



The Greater Lowell Trauma Resource Directory

August 2019

Created by Merrimack Valley Trauma Services and funded by the
Commonwealth Preschool Partnership Initiative

Alternative House

P.O. Box 2100, Lowell, MA 01853 ♦ 978-937-5777 ♦ Hotline: 888-291-6228 ♦ alternative-house.org

Comprehensive, free, and confidential domestic violence services for the Greater Lowell community. Twenty-four hour hotline. Emergency confidential shelter for victims of domestic violence, community-based support groups, education and training, legal advocacy and support to assist in the restraining order process, and connections to local resources for survivors (e.g., immigration resources, relocation, safety planning, and finding shelter). Mary Rita's House is a two-year residential program for survivors of domestic violence that provides assistance with enrolling in job training, GED classes, and/or classes at local colleges, permanent housing searches, specialized job certification programs, and support to help participants gain the skills to enter the job market and live a life free from violence.

Center for Hope and Healing

21 George Street, Suite 400, Lowell, MA 01852 ♦ 978-452-7721 ♦ chhinc.org

Founded in 1976 by a group of physicians, social workers and students, who came together out of a concern for the number of rapes occurring in Lowell. CHH is committed to eradicating sexual violence in Lowell and the surrounding communities. Provides Individual and group counseling, legal and medical advocacy, resources and referrals, and a 24-hour crisis hotline for survivors of sexual assault and their loved ones. All services are free and confidential, regardless of insurance, income, citizenship, or any other barriers. Committed to serving survivors of all identities, expressions, and life experiences.

Lowell House Inc.

101 Jackson Street, Lowell, MA 01852 ♦ 978-459-8656 ♦ lowellhouseinc.org

Lowell House Addiction Treatment and Recovery (LHATR) has been providing high quality, accessible and affordable addiction services and related supports to the Greater Lowell community since 1971. Programs cover a broad range of inpatient and outpatient treatment and living options that support recovery across a lifetime. In addition to a variety of support, advocacy, community outreach and prevention programs, other services include individual, group, and family therapy, driver alcohol education programs, and a six- to eight-week intensive-day Structured Outpatient Addictions Program (SOAP).

Merrimack Valley Trauma Services

7 Technology Drive, Suite 204, North Chelmsford, MA 01863 ♦ 978-677-6191 ♦ mvtraumaservices.com

Exceptional mental health services, consultation, evaluation, and training services for and on behalf of children (as young as 4 years old), adolescents, adults, and families who have been impacted by psychological trauma. Unique parent-focused model incorporating evidence based treatments, including Eye Movement Desensitization and Reprocessing (EMDR) therapy, Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Child-Parent Psychotherapy, Attachment, Self-Regulation, and Competency (ARC), and trauma-focused play therapies. Comprehensive trauma impact and psychosocial assessments, classroom observations, support groups, and parenting groups. Consultation and training to educators, school administrators, paraprofessionals in schools, early intervention and preschool staff, afterschool programs, community providers, the Department of Children and Families, and other agencies.

My Life My Choice, A Program of the Justice Resource Institute

989 Commonwealth Avenue, Boston, MA 02215 ♦ 617-779-2179 ♦ mylifemychoice.org

Services and support for victims of sex trafficking. Survivor mentoring program, leadership development, trauma-informed case management services, and training programs, and community building events. Prevention programs to reach vulnerable girls and provide them a safety net of proven solutions, grounded in evidence, to protect them from predators and exploitation.

National Child Traumatic Stress Network

nctsn.org

Created by Congress in 2000 as part of the Children's Health Act to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. Website includes lists of crisis hotlines, mental health guidance and referrals, and state agencies throughout the country who have established programs to help victims of crime. Psychoeducational resources regarding child trauma, evidence based trauma-informed treatment, research on child trauma, screening, and assessment practices, and ways to create trauma-informed systems of care.

Trauma and Family Integration

144 Merrimack Street, Suite 302, Lowell, MA 01852 ♦ 978-677-7823 ♦ tfilowell.com

Uses a culturally-sensitive, trauma-informed therapeutic model to deliver treatment that uniquely meets the needs of each individual, and each family served, in an effort to enable them to manage, and where possible, overcome their mental health challenges and live fully. Offers outpatient therapy to adults and children, group therapy, and Children's Behavioral Health Initiative services (in-home therapy and therapeutic mentoring) to children under the age of 21 who meet CBHI criteria.

Trauma Center at Justice Resource Institute

380 Massachusetts Ave, Acton, MA 01720 ♦ 978-264-3500 ♦ jri.org/services/behavioral-health-and-trauma/metrowest-bhc

Assessment and trauma-focused treatment. Expertise in general mental health, psychological trauma, teen wellness, teen substance abuse and parenting consultation. Clinicians utilize an integrative approach to treatment that draws on psychodynamic, cognitive-behavioral, interpersonal/relational, experiential, family systems, and other clinical frameworks. The Pathways to Permanency Program (P2P) strives to strengthen and support families in providing foster and adoptive children with a nurturing and stable home environment. A 19-day trauma-focused evaluation and residential services program for children, adolescents, and young adults 5-22 years old. SMART (Sensory Motor Arousal Regulation Treatment) for complexly traumatized children and adolescents. Utilizes therapeutic equipment and shared play to support children's natural ways of regulating their bodies and their emotions, facilitate attachment-building, and allow for embodied processing of traumatic experiences.

Wayside Youth and Family Support Network
Intensive Care Coordination and Family Support and Training

73 East Merrimack St, Lowell, MA 01852 ♦ 978-460-8712 ♦ waysideyouth.org

Intensive Care Coordination (ICC) and Family Support and Training (FST) services for MassHealth enrolled youth with serious emotional disturbance (SED), under the age of 21, who meet the medical necessity criteria for these services. Intensive care coordinators facilitate care planning and coordination of services. Family Partners provide peer support to caregivers in caring for youth with SED.

Wayside Youth and Family Support Network
In-Home Therapy & Family Based Services

73 East Merrimack St, Lowell, MA 01852 ♦ 978-460-8712, Referrals: 781-891-0556 ext. 17 ♦ waysideyouth.org

Intensive in-home clinical services are provided to MassHealth enrolled youth up to age 21 and his/her family, and are designed to treat the youth's behavioral health needs, including improving the family's capacity to avert behavioral health crises and provide effective support for the youth's healthy functioning.

Wayside Youth and Family Support Network
Trauma Intervention Program

10 Asylum St, Milford MA 01757 ♦ 508-478-6888 ♦ waysideyouth.org

Assists trauma survivors and their families throughout the process of healing, to end the cycle of violence through community education. Provides free individual and group counseling.