

DETOX PROGRAMS:

Providence Hospital is the only area detox program that uses methadone. Other area programs do not use opiate-based substances, which makes detox from a high dose of heroin a more difficult process. Clonidine detox, however, can be very effective for a lower dose habit.

**Providence Hospital
Holyoke**
413.539.2981

**Spectrum
Worcester**
508.898.1570, ext. 100

**Carlson Recovery Center
Springfield**
413.794.3971
Ask to speak with Deli or Sheila

**Community Health Link
Worcester**
508.860.1200

ALTERNATIVE DETOX PROGRAMS:

The 5 point acupuncture detox protocol is a series of acupuncture points in the ear that have been clinically proven to ease the physical and psychological pain involved in detox. The Freedom Center is offering a weekly donation based drop-in acupuncture detox session. For more information contact the **Freedom Center: info@freedom-center.org, www.freedom-center.org, or 413.582.9948.**

The Springfield Family Practice runs an outpatient drop-in center that offers holistic alternatives to aid in heroin detox. They also provide at-home holistic detox services. **Springfield Family Practice, Preventive Medicine Associates, Inc., Liberty Medical Building, 125 Liberty St., 413.781.6410**

METHADONE MAINTENANCE PROGRAMS:

**Community Substance
Abuse Center
Chicopee**
413.746.0051

**Providence Hospital
Holyoke**
413.539.2981

**Habit Management
Springfield**
413.733.3488

NEEDLE EXCHANGE:

The only legal area needle exchange programs are in Northampton, Cambridge, Boston, and Providence, RI. To become involved in efforts to legalize a program for Springfield contact **Arise for Social Justice: 413.734.4948 or the Statewide Harm Reduction Coalition: 413.348.8234.**

• **Tapestry Health Needle Exchange • 16 Center St. Northampton • 413.586.2016 or 800.696.7752**

HARM REDUCTION CENTERS:

Harm Reduction Centers are not authorized to exchange needles but do provide health and sanitary supplies such as vitamins, alcohol wipes, and bleach. **Call the Tapestry hotline for a complete list of harm reduction centers in MA: 800.750.2016.**

• **Springfield Harm Reduction Center: 413.733.6629**

THERAPISTS:

The Paloma House is a Northampton based collective of psychotherapists and social work activists dedicated to supporting survivors of social abuse and violence. They are sympathetic to and understanding of the struggle with addiction. Low fee and no fee payments are available. **Services are available in Northampton and Holyoke: 413.586.3926**

This project was sponsored by the Information Collective: www.infocollective.org. For more information contact the information collective at correlatepapel@gmail.com or Katy Simon at caty@freedom-center.org.