

Follen Community Church, 755 Massachusetts Ave, Lexington, MA 02420

# Behavioral Health Resources at Follen and in the Community

A publication of the Caring Congregation Committee

## **Introduction**

This brochure was developed as a resource for the Follen Community to support Follen's dedication to be a welcoming congregation to families and individuals facing special challenges. It includes a partial listing of behavioral health resources within Follen and the greater community. The list has been compiled by Follen's Caring Congregation Committee (CCC.) and was updated as of 1/1/2017. The church resources are available to members of the Follen community only.

## **Follen Resources**

### **Caring Congregation Committee**

The Caring Congregation Committee (CCC) is a resource for the community, with the mission of insuring that Follen Community Church is inclusive and supportive to caregivers with children with special needs. We work against stigma, provide resource materials and a curriculum for increasing understanding of persons with mental health or learning challenges. We organize mental health focused worship services, maintain a Resource Directory, address the issue of parenting children and adults with special needs, and provide workshops on various subjects. If you have any questions or concerns or if you have suggestions for how Follen might be more supportive, contact [Sharon Cerny](#).

### **Parent/Caregiver Support Group (Currently not meeting)**

This group is for parents/caregivers of children with special needs. The focus is on providing support for parents/caregivers. It is a place where parents can come to discuss their experiences, stresses, and needs in a safe and nurturing environment. Confidentiality is strictly maintained. Emotional and practical support is also given to help parents manage and meet their children's needs. If you are interested in participating in such a group please contact [Jim Herzig](#).

### **Life Planning for Adults with Special Needs**

This is an 8 session workshop that provides a psycho-educational experience where each participant develops his or her individual plan for their adult family member within the structure and support of the confidential group setting. Topics include financial, housing, vocational, social, medical, legal, family and community resources. The series includes a combination of exercises within the group, readings and discussion and presentations by experts. CCC members who developed the curriculum are available to consult with others wishing to start such a program. If you

are interested in participating in the next offering of the workshop, please contact Sharon Cerny or Jim Herzig.

### **Consultant to CCC Neuropsychological/IEP Consultant**

If you could use assistance understanding your child's neuropsychological profile or his or her IEP (Individual Education Plan), contact neuropsychologist Dr. Dorothy Vacca.

### **CCC Mentor Program**

Several Follenites who have dealt with mental health/learning issues in their own lives have volunteered to act as mentors to parents/caregivers who are currently going through the process with a child or young adult. This journey can be less difficult if shared with someone who has already traveled this road. If you would like to be matched with a veteran, please contact the CCC chair, Sharon Cerny.

### **Minister**

The minister is available by appointment to discuss concerns and needs regarding significant life issues or transitions. There is also a Special Needs Fund for Follen families who need financial assistance with extraordinary health needs for their child, such as neuropsychological testing, tutoring, advocacy or other services. Recipients and aid are kept confidential. Please contact the Reverend Claire Feingold Thoryn (781-862-3805, x202 or [c.feingoldthoryn@gmail.com](mailto:c.feingoldthoryn@gmail.com)).

### **Director of Religious Education**

The Director of Religious Education is available by appointment to discuss concerns regarding children and youth and any accommodations that may be possible to support their participation in the Follen Church community. Please contact Deborah Weiner (781-862-3805, x204 or [dre@follen.org](mailto:dre@follen.org)).

### **Lay Ministry**

The Follen Church Lay Minister Team has been trained, commissioned and installed and works closely with the Reverend Claire Feingold Thoryn to support her ministry. They are here to listen and to provide emotional and spiritual support. If you or someone you know in the church family needs or would like to have a visit from a sensitive, compassionate, caring person, please contact the Reverend Feingold Thoryn at 781-862-3805, extension 202. All calls and visits are kept strictly confidential.

## **Volunteer Service Network (VSN)**

For more than 25 years the VSN has provided supportive, friendly, and practical assistance in crises and other times of need. The monthly VSN coordinator can help arrange rides to doctors' appointments, provide meals, and other services as needed. Please check the website: Follen Volunteer Services Network, or call one of the VSN Coordinators, [Arlie Langseth](#) or [Wendy Slattebo](#).

## **Support Group for Those Caring for Elderly Parents**

This is an open group—anyone who is dealing with issues related to elderly parents is invited to come. If you are new, or for more information, contact [Steph Chiha](#).

## **Living Well with a Chronic Condition.**

Opportunity to share your experiences, successes, and challenges in living with a chronic illness in a supportive, confidential setting. Please contact [Carolyn Kingston](#) if you have questions or would like to come to an initial meeting to discuss your interests.

## **Caregivers of Those with a Serious Illness**

Support group for those caring for a family member with serious health issues. If you have questions or would like to join this group, please contact [Margaret Micholet](#).

## **Resources Outside Follen**

(These resources have been used by members of the Follen community. Follen does not necessarily endorse these.)

### **Network and Referral**

#### **The Disability Resource Network**

**[jfcsboston.org/Our-Services/People-with-Disabilities](http://jfcsboston.org/Our-Services/People-with-Disabilities)**

**781-693-5023**

Free information and referral service for parents, seniors, people with disabilities and mental illness. It is open to call faiths and cultural or ethnic backgrounds, funded by Combined Jewish Philanthropies. [Great first step](#). Callers receive professional evaluation of their needs and referral to appropriate resources.

#### **United Way State-Wide Information and Referral System**

**[mass211.org](http://mass211.org)**

**211**

## **Texting available, text zip code to 877-211-6277**

Similar to 911 but for information on health and human services. 24/7 local information about food banks, shelters, doctors, crisis services, benefits, disabilities, and other services and programs. Interpreter service available in over 140 languages.

## **Health Care**

### **General**

#### **Massachusetts Health Connector**

**mahealthconnector.org**

**877-623-6725**

**877-623-7773 (TTY)**

The website for the state sponsored health insurance. Has information for individuals and businesses.

#### **Health Care For All (hhs)**

**800-272-4232, 617-350-7279**

**hcfama.org**

A Massachusetts organization dedicated to making adequate and affordable health care accessible to everyone, regardless of income, social or economic status.

#### **Partnership for Prescription Assistance**

**pparx.org**

**(phone number unavailable)**

A non-profit organization that helps people get enrolled in prescription assistance programs for free.

## **Mental Health**

### **Youth and families**

#### **Wayside Youth and Family Support Network**

**781-643-1668, Arlington center (locations elsewhere, see website)**

**waysideyouth.org**

Non-profit human services agency providing services including residences for youth needing a structured environment, substance abuse treatment, counseling for families and individuals and free support groups and educational programs. Serves at risk youth and their families, teenagers and young adults.

Lexington Youth and Family Services

## **First Parish Unitarian Church, Lexington**

**lyfsinc.org**

**781-862-0330 (call or text)**

Free confidential after-school counseling for teens in crisis or stress, in addition to regular counseling services. Open Friday afternoons from 3:00 to 6:00 for drop in counseling and by appointment at other times.

## **Support for LGBT youth and young adults**

### **The Trevor Helpline**

**866-4-U-TREVOR (488-7386)**

TrevorText (avail. Fri 4:00 p.m. to 8 p.m.)

Text the word "Trevor" to 1-202-304-1200.

Note: Standard text messaging rates apply.

## **Mental Health**

### **Crisis Management**

### **Suicide Prevention**

If you or someone you know is thinking about suicide please call one of the 24-hour crisis hotline numbers below immediately:

- Samaritans Statewide Hotline: 1-877-870-HOPE (4673)
- National Suicide Prevention Line: 800-273-8255 – 24 hour support
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255),
  - press #1 if you are a Veteran
- Massachusetts Behavioral Health Partnership Emergency Service Provider  
Hotline: 877-382-160

## **Resources for education and support**

### **National Institute of Mental Health**

**nimh.nih.gov**

Official site of the National Institute of Mental Health. Contains comprehensive definitions of diagnosis in easy to understand terms for the layperson. Also has pages dedicated to NIMH sponsored clinical trials, publications, and press releases.

## **National Mental Health Consumers' Self-Help Clearinghouse**

**800-553-4539**

**[mhselfhelp.org](http://mhselfhelp.org)**

Information on various mental health conditions and learning differences. It has resources organized by topic including autism, Asperger's Syndrome, Depression, Bipolar Disorder and many other topics.

## **NAMI-Mass**

**[namimass.org](http://namimass.org)**

**800-370-9085**

Information, referral, education, support groups, legal services and advocacy. Superb resource for free educational programs for family and caregivers and adults living with mental illness.

## **Depression and Bipolar Support Alliance Boston-(DBSA Boston )**

**671-855-2795**

**[dbsaboston.org](http://dbsaboston.org)**

A non-profit, self-help organization run by and for people with affective disorders and their family and friends. Information on treatment options, finding a mental health professional and support groups.

## **Massachusetts Behavioral Health Partnership (MBHP)**

**[masspartnership.com](http://masspartnership.com)**

**800-495-0086**

**877-509-6981 (TTY)**

The MBHP manages mental health and substance abuse services for many people who have MassHealth (Medicaid) insurance.

## **Massachusetts Clubhouse Coalition**

**[massclubs.org](http://massclubs.org)**

**781-788-8803**

Helps people with long term mental illness find and secure employment, housing, education, services and support in the community. Also a clearinghouse of information, a provider of technical assistance, and a coordinator of resources.

## **National Empowerment Center**

**[power2u.org](http://power2u.org)**

**800-769-3728**

A consumer/survivor/ex-patient run organization with the mission to carry a message of recovery, empowerment, hope and healing to people with lived experience with

mental health issues, trauma, and/or extreme states. Provides information and referral and networking among consumer-run and advocacy groups in all 50 states. Also active in the cross-disability rights movement and can help you network with independent living centers and disability rights groups across the country.

### **Transformation Center**

**transformation-center.org**

**617-422-4111**

A statewide training, peer support, policy and best practice center operated by and for people with lived experience of mental health, substance use and trauma recovery.

### **Domestic Violence**

#### **Casa Myrna**

**casamyrna.org**

**617-521-0100**

**SafeLink Hotline 1-877-785-2020**

Information and referral for counseling, shelter, and other resources for all people facing domestic violence.

### **Substance Abuse**

#### **Massachusetts Substance Abuse Helpline**

**helpline-online.com**

**800-327-5050**

Information, resources and referral.

## **Resources for Families/Caregivers**

### **Child at Risk Hotline**

**800-792- 5200**

This is an anonymous hotline for suspected abuse or neglect of children up to age 18 run by the Massachusetts Department of Child and Family Services.

## **Families for Depression Awareness**

**Crisis contact: 800-273-TALK, text LISTEN to 741741**

**781-890-0220**

**familyaware.org**

Organization that helps families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. Offers an educational web site, family and expert profiles, trainings for families, advocacy, brochures, depression wellness guides for people of all ages and for parents of children and teens with depression.

## **Federation for Children with Special Needs**

**fcsn.org**

**800-331-0688**

Provides information, support, and assistance to parents of children with disabilities, their professional partners, and their communities. Most Federation staff members are parents or family members of children with disabilities and people with disabilities.

## **Greater Boston, Parents, Families and Friends of Lesbians and Gays (GBPFLAG)**

**gbpflag.org**

**866-427-3524 - helpline**

Information, referral, education, support groups and advocacy for families of gay, lesbian, bisexual or transgendered people.

## **Parents Helping Parents**

**parentshelpingparents.org**

**800-632-8188 (Free and confidential, 24/7)**

A nonprofit organization focused on preventing child abuse by offering free parenting help and support through a 24-hour Parental Stress Line and a network of anonymous and confidential Parent Support Groups meeting throughout Massachusetts

## **Parent/Professional Advocacy League**

**ppal.net**

**866-815-8122**

A statewide family organization dedicated to improving the mental health and well being of children, youth and families through education, advocacy and partnership.

## **Legal Assistance**

## **Greater Boston Legal Services**

**[gbls.org](http://gbls.org)**

**800-323-3205**

**617-371-1228 (TDD)**

Helps people get on SSI and SSDI; must meet federal poverty guidelines or will be referred to Disability Law Center (see next listing). Free legal service/representation on civil matters.

## **Disability Law Center of MA**

**[dlc-ma.org](http://dlc-ma.org)**

**800-872-9992**

Non-profit agency that provides protection and advocacy for the rights of MA residents with disabilities. Provides legal information, education, consultation, advocacy and representation for people with disabilities.

# **Governmental Assistance**

## **DPPC (Disabled People's Protection Commission)**

**[mass.gov/dppc](http://mass.gov/dppc)**

**800-426-9009**

(Anonymous hotline for suspected abuse or neglect of disabled adults)

The mission of the DPPC is to protect adults with disabilities from the abusive acts or omissions of their caregivers through investigation oversight, public awareness and prevention.

## **Mass Rehabilitation Commission**

**[mass.gov/mrc](http://mass.gov/mrc)**

**General Inquiries: 617-204-3603**

Information about Home Care Assistance, Head Injury Program, Independent Living Programs, and the Assistive Technology Program in addition to many other useful resources for caregivers of people with disabling conditions.

## **Mental Health Legal Advisors Committee**

**[mhlac.org](http://mhlac.org)**

**800-342-9092, 617-338-234**

Legal information, education, referral, consultation, and advocacy for people with mental illness.

## **MassHealth Customer Service Center**

**mass.gov/masshealth**

**800-841-2900, Intake line**

**617-847-3468, To report denial of special accommodations for disabilities**

Information about covered services, referral to specialists, changing your address or phone number and reporting a lost MassHealth card.

## **Massachusetts Department of Mental Health Information and Referral Line**

**mass.gov/dmh**

**800-221-0053 (monitored voicemail box)**

Information and referral, DMH services, patient records, human rights, and other resources

## **Social Security Administration**

**socialsecurity.gov**

**800-772-1213**

**800-325-0778 (TTY)**

Information about Social Security benefits. Applications for disability benefits.

# **Meetings**

## **SMART Recovery (Self-Management and Recovery Training)**

**smartrecovery.org**

**866-951-5357**

Self-empowering addiction recovery support group. Helps people recover from all types of addiction and addictive behaviors.

## **Twelve Step Programs**

### **Alcoholics Anonymous (Eastern Mass)**

**theagapecenter.com/AAinUSA/Massachusetts.htm**

**617-426-9444**

Locations of Alcoholics Anonymous in Massachusetts.

### **Emotions Anonymous**

**emotionsanonymous.org**

Program for those seeking emotional health. Site has a state meeting database which you can search to find the closest one to you. Also has online and phone discussions plus publications that offer stories of and tools for recovery.

**Debtors Anonymous**  
**debtorsanonymous.org**  
**800-421-2383**

Help, resources, and support meetings for people with unsecured debt to help people stop incurring unsecured debt, to share experiences with newcomers, and to reach out to other debtors. Link to searchable database of meetings state and worldwide.

**Massachusetts Council on Compulsive Gambling**  
**masscompulsivegambling.org**  
**800-426-1234, 24-hour helpline**  
**617-426-4554, Boston Office**

Lists of GA and Gam-Anon meetings and resources

**New England Region of Narcotics Anonymous**  
**nerna.org**  
**866-NA-HELP-U (624 3578)**

Support meetings for addicts and former addicts searchable by area, zip code and day of the week.

**Overeaters Anonymous MetroWest Intergroup**  
**metrowestoa.org**  
**508-875-0001**

Home page of the OA MetroWest Intergroup. Has a link to a searchable database of meetings worldwide.