




# Motivating Youth Recovery

# MYR

A stabilization program for youth whose lives have been disrupted by substance abuse.

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

**508-860-1244**



## Why does MYR exist?

Massachusetts ranked among the leading states for alcohol binge drinking and illicit drug use by adolescents between 13 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 Motivating Youth Recovery specifically for adolescents who seek a starting point to long-term recovery from substance abuse.

## Motivating Youth Recovery MYR

"I hope I didn't make you guys absolutely hate me. So, if I didn't, that would be great. The first few days I hated being clean. I wanted to go party and just live like that for the rest of my life."

"Being here gave me a big reality check to the fact that if I kept that up it's jails, institutions, or death."

"I know I was difficult to have here because of my attitude but I have opened up a lot. I loved being around everyone - staff and clients. This is like having a really big supportive family."



## Making a difference for adolescents and their families

"Thank you for helping our daughter start her recovery. We're especially grateful to the staff for getting our daughter to finally open up and trust that therapy is a good thing!"





## Who does MYR serve?

Adolescents 13 to 17 years of age with a substance-related disorder. Some 18 year-olds may qualify with prior approval.

An adolescent who is experiencing withdrawal symptoms that require medical monitoring.

An adolescent who experiences difficulties with family, school, work and/or the courts as a result of his/her substance use.

An adolescent who has tried to stop using substances but is unable to do so independently.

An adolescent who may be experiencing mental health problems like: depression, anxiety or other symptoms in addition to a primary concern of drug or alcohol use.



## MYR will provide

A comprehensive assessment - within 72 hours of admission - from a team of psychiatrists, master's level clinicians, registered nurses, and counselors.

A safe environment and a structured schedule consisting of groups, individual sessions and daily activities.

Medical monitoring during detoxification and continued care throughout the stabilization process.

Treatment that is tailored to meet the immediate needs of the adolescent and his/her family and includes frequent family contact.

Medical, psychological, family, social, and educational services with attainable goals to help stabilize the adolescent. And collaboration and team meetings with all involved providers.



## A team of professionals

The MYR program is staffed by a team of professionals who have extensive experience working with youth who have co-occurring disorders.

The team includes:

- Medical Director
- Psychiatrists
- Master's Level clinicians
- Registered Nurses
- Recovery specialists
- Counselors
- Case Managers

### To Make a Referral:

Contact your insurer by calling the 800 number on the back of your insurance card or contact MYR at

**Tel: 508-860-1244**

**Fax: 508-860-1245**

## Client Satisfaction

"What can I say? I wish I could bring all of you home with us.

On a personal level, I thank you so much for everything you've done for Zach and us...and on a professional level, you are the best staff I have ever encountered.

I could go on forever....you are the best and will always be in our hearts."

Zach's mom

**93%** of adolescents admitted to MYR said they were satisfied the program helped them accomplish their goals.

**96%** of parents said the MYR program had a positive impact on their son/daughter.

**95%** of parents felt they were an active collaborator in their child's treatment.

**81%** of parents said they gained skills that will be helpful in their child's recovery.

Centrally located  
in Worcester, Massachusetts.



## Motivating Youth Recovery **MYR**

12 Queen St.  
Worcester MA 01610

Tel: 508-860-1244  
Fax: 508-860-1245

MYR is easily accessed less than one mile from downtown Worcester and Interstate 290, it can be reached via the Massachusetts Turnpike, Interstates 495 and 190, and Routes 2 and 146.

[www.communityhealthlink.org](http://www.communityhealthlink.org)

To access MYR services you should call your health insurer, your local emergency screening team, or MYR at 508-860-1244.



## Motivating Youth Recovery **MYR**

is a program of  
Community Healthlink's Youth and Family Services.  
MYR receives funding from the  
Massachusetts Department of Public Health,  
Bureau of Substance Abuse Services,  
and also receives third party reimbursement from  
select MCOs & Insurances.