

## **Addiction Recovery Management Service**

The Addiction Recovery Management Service (ARMS) specializes in supporting teenagers and young adults between the ages of 14 and 26 and their parents as they deal with their substance use and related problems.

### **About ARMS**

ARMS services young patients between 14 and 26 years of age facing substance use issues and their families. The Addiction Recovery Management Service (ARMS) is an outpatient, dual diagnosis clinic made up of a multidisciplinary team of clinical psychiatrists, psychologists and masters-level social workers who are trained to work with youth and their parents to provide an individualized plan for recovery.

As part of Massachusetts General Hospital with links to the medical, clinical and addiction research resources within the Center for Addiction Medicine, ARMS offers a unique level of expertise. We evaluate each patient's history and current symptoms in order to devise the treatment plan that is the most likely to succeed. We understand that substance use and mental health issues are closely connected. Our team is trained to assess and treat co morbid mental health problems such as depression, anxiety, attention-deficit/hyperactivity disorder (ADHD), bipolar disorder as well as other mental health issues

### **Our Services**

All are welcome at ARMS, and we meet each patient where they are. We can be a valuable resource for those who are unsure they even have a problem, those still thinking about making changes, those taking the first steps towards treatment, or those enrolling in ARMS to fully pursue their recovery and overall wellness. Patients are not required to be abstinent to engage in our program.

We are an outpatient program providing comprehensive outpatient individual therapy, group therapy, and outpatient psychiatry consultation and follow-up. Our services include assistance in the following areas:

- Assessing the varied dimensions of potential substance use and mental health issues
- Determining necessary treatment for related behavioral or psychiatric conditions
- Connecting patients and families with the treatment services they need at ARMS or, if necessary, making a referral and helping families navigate the treatment system
- Monitoring existing patients' progress through their addiction treatment
- Assisting with relapse when it occurs

**Addiction Recovery Management Service (ARMS)**  
**151 Merrimac St, 6<sup>th</sup> Floor, Boston, MA 02114**  
**Phone: 617.643.4699**

## Treatment Options

- **Individual psychotherapy**
- **Group therapy** - we have several different age-specific group therapy offerings appropriate to each patient's readiness for sobriety, which is determined at the evaluation and on an ongoing basis
  - **Dialectical behavior therapy (DBT) skills group** – 13-week group program, meets once weekly incorporating DBT techniques for patients 18-26 years old to help teach emotion regulation skills for depression, anxiety and anger
  - **Skills and support** – 8-week group program, meets once weekly for patients 18-26 years who are not sure if they are ready to change their substance use behavior
  - **Dual Diagnosis** – 8-week group program, meets once weekly for patients 18-26 years struggling with mental health and substance use issues
  - **Long-term after-care group** – a weekly group for patients who have completed a group program and are looking for ongoing support to meet their substance use and life goals
- **One-time consultations** - trained addiction psychiatrists who can be seen for consultations or on an ongoing basis to provide medication support both for mental health issues and substance use
- **Medication support** - trained addiction psychiatrists who can provide medication support both for mental health issues and substance use, including naltrexone/vivitrol and suboxone programs

ARMS also provides two drop-in hours each week to help patients with urgent needs or those who need additional support:

- **Drop-in**– a flexible weekly hour for established patients who may not be ready to commit to regular therapy or for those who need additional support
- **Drop-in psychiatry** – a flexible weekly hour for established patients who need to see a psychiatrist for support, discuss medications, or be seen before a formal psychiatry appointment if there is a wait for that appointment

At present we do not offer any groups for 14-17-year-olds, but we are actively working to build a group therapy program for these patients.

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## Addiction Recovery Management Service

### *Parent Services*

When young people develop substance-related problems, their whole family is impacted. And at ARMS, we strive to support parents. As the parent of a young person with possible substance use disorder, you need someone you can turn to for information and expert advice, just as you would if your child suffered from any other medical condition. But you may be in even greater need of support, as the stigma associated with addiction often makes parents feel uncomfortable confiding in even their family and closest friends.

#### **ARMS can help you with:**

- **Guidance in navigating the treatment system** - treatment services vary widely by type, cost, location and duration. Many families lack access to the information needed to make informed decisions. We help families navigate the complicated maze of substance use disorder treatment choices
- **Substance abuse education** - we can help you understand how addiction functions as a disease of the brain. Understanding how substance use impacts adolescents is an important part in developing a plan for how to best approach treatment. By understanding addiction, families are better able to understand how their loved one will move through the different levels of care available and how to use other recovery supports
- **Empowered decision-making** - we can help empowering you and your family to make decisions that feel more supportive of your loved one while encouraging them into treatment and toward recovery. Many families find themselves caught in a pattern of behaviors that don't feel right yet they don't know how to change. ARMS can help families understand the difference between support and enabling and can help each family determine a roadmap to change.

These parent services are available regardless of whether your child is enrolled in the ARMS program.

- **Parent Orientation Group** – 30-minute free group to orient parents to resources for parents at ARMS. (Thursdays at 5:00 pm)
- **Parent Education and Support Group** – weekly free group for parents, 8 week clinician led curriculum providing education and skills to parents of youth with substance use problems (Thursdays from 5:30 pm – 7:00 pm)
- **Parent Long-term Support Group** – free weekly after-care group for parents who have completed the parent education and support group (Mondays from 5:30 pm – 7:00 pm)
- **Parent Coaching** – insurance billed, parent treatment providing tailored support for specific issues

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