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The Family Help Book



CHESTER COUNTY, PA

A Family's Guide to Substance Use Disorder and Recovery Resources in Chester County

Prepared by the
Chester County Drug and Alcohol Services Department
Advisory Council

Finding Compassion

*It starts out so slowly, this deadly disease.
No towering storm clouds, just a gentle breeze
So subtle at first that you may not notice
The pinpoint pupils, the eyes out of focus,
The unsteady gait, just a faint whiff of beer,
Or shift in a family's home atmosphere.*

*Then the virus starts to inhabit the host.
Your child disappears, leaving only a ghost,
And everything you fear appears in his place:
A master deceiver who lies to your face;
A monster; a thief; incurable dope fiend.
And nothing it infects can ever be cleaned.*

*From this virus, no one is safe or immune.
The symptoms always spread to others, and soon
They're all focused on themselves. Love falls away.
Hatred and distrust grow as their souls decay,
Worn down from the disease they try to suppress.
Empty lives fill with worry and constant stress.*

*But take comfort. There is a way to survive
This disorder and start to feel more alive.
It's this: understand that these moods of despair
Self-loathing, disgrace are mutual. Be aware
That the emotions from which you are reeling
Are the same ones that the addict is feeling.*

*Learn not to self-judge – to be gentle and kind.
Let go of your addict and unclutter your mind
Of all of that anger, shame and bile you've amassed.
Take care of yourself. Don't live in the past.
Imagine his pain, with detachment and love.
Be with him at eye level, not from above.*

*Store these precious assets so you can cash in
When the time comes to exhibit compassion.*

– John G., Malvern

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How to Use this Guide

*Please note, the department recognizes the importance addressing stigma, in which we are changing language from addiction to substance use disorder. As we make this change, you may see addiction and substance use disorder both utilized.

Purpose

Finding support for dealing with substance use and related issues can be challenging. This Family Help Book, developed by the Chester County Department of Drug and Alcohol Services' Advisory Council, was created to guide you in connecting to the services needed.

Compiled with the assistance of individuals and family members who have lived experience, as well as representatives from recovery and treatment organizations, the guide includes resources for every step of the treatment and recovery process.

This guide focuses on families whose children suffer from Substance Use Disorder (SUD), but much of the advice and many of the resources apply to anyone who has been touched by this disease.

We hope it will help you and your loved ones find support, healing, and the rewards of sustained recovery for each family member affected.

How This Guide is Organized

This guide is divided into two parts: Part 1 presents information in text form. After defining addiction (or what is clinically referred to as "*substance use disorder*" or "*SUD*") and recovery, Part 1 progresses through prevention, early intervention, treatment, harm reduction and post-treatment services. Importantly, it also includes information on helping the family members of those suffering from substance use disorder.

Part 2 contains lists of organizations and other resources on the topic that serve the Chester County area, including contact information, meeting schedules and links to their websites.

Much of the information in each section is taken from three online sites that we have found helpful, current, and reliable: The National Institute on Drug Abuse

(NIDA); the Substance Abuse and Mental Health Services Administration (SAMHSA); and the non-profit Partnership for Drug-Free Kids.

This guide is available in print and on the Chester County Department of Drug and Alcohol Services website. The online version contains active hyperlinks to other websites.

Importance of Language

For many generations, Substance Use Disorder (SUD) has had a negative stigma associated with the disease. Often the behavioral symptoms and aspects of the disorder itself impact public perception of cause and blame. It is imperative to recognize substance use disorder as a disease of the brain, and it should be perceived and treated as such.

Negative stereotyping and stigma contribute to increased feelings of shame and guilt for not only the person struggling with a substance use disorder, but their family as well. To increase individuals accessing treatment services, we must create a community of support and understanding.

We Are Always Looking to Improve

We plan to update this guide quarterly and welcome your suggestions and changes, as well as feedback on the contents of this guide, at any time. You may submit your comments by email: familyresourceguide@chesco.org.

Disclaimer

The Advisory Council of the Chester County Department of Drug and Alcohol Services has put together this directory of substance use disorder treatment and recovery resources for general information purposes only. As a group of non-professionals, we are unable to evaluate these providers and neither the *Chester*

*County Department of Drug and Alcohol Services
nor its Advisory Council endorses them in any way.*

We have tried our best to be accurate, but the information given may not be up to date. No representations or warranties of any kind are made about the completeness, accuracy, reliability, or suitability of any of the providers or facilities listed. *Information provided in this guide is not meant to replace any advice from a health professional. Following the recommendations in this guide will not guarantee that you receive quality treatment or have a positive outcome.*

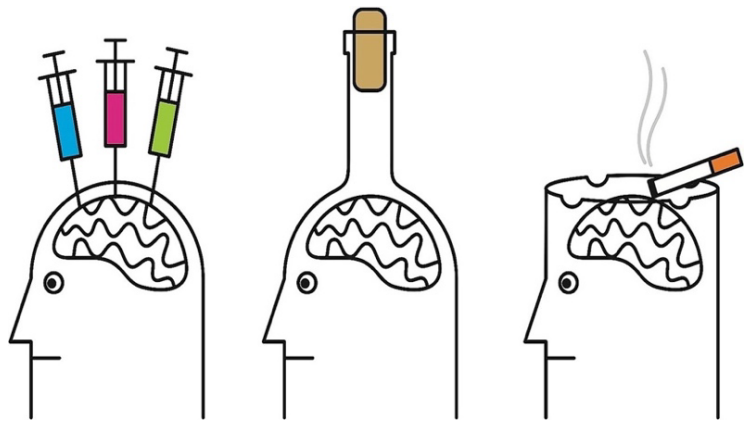
**IF YOU HAVE A MEDICAL EMERGENCY OR
NEED IMMEDIATE MEDICAL ATTENTION,
CALL 911 OR GO TO THE NEAREST HOSPI-
TAL EMERGENCY DEPARTMENT.**

PART 1 – OVERVIEW OF SUBSTANCE USE DISORDER AND RECOVERY TOOLS

What is Addiction (Substance Use Disorder) and What is Recovery?

Defining Substance Use Disorder (SUD)

What society and doctors used to call “*addiction*” is now known by the clinical term “*substance use disorder*” or “*SUD*.” According to the Substance Abuse and Mental Health Administration (SAMHSA), a substance use disorder, or a drug use disorder, is characterized by being a mild, moderate, or severe dependence on certain drugs or prescription medications.



Substance use disorder is a primary, chronic disease with genetic, psychosocial, and environmental factors influencing its development and manifestations. It is progressive and often fatal.

It is characterized by impaired control over use of the substance, preoccupation with the substance, use of the substance despite adverse consequences, and distortions in thinking. It is compulsive use of a substance without regard to negative consequence.

The substances cause biochemical and structural changes in the brain, which reinforce use. Depending on the substance, this can occur relatively quickly or over longer periods of time.

There is also the presence of tolerance, meaning more and more of the substance is necessary to achieve the same effect. As a person’s tolerance increases, so does the potential for “*withdrawal*,” the group of

symptoms that can occur when a person is no longer using. Withdrawal is the result of physical dependence. Withdrawal can include seizures, flu-like symptoms, sleep disturbances, and depression, depending on the substances used.

An estimated 35,000 Chester County residents suffer from a Substance Use Disorder.

Substance use disorders occur when the ongoing use of a drug, alcohol, or prescription medication causes a clinical inability to fulfill and experience normal activities and responsibilities, including work, school, and at home. Brain imaging studies show changes in the areas of the brain that relate to judgment, decision making, learning, memory, and behavior control.

People with severe substance use disorder have an intense focus on using one or more substances, such as alcohol or drugs, to the point that it takes over their lives. They keep using alcohol or a drug even when they know it will cause problems. People can develop a substance use disorder to:

- Alcohol
- Marijuana
- PCP, LSD, and other hallucinogens
- Inhalants, such as paint thinners, glue, nitrous, etc.
- Opioid pain killers, such as codeine and oxycodone, and heroin
- Sedatives, hypnotics, and benzodiazepines (medicines for anxiety such Xanax)
- Cocaine, methamphetamine, and other stimulants
- Tobacco

Defining Recovery

A recovery initiative sponsored by SAMHSA's Center for Substance Abuse Treatment defined recovery from alcohol and drug problems as "a process of change through which an individual achieves abstinence and improved health, wellness, and quality of life." The initiative adopted the following guiding principles:

- There are many pathways to recovery.
- Recovery is self-directed and empowering.
- Recovery involves a personal recognition of the need for change and transformation.
- Recovery is holistic, involving the body, mind, relationships, and spirit.
- Recovery has cultural dimensions.

- Recovery exists on a continuum of improved health and wellness.
- Recovery emerges from hope and gratitude.
- Recovery is a process of healing and self-redefinition.
- Recovery involves addressing discrimination and transcending shame and stigma.

Recovery is characterized by continual growth and improvement in one's health and wellness that may involve setbacks. Because setbacks are a natural part of life, resilience becomes a key component of recovery.

"Recovery from a Substance Use Disorder is best achieved through a combination of self-management, mutual support, and professional care provided by trained and certified professionals."¹

Family Recovery

The process of recovery is supported through relationships and social networks. This often involves family members who become the champions of their loved one's recovery. Families of people in recovery may experience adversities that lead to increased family stress, guilt, shame, anger, fear, anxiety, loss, grief, and isolation.

The concept of resilience in recovery is also vital for family members who need access to intentional supports that promote their health and well-being. The support of peers and friends is also crucial in engaging and supporting individuals in recovery.

¹ American Society of Addiction Medicine, "Public Policy Statement: Definition of Addiction," 8 August 2015, p. 6,

asam.org/docs/default-source/public-policy-statements/1definition_of_addiction_long_4-11.pdf/.

Where to find out more

This is a very broad and generalized introduction to substance use disorder (SUD) and recovery. There has been much research into SUD and its components. You may find the following government sites have helpful information on substance use disorder, including prevention and treatment strategies:

[Stop Overdose Chester County](#)

[National Institute on Drug Abuse](#)

[SAMHSA](#)

[Chester County Drug and Alcohol Services Department](#)

[Partnership for Drug-Free Kids](#)

[Be a Part of the Conversation](#)

Sources:

SAMHSA Center for Substance Abuse Treatment, samsha.gov. Kaplan, Linda, "White Paper: The Role of Recovery Support Services in Recovery-Oriented Systems of Care," 2008, uploaded from *Pennsylvania Association of County Drug and Alcohol Programs*, pacdaa.org. "Recovery Works," Chester County Department of Alcohol, April 2017, chesco.org/Document Center /View/39863/Recovery-Works-April-2017/

How Can I Prevent Substance Use Disorder from Impacting my Family?

We believe that effective substance-misuse prevention involves a combination of family-based and community efforts.

Parental or caregiver monitoring is critical, as are family bonding and parental or caregiver involvement, developing open parent-child communication, and enforcing family policies on substance use. Additionally, children learn from the adults in their world – it is important to model behavior for our children, meaning the adults in a child's world practices healthy relationships with substances.

Drug education and information for parents or caregivers reinforces what children are learning about the harmful effects of drugs and opens opportunities for family discussions about the misuse of legal and illegal substances.

Schools and the community-at-large can also contribute. Community prevention programs reaching populations in multiple settings – for example, schools, clubs, faith-based organizations, and the media—are most effective when they present consistent, community-wide messages in each setting.



Evidence-based school prevention programs that provide age-appropriate training – academic and social-emotional learning to address risk factors for drug misuse in the early years and increased academic and social competence with the study habits and academic support in middle and high school levels – are important.

Many people who suffer from a substance use disorder recall starting their drug-misuse habits in their pre-teen and teenage years. Conversations are one of the most powerful tools parents can use to connect with – and protect – their children. Some key principles of communication are:

- Always keep conversations open and honest.
- Come from a place of love, even when you're having tough conversations.
- Balance positive reinforcement and negative reinforcement.
- Keep in mind that teachable moments come up all the time—be mindful of natural places for the conversation to go in order to broach the topic of drugs and alcohol.

"Children who regularly have conversations with their parent or guardian are less likely to use substances."

Tips for Conversations with Your Teenager

Here are some guidelines and boundaries when talking to your teenager about substance use:

- Make sure your teen knows your rules and the consequences for breaking those rules — and, most important, that you really will enforce those consequences if the rules are broken.
- Make it clear that you disapprove of all alcohol, tobacco, and drug use. As teens are extremely concerned with their physical appearance, remind your teen about the negative effects of alcohol, tobacco and other drugs have on physical appearance.
- Let your teen in on all the things you find wonderful about them. They need to hear a lot of

positive comments about their life and who they are as an individual — and not just when they make the basketball team or do well on a test. Positive reinforcement can go a long way in preventing drug misuse among teens.

- Show interest in and discuss your child's daily ups and downs. You'll earn your child's trust, learn how to talk to each other, and won't take your child by surprise when you voice a strong point of view about drugs.
- Don't just leave your child's anti-drug education up to the school. Ask your teen what they learned about drugs in school and then build on that with additional topics, such as how and why chemical dependence occurs; the unpredictable nature of dependency and how it varies from person to person; the impact of drug use on maintaining a healthy lifestyle; or positive approaches to stress reduction.
- Encourage your teen to volunteer where they can see the impact of drugs on your community. Teenagers tend to be idealistic and enjoy hearing about ways they can help make an impact. Help your teen research volunteer opportunities at local homeless shelters, hospitals, or victim-services centers.

Sources:

NIDA. National Institutes of Health website; U.S. Department of Health and Human Services website. "Drug Prevention Tips for Every Age; What to Say to Your Teenager About Drugs (13-18-year-olds)," Partnership for Drug-Free-Kids, drugfree.org/article/prevention-tips-for-every-age/.

What If I Suspect My Loved One Has a Problem?

Substance use disorder can happen at any age, but it usually starts when a person is young. Young people use substances to address needs such as handling boredom, fitting in with peers, or self-medicating. Substance use before the brain has finished developing in one's mid-20s, places young people at greater risk for mental health disorders.

If your teen continues to use drugs despite harmful consequences, he or she may be at risk of developing a substance use disorder.

"Intervening early when you first spot signs of drug use in your teen is critical— don't wait for your loved one to develop a substance use disorder before you seek help"

Aside from direct evidence (such as bottles, bags, or other paraphernalia), parents often see physical, emotional, and behavioral changes such as risky use, impaired control, social problems, and increasing use of substances or distressing withdrawal symptoms when not using substances.

Some behavioral changes that may occur with substance use are:

- Loss of interest in hobbies or extracurricular activities.
- Comments from teachers, classmates, or friends.
- Changes in friendships.
- Mood swings.
- Irritability or argumentativeness.
- Unusual agitation, restlessness, or hyperactivity.
- Lethargy or lack of motivation.



- Locking doors, demanding more privacy, isolating, or missing family events.
- Declining grades, skipping school or poor work performance.
- Becoming more accident-prone.
- Engaging in risky behaviors (such as sex or driving under the influence).
- Borrowing or taking money or valuables.
- Missing prescription drugs or alcohol.

Some teens are better than others at keeping their habits a secret and covering up their symptoms. It's up to you to be diligent in your observations, without jumping to any conclusions.

You can find additional information on how to recognize the warning signs of substance use and how to address it on the Partnership for Drug-Free Kids website, <https://drugfree.org>, or by clicking [here](#).

Sources:

"What to Do If Your Teen or Young Adult Has a Problem with Drugs," rev. Jan. 2016, *NIDA*, <http://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs/>.

"Is There a Problem?" and "Look for Warning Signs." *Partnership for Drug-Free Kids (Partnership)*, [drugfree.org, http://www.drug-free.org/article/look-for-warning-signs/](http://www.drug-free.org/article/look-for-warning-signs/).

"Substance Use + Mental Health in Teens and Young Adults: Your Guide to Recognizing and Addressing Co-occurring Disorders." *Child Mind Institute*, (uploaded from the Partnership website).

If My Loved One is Struggling, Where Do I Start?

If you've just discovered or have reason to believe your child is using drugs, *the first thing to do is sit down and take a deep breath*. We know it's a scary time. Before you intervene, take time to prepare yourself for the important conversation ahead, and to lay the foundation for more positive outcomes.

We find that becoming educated about substance use disorder—whether through your own research or by talking to an addiction specialist—and reaching out to other parents for support will help give the clarity and strength to face the future.

Substance misuse can tear families apart. Addressing a serious drug or alcohol use issue within the family puts parents to the test as much as anything ever will. But it's important that, above all else, you remain calm. If you suspect there's an underlying substance use issue with your teen, educate yourself, seek help for yourself and loved one, and practice self-care.

Some universal ideas of what you can work with are:

- Love your child no matter what. Put aside your anger, fear, disappointment and let them know that you are scared because you love them deeply.
- Don't preach, lecture or scold, it will only make matters worse. Be empathetic but firm.
- Let them know rules are rules (calmly). Your job as a parent is to help your child grow up and keep them out of trouble. Inform them of what could happen like jails, overdose, or even death.
- Have them see a therapist. Your child may be able to talk to a therapist easier than you. A therapist will help them behind closed doors, you just need to trust them.

Don't Do This Yourself



You're not a superhero. Nobody expects you to be. As signs start to build, reach out for help in the matter. Assuming you can help your teenager by yourself can be overwhelming in situations like these, and can set you—and more importantly, your teen—up for failure. Realize you are not alone, and the challenges ahead can start to appear more manageable.

Help can be in the form of immediate family or family friends, your child's friends, teachers or school counselors, doctors, or intervention specialists.

Building a support network will help you keep a level head, get various perspectives on the situation, and make the best decision for moving forward. There are many family support groups active in Chester County. Seek them out and find one that's right for you.

Talk with Your Spouse or Partner

We're all familiar with the trick of turning to one parent when the other says no. It's best if you and your spouse come to a common stance on drug and alcohol use before raising the subject with your child.

- Remind each other that nobody is to blame.
- Come to an agreement on the position you'll take.
- Even if you disagree, commit to presenting a united front.
- Pledge not to undermine or bad-talk each other.

- Remind each other to come from a place of love when talking to your child.

Talk to Them

When you decide to start talking to your children about drugs, remember that there's a huge difference between confronting substance use disorder versus having a conversation about it. Avoid confrontations at all costs.

Psychologists often recommend that the best approach to getting a teenager to open up about the topic is to ask them about their friends. By finding out what they think about friends who are using or getting in trouble for using, you may gain insight into how they feel about the topic.

Prepare to Be Called a Hypocrite

You're likely to be asked whether you've done drugs, and there are ways to answer honestly that keep the emphasis less on you, and more on what you want for your son or daughter. You could explain that you tried drugs to fit in, only to discover that's never a good reason to do anything. Or you can focus on the fact that drugs affect everyone differently, and just because your life wasn't harmed by drug use, you've seen it happen to too many others.

Don't let your response become a justification for your child's drug use. Focus on the issue at hand – that you don't want your son or daughter drinking or using drugs.

- Be honest—but be sure they know you don't want them using.
- If you use tobacco and your child calls you on this, mention that you are an adult, and yes, you can do this since it's legal, but you understand that you shouldn't and it's not healthy. Underscore how hard it is to stop as an adult and that you want to help your child to avoid making the same mistakes.
- If you're in recovery, think of your past experiences as a gift you can use to sway your child. Tell your child, "I did these things, but I made wrong choices,

and I want you to learn the lessons from my mistakes."

No matter what, this is still your child. How you react can mean all the difference in their recovery.

It takes a lot of courage to seek help for a child with a possible drug problem. There is a lot of hard work ahead for both of you, but treatment works, and teens can recover from substance use disorder.

Don't Enable Them

Often, parents of teens wrapped up in substance misuse slip into enabling. This is when the detrimental behavior is implicitly accepted and allowed to continue because a parent is in denial of the circumstances their teen finds themselves in. Enabling looks like this:

- Ignoring the person with SUD's negative or potentially dangerous behavior.
- Not expressing emotions.
- Prioritizing the person with a SUD's needs before your own.
- Acting out of fear.
- Lying to others to cover the person with SUD's behavior.
- Blaming people or situations other than the person with SUD.
- Resenting the person with SUD.

Does My Loved One Need to See a Professional? Do I Need to See a Professional?

If you notice signs of substance misuse in your teen, contact a professional right away. The longer that substance misuse is allowed to take place, the more difficult it becomes for your teen to get healthy again. Your family doctor can screen your child and determine whether they're simply experimenting or suffering from a substance use disorder.

When you're considering which treatment option would be best, be sure to talk to a professional who is well-versed in Substance Use Disorder /Recovery and who can complete a comprehensive assessment to determine level of care and length of stay.

You may find helpful advice on this topic on the Partnership for Drug-Free Kids website, www.drugfree.org, or by clicking [here](#).

The [American Society of Addiction Medicine](http://www.asam.org) website, www.asam.org, has a [Find a Physician](#) feature on its home page, and the [American Academy of Child & Adolescent Psychiatry](http://www.aacap.org) website, www.aacap.org, has

a [Child and Adolescent Psychiatrist Finder](#). You and the physician can decide if your teen or young adult should be referred to treatment.

If you or your medical specialist decides your teen can benefit from substance use disorder treatment, there are many options available. Treatment approaches must be tailored to address each patient's unique substance abuse patterns and related medical, psychiatric, and social problems. An addiction specialist can advise you about your best options.

Sources:

"Addict." *Your First Step*, [//yourfirststep.org/how-to-deal-with-an-addicted-child/](http://yourfirststep.org/how-to-deal-with-an-addicted-child/).

"Prepare to Take Action if You Suspect Teen or Young Adult Drug Use." *Partnership For Drug-Free Kids*, www.drugfree.org/article/prepare-to-take-action/

What Are the Treatment Options for My Loved One?

Treatment Approaches

Substance use disorder can be treated, but it's not simple. No single treatment is right for everyone—there are multiple pathways to recovery. Treatment must help the person stop using drugs, stay drug-free, and be productive in the family, at work, and in society.

"Quitting is difficult, even for those who feel ready. Remember, the inability to stop using drugs is not a moral



*failing, but rather an illness that needs to be treated."*¹

¹ "What to Do If Your Teen or Young Adult Has a Problem with Drugs," *NIDA*, "Rev. January 2016, [www.drugabuse.gov/related-](http://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs)

www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs.

Successful treatment has several steps and a range of care with a tailored treatment program and follow-up options can be crucial to success. Treatment should include both medical and mental health services as needed. Follow-up care may include community- or family-based recovery support systems.

Here is a brief description on each of these therapies:

Behavioral therapies help patients modify their attitudes and behaviors related to drug use, increase healthy life skills, and continue with other forms of treatment, such as medication, known as Medication-Assisted Treatment (MAT).

Outpatient behavioral treatment includes a wide variety of programs for patients who visit a behavioral health counselor on a regular schedule. Most of the programs involve individual or group drug counseling, or both. These programs typically offer forms of behavioral therapy such as:

- *Cognitive-behavioral therapy (CBT)*, which helps patients recognize, avoid, and cope with the situations in which they are most likely to use drugs.
- *Multidimensional family therapy*—developed for adolescents with drug misuse problems as well as their families—which addresses a range of influences on their drug misuse patterns and is designed to improve overall family functioning.
- *Motivational interviewing*, which makes the most of people's readiness to change their behavior and enter treatment.
- *Motivational incentives* (contingency management), which use positive reinforcement to encourage abstinence from drugs.

Treatment is sometimes intensive at first, where patients attend multiple outpatient sessions each week. After completing intensive treatment, patients transition to regular outpatient treatment, which meets less often and for fewer hours per week to help sustain their recovery.

Intensive Outpatient (IOP) is organized, non-residential treatment that includes individual, group, and family counseling. This provides more structured psychotherapy and client stability through increased periods of staff intervention. Individuals in this level of care may acknowledge a problem but minimize its impact and have a limited understanding of the process of recovery.

Partial Hospitalization (PHP) includes individual, group, and family counseling, as well as ancillary life skills services. Individuals in this level of care have high levels of SUD symptoms, and there is a high likelihood of use without close monitoring and structured support.

Inpatient or residential treatment can also be very effective, especially for those with more severe problems. Licensed residential treatment facilities offer 24-hour structured and intensive care, including safe housing and medical attention. Residential treatment facilities may use a variety of therapeutic approaches, and they are generally aimed at helping the patient live a drug-free, crime-free lifestyle after treatment. Examples of residential treatment settings include:

- *Detox* (detoxification, AKA Withdrawal Management) is the process whereby a drug- or alcohol-intoxicated or dependent person is assisted through the period required to eliminate the presence of the intoxicating substance. This process also includes efforts to motivate and support the client to seek treatment after detox.
- *Short-Term Residential services* include 24-hour professionally directed evaluation, care, and treatment for addicted patients in acute distress. They may exhibit symptoms of moderate impairment of social, occupational, or school functioning. Rehabilitation is a key treatment goal.
- *Longer-Term Residential services* include 24-hour professionally directed evaluation, care, and treatment for those in acute distress. These programs serve patients with chronic deficits in social, educational, and economic skills, impaired personality and interpersonal skills, and significant drug-misusing histories that often include

criminal lifestyles and subcultures. Rehabilitation is the treatment goal.

Halfway House is a live-in/work-out environment that provides substance use treatment, assistance in economic/social adjustment, and the integration of life and recovery skills into daily life. The halfway house emphasizes the protective and supportive elements of family living and encourages and provides opportunities for independent growth and responsible community living. Persons entering this environment must have already had another type of drug and alcohol treatment.

Recovery housing or “**recovery residence**,” is supervised, short-term housing where the newly sober can continue to be monitored, counseled, and adjust to sobriety in a safe environment. Recovery housing can help people make the transition to an independent life—for example, helping them learn how to manage finances or seek employment, as well as connecting them to support services in the community.

Recovery support services are additional, nonclinical services needed for someone to maintain substance use disorder recovery. These services may include transportation, childcare, drug testing, safe and sober housing, and care management.

According to the National Institute on Drug Abuse (NIDA), Treatment does not need to be voluntary to be effective. Strong motivation can facilitate the treatment process. Sanctions or enticements in the family, employment setting, or criminal justice system can increase significantly both treatment entry and retention rates and the success of drug treatment interventions. Individuals who enter treatment under legal pressure have outcomes as favorable as those who enter treatment voluntarily.

What Should I do if My Child Refuses Treatment Services?

When a teenager is showing signs of substance use, it can be a challenge for a parent or guardian to know how to help. Many resources in this guide can help family understand how to start engaging with help, but perhaps the most challenging of all circumstances

is when a teenager is using substances and resists engaging with help or treatment. Always remember denial can be the strongest of all defenses when someone is using substances.

When a teenager is actively using substances and does not want to willingly engage with help or treatment, there may still be a way to help. In Pennsylvania a legal process known as Act 53 can be applied to teenagers from 12 to 17 years old and used to help them engage with treatment despite a lack of willingness. It is important to note that this is an involuntary process which involves the court system. If you are the parent or guardian of a teenager who is using substances, and they are not willing to engage with help, please call the Chester County Department of Drug and Alcohol Services at 610-344-5630 to discuss if Act 53 could be useful in your situation.

Harm Reduction

The Chester County Department of Drug and Alcohol Services recognizes substance use disorder as a disease—one that affects not only those who suffer from the disease, but also their family, friends, and communities. It is a disease for which help is available. Individuals can and do recover.

To that end, the Department has and will continue to support a balanced response to meet the needs of individuals with a substance use disorder. This includes the availability of prevention, intervention, treatment, and recovery support services, as well as (evidenced-based) harm reduction strategies, policies, and practices that may reduce the negative consequences associated with substance use among those who have not yet been able to achieve recovery.

Harm reduction services include, among others, public and professional education, and awareness; training on and distribution of naloxone (Narcan); hospital emergency department warm hand-off services for overdose survivors; medication-assisted (MAT) treatment (MAT);-criminal justice and other diversionary services.

Services and supports continue to evolve and change. The Department has and will continue to support various harm reduction services while encouraging and supporting an individual’s movement toward treatment and recovery.

The Department is committed to ensuring that all services are accessible, high quality, effective, cost efficient and best meet the needs of the residents of Chester County and acknowledges that the availability and suitability of specific services should be based on community needs and acceptance, and the impact of such services in specific locations.

Consider ACT 53 if my Teenager is Refusing Drug and Alcohol Treatment?

When a teenager is showing signs of substance use, it can be a challenge for a parent or guardian to know how to help. Many resources in this guide can help family understand how to start engaging with help, but perhaps the most challenging of all circumstances is when a teenager is using substances and resists engaging with help or treatment. Always remember denial can be the strongest of all defenses when someone is using substances. For a teenager, increasingly negative life consequences, troubles with school, legal involvements, as well as changes in mental and physical wellness, can all be hallmark signs that a substance use issue is becoming more prevalent.

When a teenager is actively using substances and does not want to willingly engage with help or treatment, there may still be a way to help. In Pennsylvania a legal process known as Act 53 can be applied to teenagers from 12 to 17 years old and used to help them engage with treatment despite a lack of willingness. If you are the parent or guardian of a teenager who is using substances, and they are not willing to engage with help, please call the Chester County Department of Drug and Alcohol Services at 610.344.5630 . We can help to see if Act 53 could be useful in your situation.

Medications Used in Substance Use Disorder Treatment

Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies.

According to NIDA, several medications have been found to be effective in treating opioid use disorder (heroin and pain relievers), alcohol, or nicotine in adults. Although none of these medications have been approved by the FDA to treat adolescents, some health care providers do use medications “off-label” when treating adolescents (especially older adolescents) who are addicted to opioids, nicotine, or (less commonly) alcohol. There are currently no FDA-approved medications to treat cannabis, cocaine, or methamphetamine use disorders in any age group.

Medications can be used to manage withdrawal symptoms, prevent relapse, and treat co-occurring conditions.

Buprenorphine reduces or eliminates opioid withdrawal symptoms, including drug cravings, without producing the “high” or dangerous side effects of heroin and other opioids. It does this by both activating and blocking opioid receptors in the brain i.e., it is what is known as a *partial opioid agonist*.

Buprenorphine is available for sublingual (under-the-tongue) administration both in a stand-alone formulation (called Subutex®) and in combination with another agent called *naloxone*. The naloxone in the combined formulation (marketed as Suboxone®) is included to deter diversion or abuse of the medication by causing a withdrawal reaction if it is intravenously injected.

Methadone also prevents withdrawal symptoms and reduces craving in individuals with an opioid-use disorder (OUD) by activating opioid receptors in the brain (i.e., a *full opioid agonist*). Methadone and levo-alpha-acetylmethadol (LAAM) are very effective in helping individuals who have OUD stabilize their lives and reduce their illicit drug use.

Naltrexone is approved for the prevention of relapse in adult patients following complete detoxification from opioids. It acts by blocking the brain’s opioid receptors i.e., an *opioid antagonist*, preventing opioid drugs from acting on them and thus blocking the high the user would normally feel and/or causing withdrawal if recent opioid use has occurred. It can be taken orally in tablets or as a once-monthly injection

given in a doctor's office (a preparation called **Vivitrol**®).

Alcohol Use Disorders

Acamprosate (Campral®) reduces withdrawal symptoms by normalizing brain systems disrupted by chronic alcohol consumption in adults.

Disulfiram (Antabuse®) inhibits an enzyme involved in the metabolism of alcohol, causing an unpleasant reaction if alcohol is consumed after taking the medication.

Naltrexone decreases alcohol-induced euphoria and is available in both oral tablets and long-acting injectable preparations (as in its use for the treatment of OUD too).

Nicotine Use Disorders

Bupropion, commonly prescribed for depression, also reduces nicotine cravings and withdrawal symptoms in adult smokers.

Nicotine Replacement Therapies (NRTs) help smokers wean off cigarettes by activating nicotine receptors in the brain. They are available in the form of a patch, gum, lozenge, nasal spray, or inhaler.

Varenicline reduces nicotine cravings and withdrawal in adult smokers by mildly stimulating nicotine receptors in the brain.

Other medications are available to treat possible mental health conditions (such as depression) that might be contributing to your child's addiction.

Your treatment provider will advise you about what medications are available for your particular situation. Some treatment centers follow the philosophy that they should not treat a drug use disorder with other drugs, but research shows that medication can help in many cases.

Naloxone (Narcan®)

Naloxone (brand names Narcan®, EVZIO®) is a med-

ication that can reverse an opioid overdose i.e., prescription pain medication or heroin. When given during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing within two to eight minutes.

"Naloxone has been used safely for more than 40 years and has only one function: to reverse the effects of opioids on the brain and respiratory system in order to prevent death."

Naloxone (Narcan) is a lifesaving medication which should be treated as such just like an AED machine or CPR. Naloxone can be picked up over the counter, but behind the counter at most pharmacies. Although it should not be needed, you can present the pharmacist with Pennsylvania's standing order (a prescription written for the general public) issued by the Pennsylvania Physician General. The standing order is kept on file at many pharmacies, or may be downloaded [here](#). You can also ask your doctor for a prescription.

The Chester County Drug and Alcohol Services Department and its partner Kacie's Cause distribute [free Narcan](#) at events each year.

As naloxone is a lifesaving medication, and easily accessible, everyone should be trained on how to administer naloxone as well as carry the medication.

For more information about naloxone, you can visit the website for Stop Overdose Chester County, <https://stopodchesco.org>, or click [here](#). NIDA also has information on naloxone on its website, www.drugabuse.gov, which you can read by clicking [here](#), as does GetNaloxoneNow.org.

Accessing Substance Use Disorder Services

Access to services may be different depending on whether the individual is insured or uninsured. If you have insurance (commercial or Medicaid/Medical Assistance), refer to the back of the insurance card.

For those without insurance, funding assistance is available to Pennsylvania residents from the Chester County Department of Drug and Alcohol Services.

To qualify for funding from Chester County Department of Drug and Alcohol, the treatment requested must be consistent with assessed need and placement criteria. Based on the assessment, a referral will be made to the appropriate treatment program. **Providers that offer assessments are listed in Part 2 of this Guide under Intensive Outpatient Facilities.**

Finding A Substance Use Disorder Clinician

Substance Use Disorder (addiction) counselors and therapists are a key component to the successful treatment of substance use disorder. They guide patients to sobriety while providing support and understanding as they go through recovery. Counselors also act as a mediator between patients and their loved ones to ensure a sustainable, ongoing recovery for everyone. Substance Use Disorder counselors may operate a private practice, be part of a mental health clinic, or work in a hospital or rehab center.

Your insurance coverage may determine how many options you have, but if it is flexible, you could ask for recommendations from family, friends, or your doctor. You can get recommendations from another professional, friend, or family member. If you belong to a recovery or family support group, you can ask fellow members for names. Information and reviews on specific counselors can often be found online.

Another resource is a listing of Substance Use Disorder counselors and behavioral therapists in the online version of *Psychology Today*. This site contains a wealth of information on providers, including qualifications, fees and payment options, specialties and medical issues, and treatment approaches. You can access that site by clicking [here](#), or go to www.psychologytoday.com, click on the “Find a Therapist” box, and type in your zip code.

You can check reviews online and review the therapist’s website and other sites where their practice

might be listed to see that they offer “evidenced-based” or “best practices” treatment.

If you believe you may have found someone that will meet your needs, speak with them on the phone or set up an initial meeting to see if you feel comfortable with them. It’s okay to say you are shopping for a therapist and would like to ask some questions or let the person know what is going on to see if it even makes sense to set up an appointment. This also allows the therapist to gauge whether you’re a good fit for him or her, and if not, to offer a referral. Ask questions about how they run counseling sessions and how they will engage with you. A reputable substance abuse counselor will answer your questions to ensure you understand what they offer.

Finding a Treatment Service Provider

You can start by using SAMHSA’s [Behavioral Health Treatment Services Locator](#). This service lets you search for a provider in your area and gives information about the treatment center, including payment information for each of the treatment services listed and payment assistance.

You can also contact the Chester County Department of Drugs and Alcohol, which may be able to assist with payment for substance use treatment. The department’s Information and Referral Line is (866) 286-3767.

Additionally, [ATLAS](#), an addiction (substance use disorder) treatment locator, assessment and standards platform can help individuals find treatment.

If the person needing treatment is covered by health benefits for veterans, the U.S. Department of Veterans Affairs (VA) can help you find VA services near you. Visit the [VA Substance Use Disorder Program Locator](#) to do your search. Additionally, Veterans are eligible for funding through the Chester County Department of Drugs and Alcohol for treatment services. **We have included a list of licensed treatment providers in Chester County in Part 2 of this Guide.**

Sources:

“Opioid Overdose Reversal with Naloxone (Narcan, Evzio)” and “Treatment Approaches for Drug Addiction.” *Stop Overdose Chester County*, //www.stopodchesco.org/naloxone.

“Addiction Medications,” *NIDA*, updated January 2014, //www.drugabuse.gov,

“Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide.” *National Institute on Drug Abuse*, Updated January 2014, //www.drugabuse.gov/publications/principles-

adolescent-substance-use-disorder-treatment-research-based-guide/evidence-based-approaches-to-treating-adolescent-substance-use-disorders/addiction-medications/.

Frank, Jeremy, “How to Find and Choose the Right Addiction Therapist,” 23 July 2015, *Good Therapy*, //www.goodtherapy.org/blog/how-to-find-and-choose-the-right-addiction-therapist-0723155.

“Understanding Drug Abuse and Addiction: What Science Says” *NIDA*, updated February 2016, //www.drugabuse.gov/publications/teaching-packets/understanding-drug-abuse-addiction/.

How Do I Find Help for Myself?

Substance use disorder affects the entire family. Therefore, it is important that the families of those with substance use disorder educate themselves about the disease and find help and support. Fortunately, there is an abundance of resources to help family members in Chester County.

Most treatment providers have a family component to their programs. If your loved one is participating in treatment with a provider, you may want to explore their family orientation, education series or family sessions.

Mutual help groups, such as Al-Anon, Nar-Anon, Alateen, Shatterproof, Atlas, and Be a Part of the Conversation are widely available and free resources for family members. Most professional treatment programs also offer family groups to help families support their loved ones struggling with substance use. You can also find churches and faith-based organizations that offer such support. Regardless of type of group a family member attends, all groups stress the importance of self-care.



Addiction counselors and therapists often conduct private counseling for family members, usually on a fee-for-service basis.

Support organizations, government agencies and many other sources offer educational materials on addiction and recovery. **We have included a list of family support/mutual aid groups in Part 2 of this Guide.**

My Loved One is in Recovery – Now What?

While group counseling is sometimes discouraged for teens, peer support groups for teens can be a useful companion to treatment. Self-help groups and other support services can extend the effects of professional treatment for a teen recovering from a substance use disorder.

Such groups can be particularly helpful during recovery, offering an added layer of community-level social support to help teens maintain healthy lifestyle behaviors. If your teen is in treatment, your treatment provider will likely be able to tell you about good support groups.

There are many pathways to recovery. What works for one individual, may not work for another. What pathway(s) an individual chooses is very much a personal decision. There are pathways that are more well-known such as the self-help groups affiliated with [Alcoholics Anonymous \(AA\)](#), and [Narcotics Anonymous \(NA\)](#). Both organizations are based on the 12-step model. However, as mentioned, there are many pathways to recovery, using the 12-step model is not the only model.

Substance Use Disorder is a family disease meaning the whole family is affected, and it is important the whole family gets support and resources. Support groups for family members of people with addictions, like [Al-Anon](#) and [Alateen](#), can also be helpful.

Chester County has many local self-help organizations for families and those suffering from substance-use disorder. **You can find a list of these organizations in Part 2, beginning on page 26.**

Finally, fellowship and safe, drug-free activities and places are vital to sustained recovery. **We have provided a list of organizations that offer these activities in Part 2 on page 47.**



Sources:

"What to Do If Your Teen or Young Adult Has a Problem with Drugs; Will a Support Group Help My Teen," *NIDA*, Updated January 2016, <https://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs>.

PART 2 – GUIDE TO LOCAL RESOURCES IN AND AROUND CHESTER COUNTY

Prevention and Education

Chester County has several organizations and other resources active in the area of substance-use prevention, intervention, and education. Some work in the community and others are school based. You may also find advice on education and prevention from government and other online sources. *The descriptions of services provided by each organization are from their websites. **Inclusion in this list is not an endorsement of any particular provider.***

Organization and Contact Information

Description of Services

Chester County Overdose Prevention Taskforce
stopodchesco.org
<https://stopodchesco.org/contact-us>

Coordinates overdose death prevention efforts between various organizations. The Task Force offers educational presentations on overdose and prevention strategies. To request a presentation, click [here](#).

Chester County Department of Drug and Alcohol Services
<https://www.chesco.org/2699/School-Based-Prevention>
(610) 344-6000

The Chester County Drug and Alcohol Services Department website contains helpful links on prevention resources targeting children, schools, parents, and the community. All Human Services Department newsletters are sent by email. To sign up, [click here](#).

Be a Part of the Conversation
<https://conversation.zone/>

Be a Part of the Conversation addresses substance use, misuse and addiction and its impact on individuals and their families by building a culture of awareness and support. In Chester County, Be a Part of the Conversation provides speaking engagements (virtual and when possible, in person) and community events.

Compass Mark
<https://www.compassmark.org/>

Compass Mark’s mission is to prevent addiction through education, skill-building, and community mobilization. In Chester County, services and resources include an Alcohol, Tobacco and Other Drug Resource Library, Community Events and Speaking Engagements, Environmental Strategies, Evidence Based Programming, Student Assistance Programming Training and Maintenance, and a Telephone Information and Referral Line, 1+ (866) 286-3767.

Devereux
www.devereux.org

Devereux Advanced Behavioral Health changes lives – by unlocking and nurturing human potential for people living with emotional, behavioral, or cognitive differences. In Chester County, Devereux coordinates Student Assistance Program (SAP) District Council meetings as well as Student Assistance Program (SAP) liaison services.

Organization and Contact Information

Holcomb Behavioral Health Systems

<https://chimes.org/services/behavioral-health/prevention-and-education-programs/>

Description of Services

Holcomb Behavioral Health Systems is a leader in providing services and supports for people with mental health, substance abuse, and developmental disabilities.

In Chester County, Holcomb Behavioral Health Systems provides environmental strategy campaigns.

Online Resources

You can find a broad array of publications and resources on drug misuse prevention online. Here are links that you may want to check out:

[Partnership for Drug-Free Kids](#)

(prevention tips and advice)

[SAMHSA](#)

(prevention articles and publications)

[NIDA](#)

(prevention research, early assessment, and studies)

[U.S. Department of Justice: Operation Prevention](#)

(Comprehensive, no-cost digital curriculum tools to combat opioid misuse)

[Chester County Drug and Alcohol Services](#)

(prevention services in Chester County, prevention tips and publications)

[Drug-Free Kids Prevention](#)

(Tips on how to talk to your children of any age about drugs and alcohol)

[Compass Mark](#)

(getting help in Chester County, prevention resources)

[Be a Part of the Conversation](#)

(getting help in Chester County, virtual prevention programming and resources)

[ATLAS](#)

(an addiction (substance use disorder) treatment locator, assessment and standards platform can help individuals find treatment)

Intervention Services

Below are some organizations that provide intervention services in Chester County, listed in alphabetical order. **Inclusion in this list is not an endorsement of any particular provider.**

Low-Cost Interventions:

Intervention First

21 W. Washington St., Ste B
West Chester, PA 19380
Contact Carol Lawyer
(610) 696.8168
Email: clawyercac@aol.com

Justice Rain Inc.

Cornerstone Christian Fellowship
426 W. Gay Street
West Chester, PA 19380
(610) 429 8197
Email: info@JusticeRainINC.com

Variable-Cost Interventions:

Therapeutic Alliance

101 Phoenixville Pike or 770 East Market St, Suite 220
Malvern, PA 19355 West Chester, PA 19382
(610) 783-3557
Contact: Patrick Dowling

Licensed Detox/Inpatient Treatment Centers

Below are some organizations that provide inpatient and detoxification service providers in Chester County, listed in alphabetical order. *The descriptions of services provided by each organization are from their websites. **Inclusion in this list is not an endorsement of any particular provider.***

Name and Contact Information

Treatment Service(s) Offered by Provider

Bowling Green Inn of Brandywine, Inc.

1375 Newark Road
Kennett Square, PA 19348
(610) 268 – 3588

- Inpatient Non-Hospital Detoxification ^{CC}
- Inpatient Non-Hospital Drug-Free ^{CC}
- Inpatient Non-Hospital Other Chemotherapy ^{CC}

Gaudenzia, Inc. Kindred House

1030 South Concord Road
West Chester, PA 19382
(610) 399-6571

- Inpatient Non-Hospital Drug-Free ^{CC}

Gaudenzia, Inc. West Chester

1030 South Concord Road
West Chester, PA 19382
(610) 399-6571

- Inpatient Non-Hospital Drug-Free ^{CC}

Malvern Institute

940 West King Road
Malvern, PA 19355
(610) 647-0330

- Inpatient Non-Hospital Detoxification
- Inpatient Non-Hospital Drug-Free
- Inpatient Non-Hospital Other Chemotherapy

Recovery Centers of America at Devon

235 West Lancaster Avenue
Devon, PA 19333
(610) 944-2928

- Inpatient Non-Hospital Detoxification
- Inpatient Non-Hospital Drug-Free

Samara House of Community Youth and Women's Alliance (CYWA)

423 East Lincoln Highway
Coatesville, PA 19320
(610) 384-9591

- Inpatient Non-Hospital Drug-Free

Licensed Nonresidential Treatment Centers

Below is a partial list of organizations that provide nonresidential treatment services. *The descriptions of services provided by each organization are from their websites. **Inclusion in this list is not an endorsement of any particular provider.***

Name and Contact Information	Treatment Services Offered by Provider
<p>Bowling Green Inn of Brandywine, Inc. 1375 Newark Road Kennett Square, PA 19348 (610) 268-3588</p>	<ul style="list-style-type: none"> • Partial Hospitalization Drug-Free ^{CC}
<p>Center for Families 101 Phoenixville Pike Malvern, PA 19355 (610) 228-0670</p>	<ul style="list-style-type: none"> • Outpatient Drug-Free • Partial Hospitalization Drug-Free
<p>Chester County Intermediate Unit - Changes 540 East Union Street Suite D West Chester, PA 19380 (484) 905-5144</p>	<ul style="list-style-type: none"> • Outpatient Drug-Free ^{CC} • Partial Hospitalization Drug-Free ^{CC}
<p>Coatesville Treatment Center 1825 East Lincoln Highway Coatesville, PA 19320 (610) 466-9250</p>	<ul style="list-style-type: none"> • Outpatient Maintenance ^{CC} • Outpatient Drug-Free • Outpatient Other Chemotherapy
<p>Curo Aeger Recovery Education, Inc. (CARE) 1242 West Chester Pike Suite 200 West Chester, PA 19382 (484) 226-0084</p>	<ul style="list-style-type: none"> • Outpatient Drug-Free • Outpatient Other Chemotherapy • Partial Hospitalization Drug-Free
<p>Ethos Treatment, LLC 770 East Market Street, Suite 220 West Chester, PA 19380 (610) 256-3400</p>	<ul style="list-style-type: none"> • Outpatient Drug-Free
<p>Gaudenzia, Inc. (Coatesville) Outpatient 31 South 10th Avenue Suite 6 Coatesville, PA 19320 (610) 383-9600</p>	<ul style="list-style-type: none"> • Intake, Evaluation and Referral ^{CC} • Outpatient Drug-Free ^{CC} • Outpatient Other Chemotherapy ^{CC}

CC – Denotes treatment service contracted with Chester County SCA

<p>Gaudenzia, Inc. (West Chester) Outpatient 110 Westtown Road Suite 115 West Chester, PA 19382 (610) 429-1414</p>	<ul style="list-style-type: none"> • Intake, Evaluation and Referral ^{CC} • Outpatient Drug-Free ^{CC} • Outpatient Other Chemotherapy ^{CC}
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Name and Contact Information

Treatment Services Offered by Provider

Holcomb Behavioral Health, Inc.
920 East Baltimore Pike
Kennett Square, PA 19348
(610) 388-9225

- Intake, Evaluation and Referral ^{CC}
- Outpatient Drug-Free ^{CC}
- Outpatient Other Chemotherapy ^{CC}

Holcomb Behavioral Health, Inc.
1041 West Bridge Street, Suite 10
Phoenixville, PA 19460
(610) 236-6133

- Intake, Evaluation and Referral ^{CC}
- Outpatient Drug-Free ^{CC}
- Outpatient Other Chemotherapy ^{CC}

Malvern Institute
1161 East Lancaster Avenue
Berwyn, PA 19312
(610) 647-0330

- Outpatient Drug-Free
- Outpatient Other Chemotherapy
- Partial Hospitalization Drug-Free
- Partial Hospitalization Other Chemotherapy

Mirmont Outpatient Services
825 Springdale Drive
Exton, PA 19341
(484) 565-1130

- Intake, Evaluation and Referral ^{CC}
- Outpatient Drug-Free ^{CC}
- Outpatient Other Chemotherapy ^{CC}
- Partial Hospitalization Drug-Free

Pathway Counseling Services
811 West Chester Pike
West Chester, PA 19382
(610) 269-8396

- Outpatient Drug-Free

Pennsylvania Recovery Center, LLC
710 Wheatland Street
First Floor
Phoenixville, PA 19460
(610) 233-4342

- Outpatient Drug-Free

Recovery Centers of America at Devon
235 West Lancaster Avenue
Devon, PA 19333
(610) 944-2928

- Outpatient Drug-Free
- Partial Hospitalization Drug-Free

Rehab After Work
400 Franklin Avenue
Suite 240
Phoenixville, PA 19460
(610) 644-6464

- Outpatient Drug-Free

Rehab After Work
491 John Young Way
Suite 300
Exton, PA 19341
(610) 889-9939

- Outpatient Drug-Free

Rehab Management, Inc.
1440 Russell Road
Paoli, PA 19301
(610) 889-9939

- Outpatient Drug-Free
- Outpatient Other Chemotherapy
- Partial Hospitalization Drug-Free

CC – Denotes treatment service contracted with Chester County SCA

Name and Contact Information

Treatment Services Offered by Provider

**Samara House of Community Youth
And Women's Alliance (CYWA)**
423 East Lincoln Highway
Coatesville, PA 19320
(610) 384-9591

- Outpatient Drug-Free

Sanare Today, LLC
151 Woodbine Road
Downingtown, PA 19335
(610) 269-2600

- Outpatient Drug-Free

Seabrook House, Inc.
17 Industrial Blvd.
Suite 204 B
Paoli, PA 19301
(610) 200-5985

- Outpatient Drug-Free
- Partial Hospitalization Drug-Free

Intensive Outpatient Treatment Facilities

Below are some organizations that provide intensive outpatient services, listed in alphabetical order. **Inclusion in this list is not an endorsement of any particular provider.**

Bowling Green Brandywine
Kennett Square, PA 19348
Call Mr. Damon McCaulley
(570) 503-7619

Sanare Today, LLC
917 Old Fern Hill Road
Suite 100
West Chester, PA 19380
Call Dr. Louis Bevilacqua
(610) 624-8432

Recovery Centers of America at Devon
235 West Lancaster Avenue
Devon, PA 19333
Call Mission Center
(610) 947-4161

For uninsured/under-insured, assessments are available at the following outpatient providers:

Advanced Treatment Systems (Methadone)
1825 E. Lincoln Highway
Coatesville, PA 19320
(610) 466-9250
(610) 466-9254 (Fax)

Gaudenzia Coatesville
31 South 10th Avenue, Suite 6
Coatesville, PA 19320
(610) 383-9600
(610) 383-4811 (Fax)

Holcomb Behavioral Health Systems
1041 West Bridge Street, Suite 10
Phoenixville, PA 19460
(610) 236-6133
(484) 842-4677 (Fax)

Gaudenzia, Inc.
West Chester Plaza
110 Westtown Road, Suite 115
West Chester, PA 19382
(610) 429-1414
(610) 429-1833 (Fax)

Holcomb Behavioral Health Systems
920 E. Baltimore Pike
Kennett Square, PA 19348
(610) 388-9225
(888) 388-6723 (Toll Free)
(484) 770-9290 (Fax)

Mirmont Outpatient Services
825 Springdale Drive
Exton, PA 19341
(484) 565-1130
(484) 565-8219 (Fax)

Recovery Houses

Pennsylvania offers recovery houses for those individuals who require a safe and sober place to live while accessing treatment and supportive services. While all homes have some similar requirements, such as periodic drug-testing, it is important to appreciate that “one size does not fit all.” Levels of support may vary according to the philosophy and structure of the recovery house and most recovery houses serve specific populations and recovery pathways. The Pennsylvania Department of Drug and Alcohol Programs (DDAP) license those recovery houses which receive referrals from state agencies or state-funded facilities or receive federal or state funding to deliver recovery house services. Furthermore, only persons whose treatment is funded with state or federal funds shall be referred to licensed recovery houses and courts shall give first consideration to licensed recovery houses when residential recommendations are made for individuals under their supervision.

Pennsylvania Department of Drug and Alcohol Programs (DDAP) – Recovery Houses

<https://www.ddap.pa.gov/Get%20Help%20Now/Pages/Licensed-Recovery-Houses.aspx>

P: 717-783-8200

Pennsylvania Recovery House Licensing Regulations:

<http://www.pacodeandbulletin.gov/Display/pabull?file=/secure/pabulletin/data/vol51/51-50/2058.html>

Family Support/Mutual Aid Groups

Below are support organizations operating in Chester County listed in alphabetical order. *The descriptions of the services they offer are from their website. Inclusion in this list is not an endorsement of any particular organization.*

Adult Children of Alcoholics (ACA)

<https://adultchildren.org>

(310) 534-1815

Adult Children of Alcoholics (ACA)/Dysfunctional Families is a Twelve Step, Twelve Tradition program of men and women over 18 who grew up in alcoholic or otherwise dysfunctional homes.

ACA provides a safe, nonjudgmental environment that allows us to grieve our childhoods and conduct an honest inventory of ourselves and our family—so we may (i) identify and heal core trauma, (ii) experience freedom from shame and abandonment, and (iii) become our own loving parents. [Click here](#) to find an ACA meeting.

Al-Anon Family Groups

www.pa-al-anon.org

Al-Anon Information Service of the Delaware Valley <http://www.aisdv.org/>

In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. They will meet others who share feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.

Al-Anon members do not give direction or advice to other members. Instead, they share their personal experiences and stories, and invite other members to “take what they like and leave the rest”—that is, to determine for themselves what lesson they could apply to their own lives.

Be a Part of the Conversation Parent Partnership

<https://conversation.zone>

Parent Partnership engages parents, families, and caregivers of those impacted by addiction through a network of support groups led by compassionate volunteers with lived experience. Weekly meetings provide access to expert resources and help navigating a healthier path forward for families.

Caron Parent and Family Groups

<https://www.caron.org/support-after-treatment/support-groups/caron-parent-and-family>

The Caron Parent and Family Groups are designed to meet the needs of those with loved ones who are currently in treatment, are using alcohol and/or drugs in a problematic manner or are in recovery. To read more on Caron Family Groups, click [here](#).

Celebrate Recovery

<https://www.celebraterecovery.com>

Celebrate Recovery is a Christ-Centered ministry where people can find God's healing and strength to face and move beyond their hurts, habits, or hang ups. This ministry is for anyone struggling with past or current dysfunctions or compulsions, whether they are affecting their own life or the lives of those around them. To learn more about Celebrate Recovery, click [here](#). Celebrate Recovery holds meetings at various churches in Chester County six nights a week.

Center for Families, Malvern

101 Phoenixville Pike

Malvern, PA 19355

Website: www.centerforfams.com

The Center for Families, a group of clinicians and parents, provides two free parent-to-parent support groups that offer guidance, education, and increased awareness of teen mental health and substance abuse struggles:

Christ's Healing Hands: A Substance Abuse Ministry-Prayer Service

St. Joseph Parish

460 Manor Avenue

Downingtown, PA 19335

Meetings:

1st Sunday at 7:00 pm (Addiction Prayer Service)

3rd Sunday at 7:00 pm (Finding Christ Spirituality & the 12 Steps)

Grandfamilies Support Groups

Contact:

Deborah Willett

610-246-2261

DWillettAdvocacy@gmail.com

The Chester County Government also publishes a resource guide with information and a list of additional resources to help grandfamilies both inside and outside the foster care system impacted by opioids or other substance use. To access the guide, click [here](#).

Kacie's Cause

www.kaciescause.com

PO BOX 333

Kennett Square, PA. 19348

Email: andy.rumford@kaciescause.org

Kacie's Cause is an organization of businesspersons and concerned parents seeking to educate our communities of the widespread use of heroin, substance use disorders, and to suggest resources that may provide treatment and recovery support. Kacie's Cause sponsors parent support groups around Chester County.

Main Line Parent Support Group

St. Thomas Rosemont Chapel

1229 E Lancaster Ave

Bryn Mawr, PA 19010

(All meeting will be located in the Auditorium)

Meetings: every Wednesday 7:00 - 8:30 pm

Contact: rportonova@yahoo.com or

theloneh@gmail.com

Nar-Anon

<https://www.nar-anon.org>

The Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to them. The Nar-Anon is a 12-step program designed to help relatives and friends of addicts recover from the effects of living with an addicted relative or friend. The program of recovery uses Nar-Anon's Twelve Steps and Twelve Traditions. The only requirement to be a member and attend Nar-Anon meetings is that there is a problem of drugs or addiction in a relative or friend.

Pennsylvania Department of Drug and Alcohol Services

The state Department of Drug and Alcohol Services provides a list of organizations that provide support services or additional information for individuals in recovery and for the families impacted by this disease. You may view it here: <https://www.ddap.pa.gov/Pages/Support-Services.aspx>

SMART Recovery for Family & Friends

<https://www.smartrecovery.org/family/>

To contact the national organization, click [here](#)

SMART Recovery for Family & Friends is a science-based support program based on the SMART Recovery and CRAFT (Community Reinforcement & Family Training) cognitive skills tools. In our free group discussion meetings, participants learn from one another using a self-empowering approach based on the most current science of recovery. SMART recovery holds two meetings in Chester County.

Facilities/Organizations that Offer Family Education and Support

ATLAS (Addiction, Treatment, and Assessment Standards Platform)

<https://www.treatmentatlas.org>

Be a Part of the Conversation

<https://conversation.zone>

Caron Foundation

<https://www.caron.org/>

Center for Families

<https://www.centerforfamilies.com/>

Center for Motivation/Change - CRAFT

<https://motivationandchange.com/>

Pro-Act Chester County

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

Recovery Centers of America

<https://recoverycentersofamerica.com/programs/family-program/>

Recovery Support/Mutual Aid Groups

Below are support organizations operating in Chester County listed in alphabetical order. *The descriptions of the services they offer are from their website. **Inclusion in this list is not an endorsement of any particular organization.***

Alcoholics Anonymous

<https://www.aa.org>

Southeast Pennsylvania region: <https://www.aasepia.org>

Perhaps one of the most well-known 12-Step programs is Alcoholics Anonymous (AA), essentially a support group for individuals in recovery from alcoholism. Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. Even though AA is not based on a specific religion, the 12-Step model does have religious, or at least spiritual, undertones.

Families Anonymous

<https://www.familiesanonymous.org>

FA is a 12-step fellowship for the family and friends of those individuals with drug, alcohol, or related behavioral issues. Members include parents, grandparents, siblings, spouses, significant others, other family members and friends of those with a current, suspected, or former substance issue.

Narcotics Anonymous

<https://www.na.org>; Eastern PA Region: <https://eparna.org>

Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. Founded in 1953, NA offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. The name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA's approach makes no distinction between drugs including alcohol. Membership is free, and we have no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations.

SMART Recovery

<https://www.smartrecovery.org>

Self-Management and Recovery Training (SMART) is an abstinence-oriented, not-for-profit organization for individuals with addictive problems. SMART Recovery is a global community of mutual-support groups. At its self-empowering, free mutual support meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating, focusing on ideas and techniques to help you change your life from one that is self-destructive and unhappy to one that is constructive and satisfying. SMART Recovery does not use labels like "addict" or "alcoholic." We teach scientifically validated methods designed to empower you to change and to develop a more positive lifestyle. In SMART we focus on learning coping skills that work well short- and long-term. We base our ideas on what addiction science has shown to be effective. We have adapted these ideas into SMART's tools for change.

Other Substance Abuse Support Groups in Chester County

In addition to the recovery support groups listed above, many private behavioral therapists and addiction counselor practices offer support groups and group therapy sessions, at various price points. You can access a directory of Chester County private support groups by visiting the *Psychology Today* website, www.psychologytoday.com/us/groups/addiction/pa/chester-county or by clicking [here](#).

Support/Mutual Aid Group Meeting Schedules

For your convenience, we have included schedules of meetings held in and near Chester County for the family and recovery support and mutual-aid groups listed on the previous pages. These schedules are taken from the organizations' websites and, while we have made every effort to be accurate and current, the information may change. **This is especially true during the coronavirus pandemic, which has caused many organizations to cancel in-person meetings or move to virtual meeting formats. We encourage you to check with the contact listed for the group or its website to confirm meeting times, dates, and locations.**

ACCESS AL-ANON MEETING SCHEDULE <https://pa-al-anon.org/>

ACCESS AA MEETING SCHEDULE <https://www.aasepia.org/>

ACCESS NA MEETING SCHEDULES <https://www.na.org/meetingsearch/index.php>

ACCESS NAR-ANON + NARATEEN MEETING SCHEDULES <https://www.nar-anon.org/find-a-meeting>

ACCESS CARON PARENT SUPPORT GROUP MEETING SCHEDULE <https://www.caron.org/support-groups/parent-and-family-support-groups>

ACCESS CELEBRATE RECOVERY MEETING SCHEDULE <https://locator.crgroups.info/>

ACCESS KACIE'S CAUSE SUPPORT GROUP SCHEDULE <https://www.kaciescause.org/services>

ACCESS SMART RECOVERY MEETING SCHEDULE <https://meetings.smartrecovery.org/meetings/location/>

Organizations That Offer Recovery-Based Activities

Below is a list of clubs and community centers that offer sober activities. *The descriptions of the services they offer are from their website. **Inclusion in this list is not an endorsement of any particular provider.***

Charles A Melton Arts and Education Center

501 E Miner Street
West Chester, PA 19382
610.692.9290

www.meltoncenter.org

Email: camcinfo@meltoncenter.org

The Mission of the historic Charles A. Melton Arts and Education Center is to contribute to the quality of life for all people of the greater West Chester community by continuing its long commitment of providing educational, recreational, cultural, and civic services.

Malvern Center

225 Lancaster Ave.
Malvern, PA 19355

<https://www.malverncenter.org/>

Email: questions@malverncenter.org

Malvern Center (also known as Malvern Clubhouse) hosts Twelve Step recovery groups and meetings ~ helping people from all walks of life achieve independence. We've come a long way since our founding members opened a little space on King Street in 1965. We provide meeting space for Alcoholics Anonymous, Narcotics Anonymous, ACA, OA, Al-Anon and other Twelve Step fellowships. We're open from 6:30 am to 9:30 pm Saturday through Thursday, and until 1 am on Fridays. Malvern Center is a privately held 501(3) non-profit supported by group rents, meeting collections, and memberships.

West Chester 307 Club

East Bradford Shops, 700 South Bradford Avenue
West Chester, PA 19382 (Route 52 & Niels Street)

Website: 307club.org

The 307 Club is a 501(c)(3) non-profit organization. Our purpose is to provide the recovery community of West Chester a clean and safe environment to hold Twelve Step meetings, to gather socially in the spirit of recovery, and to organize and hold ongoing social activities and functions for members and their families. Our operating model is based on the Twelve Traditions of Alcoholics Anonymous and our goal is to use all funds in excess of operating expenses to improve the club.

PRO-ACT Montgomery County

601 DeKalb St. Suite 1
Norristown PA 19401
Phone: 484-383-0802

Email: proactchesco@gmail.com

Facebook: www.Facebook.com/proactchesco/

SyncRecovery Community **Syncrecovery.org**

Young People Recovery **Youngpeopleinrecovery.org**

Grief Support Groups and Organizations

Below is a list of organizations operating in Chester and nearby counties that offer grief support to families who have lost a loved one to substance use disorder. *The descriptions of the services they offer are from their website. **Inclusion in this list is not an endorsement of any particular provider.***

Berks County

Berks County GRASP Chapter

Lori Kuhn 610-334-9845
Meetings held on the 1st and 3rd Tuesday of each month

Still Waters Ministries (No Fee/Grief Counseling)

Conestoga Mennonite Church
2779 Main Street
Morgantown, PA 19543
Contact 610-286-9555

Bucks County

Bucks County GRASP Chapter

Bucks County Office Complex, At PRO-ACT/Southern
Bucks Recover Center
1286 Veterans Hwy (formerly New Rogers Road/ Rt. 413
Bristol, PA 19007
Contact Barbara Hentosh (215) 264-6768 or
Dave Hentosh (215) 264-4943
First and third Thursday of each month, 7:00 pm - 8:30

Chester County

A Path to Healing

8 Week Support Group, March 27 – May 15, 7:00 pm
St. John's Lutheran Church
335 St Johns Circle
Phoenixville, PA 19460
Register/Info Pam Moules (610) 247-1920

At A Loss

First Presbyterian Church of West Chester
130 West Miner St
West Chester, PA 19382
Thursdays, 7:00 pm-9:00 pm, FREE

A Haven

Offers various free grief support groups and grief
Resources to families with children teens & young adults
623 North Pottstown Pike, Exton, PA 19341
484-716-1807

Family Lives on Foundation

582 Wharton Blvd, Exton, PA 19341
Call (610) 458-1690
<https://www.facebook.com/FamilyLivesOn/>

If Love Were Enough Drop-in Grief Support
Unionville Presbyterian Church (House across the street)
815 Wollaston Rd.
Kennett Square, PA 19348
610-347-2327
Wednesday, 7:30 pm

Delaware County

Delaware County GRASP Chapter

Siloam United Methodist Church
3720 Foulk Road
Garnet Valley, PA 19060
Contact Barbara Bosacco (610) 608-1224
Website: www.grasphep.org
1st Friday of each month, 6:30 pm to 8

Grief Share

Calvary Chapel of Delaware County
500 Brandywine Drive
Chadds Ford, PA 19317
Contact Fran & Carol Krawiec
<http://ccdelco.com/>
Thursday, 7:00 pm, FREE

Ryan's Hope Program

336 King of Prussia Rd.
Radnor, PA 19087
kim@petersplaceonline.com
8 Weeks – fall & spring sessions

Unity in the Community

Linwood Heights United Methodist Church
1625 Chichester Ave
Linwood, PA 19061
Contact Pastor Ethel F. Guy, Pastor (610) 485-2300

Montgomery County

Life After Loss

New Leaf Club
1225 Montrose Ave
Rosemont, PA 19010
Contact Fran Gerstein, LCSW
Wednesday, 5:30 pm
\$20 per class

Montgomery County GRASP Chapter

Horsham Clinic - Conference Center
722 Butler Pike
Ambler, PA
Contact Ginny Murray (215) 884-3916
2nd Friday of every month Pre-Registration required

Pottstown YMCA

724 Adams St
Pottstown, PA 19464
Contact Rev. John Smolik (610) 323-7300
Email: lseponski@philaymca.org
1ST & 3RD Wednesday of every month at 6:30 pm

Philadelphia County

Philadelphia Gift of Life Organ Donation Grief Counseling

Contact Jackie 215-557-8090

8 free counseling sessions if victim was an organ donor

Philadelphia, PA (North East) GRASP Chapter

St. Timothy Lutheran Church

7965 Filmore St. (Huntingdon Pike)

Philadelphia, PA 19111

Contact Fran Ciabattoni (215) 745-4591/ 267-968-7792

Meet every Wed. at 7:30 pm to 9:00

Philadelphia, PA GRASP Chapter

PRO-ACT - Pennsylvania Recovery Organization-Achieving Community Together

444 North 3rd Street Suite 307

Philadelphia, PA 19123

Fred Martin - 215-923-1661

Every Wednesday at 7:00 pm – 8:30 pm

Other Grief Support Information

Name	Website
Find different types of grief/loss support	https://www.tcf.org.uk/
Has email support group	www.griefnet.org
Search support groups by county	http://grasphelp.org/community/meetings/
Supportgroup-WestChester (Thursday7-9 pm)	http://www.firstpreswc.com/
Support group – Wednesdays 5:30 pm	https://www.newleafclub.org/
Family Life Care	https://familylifecarein.org/family-grief-support/
SAMSHA – Grief Tip Sheet Has an email support group (loss-from-substances) \$10 a month to join	https://store.samhsa.gov/product/SMA17-5035