



BENTLEY UNIVERSITY

AOD Recovery and Support

Local Professional Recovery Clinical Services:

Bentley University Counseling Center:

Services are confidential & free for all currently enrolled Bentley students.

For in-person or remote mental health support, please visit us at:

Bentley University Counseling Center

2nd Floor Callahan Building

Mon – Fri: 8:30am – 4:30pm

24-Hour Phone Support: 781-891-2274

<https://www.bentley.edu/university-life/student-health/counseling-center>

Recovery Support Conversation – This service, available through the Bentley University Counseling Center, provides a flexible, student-centered, accessible, knowledgeable, & safe space to explore your personal relationship with cannabis, alcohol and other drugs, boosting your understanding, ability, and motivation to achieve your desired lifestyle and personally-defined goals. Schedule yours online at:

<https://www.bentley.edu/university-life/student-health/counseling-center/cannabis-support-and-recovery>

Recovery Support Group – Join an understanding, compassionate group of Bentley students sharing their experiences and support for each other in pursuit of recovery.

For information and to join – contact Dr. Alex Lemiszki, group facilitator at Alemiszki@Bentley.edu

Developed by Dr. Alex Lemiszki, Psy.D. and the Bentley University Counseling Center – Updated August, 2023.

If you desire professional consultation regarding your mental health, please visit the Bentley University Counseling Center at 781-891-2274 or online at <https://www.bentley.edu/university-life/student-health/counseling-center>.



Clearhaven Recovery Center:

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

Clearhaven Recovery Center is a fully licensed and accredited alcohol and drug treatment center in Waltham, Massachusetts. They combine an evidence based clinical treatment model with a unique and engaging holistic program to help clients recreate their lives and find real lasting recovery.

Services offered: Individual & Group Treatment utilizing CBT/DBT/MI modalities, Family Support Services, Trauma-Informed Care, Yoga, Meditation, Hiking, Rock Climbing, Boxing Classes, Horticultural Therapy, Art Therapy, Nutrition Classes.

Services include daytime Partial Hospitalization, Intensive Outpatient (both daytime and evening IOP available, with flexible days/times to allow for student's schedules.



Young Adult Recovery Group through Hope Ave Therapy:

Facilitated by Charlotte Hannon, MA, MSW, LICSW

<https://www.hopeavetherapy.com/charlotte>

Off-Campus group focusing on harm-reduction utilizing a CBT treatment approach.

This in-person therapy group is for folks using more alcohol, marijuana or hallucinogens than they are comfortable with. Goals include reducing use, improving refusal skills and finding balance between being a young person and having an enjoyable life. Psychoeducation will be provided as well as Cognitive Behavioral Therapy.



Boston Children's Hospital

Boston Children's Hospital Adolescent Substance Use and Addiction Program:

<https://www.childrenshospital.org/programs/adolescent-substance-use-and-addiction-program>

The Adolescent Substance Use & Addiction Program (ASAP) at Boston Children's Hospital provides national leadership in the evaluation and treatment of substance use problems and disorders in children and adolescents.

As part of the Division of Addiction Medicine, ASAP is staffed by pediatricians, licensed independent social workers, and psychiatrists specially trained in addiction medicine. Our clinicians are uniquely qualified to evaluate and support adolescents and their families with a full range of substance use problems and disorders, from teens who have just begun using substances to those struggling with addiction.

Our clinical services include:

- comprehensive evaluation
- individual counseling
- group therapy
- medication-supported recovery for opioid and alcohol dependence
- drug testing as part of a treatment program (ASAP does not provide one-time drug tests for children or teens outside of the program)
- psychopharmacology for dually diagnosed adolescents
- parent guidance
- case management
- medical consult and follow-up for families who would like a substance use expert to join an existing mental health support team

ASAP@childrens.harvard.edu 617-355-2727



<https://www.mcleanhospital.org/treatment/addiction-inpatient>

The Alcohol, Drug, and Addiction Inpatient Program provides secure, short-term care for adults struggling with substance use disorders.

Treatment incorporates a combination of group, family, and individual therapy targeted at medical stabilization, reducing the severity of the patient's symptoms, and providing resources and ongoing support to prevent relapse.

The philosophy of our program endorses all avenues that foster recovery, safety, and success of each individual's journey, including group therapy; self-help groups, such as AA and SMART Recovery; medication-assisted treatments; and individual therapy.

Find the care that's right for you or your loved one. Call us today at [978.464.2331](tel:978.464.2331).

