



SUBSTANCE ABUSE COORDINATOR

Chris Simonelli helps residents work towards sustainable recovery by removing barriers, navigating the treatment system and connecting with available resources while encouraging hope, optimism and healthy living.

RESOURCES

Massachusetts Substance Use Helpline

www.helplinema.org
800.327.5050

EVAPorate Violence

Deborah.Fallon@cityofeverett.org
617.394.2431

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org
800.272.8255

ABCD

Community Service Agency
www.BostonABCD.org
781.321.2501

Substance Abuse Mental Health Administration

www.samhsa.org

MassResource.org

A statewide website with information about the types of assistance available to Massachusetts residents in need of services.

Bread of Life Food Pantry

781.397.0404



CITY CONTACT INFORMATION

Mayor's Office

484 Broadway
617.394.2270

Police Department

45 Elm Street
617.389.2120

Health Department

484 Broadway, Room 20
617.394.2255

Fire Department

384 Broadway
617.394.2348

**Chris Simonelli - ERC
Substance Abuse Coordinator**

484 Broadway, Room 20
Office: 617.944.0215 Cell: 617.579.6421

FAMILY RESOURCES

Al-Anon and Alateen Family Group

www.ma-al-anon-alateen.org

Families Anonymous

www.Families Anonymous.org

Learn 2 Cope

www.learn2cope.org

Parents Helping Parents

www.parentshelpingparents.org

GRASP - (Grief Recovery After a Substance Passing)

www.grasphelp.org

WHO WE ARE

The **E**verett **R**ecovery **C**onnection builds recovery capital in individuals, families and communities.

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MAYOR CARLO DEMARIA



OUR MISSION

The **E**verett **R**ecovery **C**onnection will provide leadership, advocacy and training along with connecting the community to addiction and recovery support services that lead to long-term sustainable recovery.

OUR GOALS

- Provide the community with resources for relapse-prevention.
- Contribute to social and community development through service projects that increase collaboration between the City and community members in recovery.
- Empower the community to use education for relapse-prevention by improving self-confidence, decision-making skills, and interpersonal relationships.
- Work with families to reestablish open communication and give them the tools needed to help their loved ones.



CONNECT TO RECOVERY SUPPORT

Whether you are seeking support for yourself, a family member or a friend, we have the resources to help you take the next step towards recovery. Our team has personal experience with substance use disorders and recovery, and we're here to help.



LEARN ABOUT RECOVERY

Substance use disorders and recovery are often misunderstood, stigmatized, or misrepresented. Check out our educational resources and programs to learn about the many faces of recovery and its multiple pathways.

There is no wrong door to recovery!

Everett **R**ecovery **C**onnection envisions a world where recovery from addiction to alcohol and other drugs is understood, promoted, embraced, and celebrated.

SIGNS OF SUBSTANCE ABUSE

WHAT TO LOOK FOR

- Changes in attendance or performance
- Loss of coordination, flushed skin, dilated pupils, weight loss
- Changes in personal appearance
- Mood swings or changes in attitude or behavior
- Agitation and irritability
- Withdrawal from responsibilities
- Changes in relationships with friends and family
- Association with drug-using peers
- Increased or decreased appetite or need for sleep.
- Defensive attitude concerning drugs
- Altered mental state, appearing “high,” disoriented, or showing poor judgment
- Borrowing or stealing prescription medications from others

WHAT YOU CAN DO

- If you suspect someone you know is abusing drugs, pick a time to talk when everyone is calm.
- Monitor your loved ones activities closely and get to know his/her friends.
- Properly discard old medications
- Keep alcohol and medications locked up.