


Welcome to *Highland Grace House*

Worcester, Massachusetts



*Helping
young girls
and their families*

a program of
 **Community Healthlink**
A Member of UMass Memorial Health Care

A residential program for 13 to 17 year-old girls who are working on recovery from addiction to alcohol and/or drugs.

Highland Grace House

is located in
Worcester, Massachusetts,
in the heart of the
Commonwealth.

The basis for our existence

Massachusetts ranked among the leading states for alcohol binge drinking and illicit drug use by adolescents between 12 and 17 years of age, according to a survey published in 2007 by the US Department of Public Health's Substance Abuse and Mental Health Services Administration.

Since 2005 the Massachusetts Department of Public Health has channeled resources into local communities to address these issues.

Community Healthlink established Highland Grace House in 2005 as a program specifically for girls who seek long-term recovery from their addiction to drugs and/or alcohol.



Highland Grace House

"On the first Saturday of February, 2007, I was welcomed into Highland Grace House. I was emotionally and spiritually beaten. In a state of absolute desperation I allowed the Grace House to care for me in the gentle way they did. They housed me and fed me - taught me how to care for myself in a way I'd long forgotten.

In those four months I was told over and over again that I was worthy of recovery, and more importantly, love. Through their unwavering diligence, conviction and faith, I've now accumulated three years of continuous sobriety.

Thank you, Grace House, for saving my life."



**A residential program for adolescent girls, 13-17 years old,
working on recovery from addiction to drugs and/or alcohol.**

Highland Grace House

was established in 2005 as one of the first programs in Massachusetts to focus exclusively on long-term recovery from addiction for girls ages 13 to 17 years.

Highland Grace House is a 90-day program and is funded by the Massachusetts Department of Public Health. It is licensed to accommodate 15 girls.

The placement is voluntary and family involvement is mandatory.

The use of addictive medications is prohibited.

Highland Grace House is staffed by a team of professionals that include:

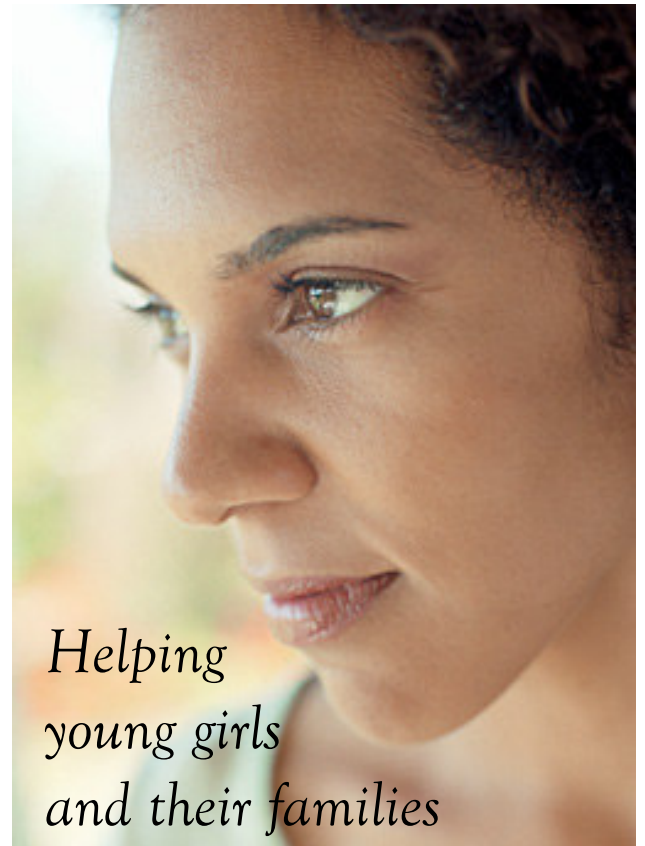
- a program director
- an educational coordinator
- 2 masters level clinicians
- rehab counselors.
- a RN

*On-site staffing
is provided
24-hours per day,
7 days per week.*



On-site services include:

- academic instruction
 - group therapy
 - psycho-educational groups, such as substance abuse prevention, relapse prevention skills, health education, and social skills development.
- Attendance in group is mandatory and is a major part of the recovery process.*



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To secure a placement,
or for more information, call
**Highland Grace House at
508-860-1172**
or
**Institute of Health and Recovery
Youth Central Intake at
617-661-3991.**

Highland Grace House
is a program of Community Healthlink,
which is a member of the
UMass Memorial Health Care system.

