasional (1x or less a week). No use of more dangerous street drugs.

Moderate Risk: Students in this category typically report use of alcohol and/or marijuana weekly and often more than one time per week. A student may also be found to be at moderate risk if there are significant genetic factors that may predispose them to have substance use issues, and or co-occurring mental health issues. Substance use has negatively impacted the youth's functioning in school, at home, or in the community.

High Risk: Students in this category typically engage in frequent substance use and show additional problematic indicators like frequent lying, sneaky behavior, drop in grades, a change in peer groups and loss of interest in activities. Youth may be abusing "harder" drugs such as cocaine, prescription drugs, heroin, etc. These teens likely have had some consequences of serious and continued use such as: school suspension, legal involvement, medical attention, etc.

Severe Risk: Students in this category are typically using drug and/or alcohol multiple times daily, and have had difficulty trying to cut back on their own. Often they have experienced school failure, a change in their behavior and are very high risk for physical harm. Probably physically or psychologically addicted to at least one substance.

**WHAT RESEARCH TELLS US:**

Research shows that teens participating in structured activities between the hours of 3-6pm are less likely to abuse substances. Most teens abuse substances between the hours of 2-6pm and on weekends. Participation in structured activities is strongly recommended (i.e. sports, clubs, employment, community service, family activities, etc).

Literature and research also shows that individuals who have Concerned Significant Others (CSOs) who participate in Al-Anon or Alateen are more likely to decrease their use and/or seek treatment themselves. It is recommended that you and your family attend Al-Anon or

Alateen, which is an anonymous support program for persons with family members who have substance use issues. [www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org) (Al-Anon Family Groups of Massachusetts Inc (508-366-0556) 57 East Main St, Ste 109, Westborough, 01581-1457, [afgofma@aol.com](mailto:afgofma@aol.com))

#### **COMMON RECOMMENDATIONS:**

- Low Risk
  - Attention to mental health issues to avert substance use
  - Engagement in structured activities
  - Continued communication between student and Arlington High School (AHS) -  
- Periodic check-ins between student and AHS staff/faculty.
  - Continued communications between parent(s)/caregiver(s) and AHS
  - Continued communications between parent(s)/caregiver(s) and student regarding their substance use, current stressors, use of free time/after school time, etc.
  
- Moderate Risk
  - Decrease/abstain from substance use in order to meet personal and academic goals
  - Participation in substance use group at AHS (during school hours)
  - Following the completion of the in-school group: attendance at the after school AHS group (Wednesday afternoons at 2:30 pm in Andrea Razi's office)
  - Individual/family therapy
  - Attend a youth Alcoholics Anonymous (AA)/Narcotics Anonymous (NA) meeting
  - Engagement in structured activities
  - Alanon & Alateen
  - Continued communication between student and Arlington High School (AHS) -  
- Periodic check-ins between student and AHS staff/faculty.
  - Continued communications between parent(s)/caregiver(s) and AHS
  - Continued communications between parent(s)/caregiver(s) and student regarding their substance use, current stressors, use of free time/after school time, etc.
  
- High Risk
  - Outpatient Program (IOP): Several time per week group treatment program typically offered during after school hours.
  - Upon completion of IOP, regular attendance at individual/family therapy
  - Participate in psycho-education group at AHS
  - After completion of in-school group participate in after-school group
  - Regular attendance at Youth AA/NA meetings
  - Alanon & Alateen
  - Continued communication between student and AHS-- Periodic follow up/check-ins between student and AHS staff/faculty.
  - Continued communications between parent(s)/caregiver(s) and AHS
  - Continued communications between parent(s)/caregiver(s) and student regarding their substance use, current stressors, use of free time/after school time, etc.
  
- Severe Risk
  - Complete Residential Treatment
  - Possible need for completion of detox
  - Upon completion of Residential Treatment follow high-risk recommendations in an ongoing way.