

PA GET HELP NOW
Find Drug and Alcohol Treatment Services

[1-800-662-4357 \(HELP\)](tel:1-800-662-4357)



Family Resource Websites by Topic

What is Addiction (Substance Use Disorder)?

It is estimated that in Chester County alone, there are 35,000 residents who suffer from a Substance Use Disorder (SUD). According to the Substance Abuse and Mental Health Administration (SAMHSA), SUD's are defined as mild, moderate, or severe to indicate the level of severity, which is determined by the number of diagnostic criteria met by an individual. SUD's occurs when the recurrent use of alcohol and/or other drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home.

Addiction and dependence are components of SUD's, addiction being the most severe. Addiction is a chronic brain disease characterized by one's compulsion, or lack of self-control, leading them to engage in drug seeking behavior regardless of consequences. Addiction begins with someone using alcohol or other drugs. Over time, these substances can alter the chemistry in the brain's reward center resulting in increased tolerance. Increased tolerance means that a person needs more of the substance to achieve the same effect or "high". As a person's tolerance increases, so does the potential for withdraw. Withdrawal is the group of symptoms that can occur when a person has decreased use or is no longer using. Withdrawal can include emotional, physical, behavioral, or physiological symptoms. The person then becomes dependent on the substance, which means the person begins using the substance to function "normally" in order to prevent them from going into withdrawal from that substance.

Finding support for substance use and related issues can be challenging. This Resource Guide, developed by the Chester County Department of Drug and Alcohol Services' Advisory Council, was created to guide you in connecting to the services needed. Compiled with the assistance of individuals and family members who have lived experience as well as representatives from recovery and treatment organizations, the guide includes resources for every step of the treatment and recovery journey. Our hope is that it will help you, your loved one and your family, find support healing and the rewards of sustained recovery for each person and family member impacted.

Please note: The resources listed are subject to change at any time and are not an endorsement by Chester County Department of Drug and Alcohol Services and/or its Advisory Council. This is not an inclusive list of all resources available and was last updated as of 12/1/18.

If you have suggestions/changes, please send an email to familyresourceguide@chesco.org.

Prevention Services in Chester County

Chester County Overdose Prevention Taskforce

<https://stopodchesco.org/>

<https://stopodchesco.org/contact-us/>

- The Chester County Overdose Prevention Task Force was formed in March 2015 to coordinate overdose death prevention efforts between various organizations. The Chester County Overdose Prevention Task Force offers educational presentations on overdose and prevention strategies.

The COAD Group

<http://chimes.org/about/chimes-family/holcomb-behavioral-health-systems/coad/>

610-363-6164

- Through education, networking, and linking of services and resources, The COAD Group's Community Prevention services are designed to support individuals, organizations, and communities in developing and promoting healthy and substance free lifestyles. All of the following drug and alcohol prevention and education services are offered free of charge.
- Alcohol, Tobacco and Other Drug Resource Library, Community Events and Speaking Engagements, Telephone Information and Referral (I&R) Line: The Drug and Alcohol Information and Referral Line can be reached at 1-866-286-3767.

Drug and Alcohol Services Chester County PA

<http://chesco.org/2699/School-Based-Prevention>

610-344-6000

- Prevention is action taken to prevent youth from using alcohol, tobacco, or illicit drugs. Prevention primarily targets children but also includes parents, school, and community. Prevention targets all forms of drug abuse, including tobacco, alcohol, marijuana, inhalants and other drugs. Prevention needs to begin early, and be age appropriate, and long term.

Holcomb Behavioral Health Systems - Chimes

<http://chimes.org/about/chimes-family/holcomb-behavioral-health-systems/>

610-280-3270

- Holcomb Behavioral Health Systems joined Chimes Family of Services in 2000. We provide a comprehensive range of services and supports for people with mental health, substance abuse, intellectual and developmental disabilities, and co-occurring disorders. Additionally, we provide an array of prevention and educational programs for youth, parents, and adults to encourage healthy choices and lifestyles.

Legal

- If you have a loved one who is legally involved, including incarceration, follow up with the appropriate legal entity such as pre-trial, probation, public defender, etc.

Naloxone (Narcan®)

- Naloxone (brand names Narcan®, EVZIO) is a medication that can reverse an opioid overdose. When given during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing within two to eight minutes. You can get naloxone at most pharmacies. Although naloxone may not be available for same-day pick up, it can often be ordered and available within a day or two. Although it should not be needed, you can present the pharmacist with the Pennsylvania's standing order (a prescription written for the general public) issued by the Pennsylvania Physician General. The standing order is kept on file at many pharmacies, or may be downloaded [here](#). Or, you can also ask your doctor for a prescription. For more information, [click here](#).

Newsletter

- All Human Services Department newsletters (including the Department of Drug & Alcohol newsletter) are now being sent via email. To sign up for our newsletter, and/or other Human Services newsletters, please click [here](#).

Pennsylvania Alliance of Recovery Residences (PARR)

- Certifying Recovery Residences to the National Alliance of Recover Residences (NARR) Standard and promoting effective delivery of recovery support services within community-based, residential settings.
- For a location near you, [click here](#).

US Department of Justice: Operation Prevention

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

- The DEA and Discovery Education have joined forces to combat a growing epidemic of prescription opioid misuse and heroin use nationwide. Operation Prevention's mission is to educate students about the true impacts of opioids and kick-start lifesaving conversations in the home and classroom. Since its launch, Operation Prevention has reached over 1M students nationwide.

Intervention Services In Chester County

We understand that families that have reached this point are surrounded by chaos, and that conversations within the family have become incredibly difficult. These resources are available and recommended for precisely this reason. Bringing calmness and a plan to the family is essential at this time in order to fight the common enemy of addiction and begin the process of full family healing.

Utilizing multiple methods of facilitating these conversations, specialists work with the family in guiding their loved one to the help they desperately need. While partnering with families through all stages of the treatment process, specialist's first work in preparing everyone involved in building a message out of love and concern. We continue supporting families to come together in supporting meaningful recovery.

No cost:

Advanced Treatment Systems (Methadone)

1825 E. Lincoln Highway
Coatesville, PA 19320
610-466-9250

Creative Health Services

100 1st Avenue
Phoenixville, PA 19460
610-933-1223

Holcomb Behavioral Health Systems

920 E. Baltimore Pike
Kennett Square, PA 19348
610-388-9225

Mirmont Outpatient Services

825 Springdale Drive
Exton, PA 19341
484-565-1130

Recovery Centers of America, Devon PA – Contact Center: 1-800-732-6837

-Invitational, Family Systemic, CRAFT and Johnson Methods
-Certified Intervention Professionals

Low cost:

JusticeRain, West Chester PA – Contact: Rich Mollica: 610-809-9641

-Johnson method only

Variable Cost:

Intervention First, West Chester PA – Contact Carol Lawyer: 484-678-3796

Therapeutic Alliance, Malvern PA – Contact Patrick Dowling: 610-783-3557

Other Helpful Information

Most treatment providers have a family component to their programs. If your loved one is participating in treatment with a provider, you may want to explore their family Orientation, Educational Series and/or family sessions.

Pennsylvania Department of Drug and Alcohol Services

<https://www.ddap.pa.gov/overdose/Pages/community%20resources.aspx>

Substance Abuse and Mental Health Service Administration

<https://www.samhsa.gov/>

Education

D.A.R.E.

<https://dare.org/>

(800) 223-3273

- The D.A.R.E. program teaches students good decision-making skills to help lead safe and responsible lives. Founded in 1983 by Los Angeles Police Department, today more than 15,000 D.A.R.E. officers and deputies are in over 10,000 communities nationwide educating America's youth and serving as the first line of defense in America's schools. **The D.A.R.E. program is taught in all 50 states, and 49 other countries. All curricula are science-based, age appropriate, and written by a national panel of curriculum and prevention experts.**

NOPE Task Force

<http://nopetaskforce.org/chapter-chester.php>

814-419-6673

- Prevention organization programming aimed at presentations for middle schools, high schools and colleges about the consequences of drug consumption. Family programs are also facilitated.

Grandfamilies Support Groups

Government Services Center

601 Westtown Road, Room 250

West Chester, PA 19382

Call for dates

Register:

Jenna Giersch 610-344-5770 Adoption Services Counselor

jgiersch@chesco.org

Shandell Quinones 610-344-5670 Adoption Manager

squinones@chesco.org

Monday's 6:30-8pm

ReTURNing Hearts ReEntry House

23 S. 5th Avenue

Coatesville, PA 19320

Childcare provided for Children under 12

Register:

Deborah Willett 610-246-2261

dwillettadvocacy@gmail.com

Chester County Family Support Groups

- **Ala-non**

Al-Anon Family Groups is a "worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem

<https://pa-al-anon.org/>

- **Christ's Healing Hands**

460 Manor Avenue, Downingtown, PA 19335

St. Joseph Parish, Downingtown

Addiction Prayer Service - 1st Sunday of every month at 7:00 p.m. – Chapel

Finding Christ Spirituality & the 12 Steps - 3rd Sunday of every month at 7:00 p.m. – Chapel

- **Cornerstone Addiction Recovery**
426 W. Gay St., West Chester, PA 19382
Meeting begins at 7:30 p.m. and ends at 9 p.m.
This group is bible-based, Christ-centered, open, honest, real and a safe place for all members to attend without judgement.
- **Exton Parent and Family Support Group**
114 E. Swedesford Rd., Exton, PA 19341
This group meets every Wednesday at 7:00 p.m. - 8:30 p.m.
- **Hope for Parents**
101 Phoenixville Pike, Malvern, PA 19355
This group meets every Thursday at 7:00 p.m.
- **Kennett Square Parent Support Group**
First Baptist Church, 415 West State Street, Kennett Square, PA 19348
This group meets every Thursday from 7:00 p.m. - 9:00 p.m.
- **Main Line Parent Support Group**
1225 Montrose Ave., Bryn Mawr, PA 19010
This group meets every Wednesday at 7 p.m. - 8:30 p.m.
- **Parenting Prodigals/Mending Hearts**
95 W Devon Drive, Downingtown, PA 19335
This group generally meets on the 2nd & 4th Monday of the month at 7 p.m. - 9 p.m.
- **Parkeburg Parent Support Group**
Upper Octorara Presbyterian Church - 1121 Octorara Trail (Route 10), Parkeburg, PA 19365
Group meets every Tuesday from 7:00 - 8:00 p.m. and allows time afterwards for networking.
- **PRO-ACT Chester County**
16 Mystic Lane, Ste. 100
Malvern, PA 19335
proactchesco@gmail.com Facebook: PRO-ACT Chester County

PRO-ACT Family Education Program is a 3-week program held at the Malvern address, the 1st, 2nd & 3rd Wednesday of the month, 7 p.m. – 9 p.m. It is for family members who have loved ones struggling with substance use disorder. It is not for children under the age of 14 or for the person with the substance use disorder.

- **SMART Recovery for Family & Friends - Bryn Mawr**
1084 Lancaster Avenue, Suite #104, Bryn Mawr, PA 19010
12:00 p.m. - 1:00 p.m.

SMART Recovery for Family & Friends is a science-based support program based on the cognitive skills tools of SMART Recovery and CRAFT (Community Reinforcement & Family Training).

- **West Chester Parent and Family Support Group**
10 West Pleasant Grove Road, West Chester, PA 19382
This group meets every Tuesday from 7:00 p.m. - 9:00 p.m.
- **West Chester (Newcomers) Parent and Family Support Group**
10 West Pleasant Grove Road, West Chester, PA 19382
This group meets every Monday from 7:00 p.m. - 9:00 p.m.

Other Family Support Sites

www.conversation.zone/parents

www.drugfree.org Offers Parent Toll-Free Helpline that will provide a parent mentor to another parent.
1-855-378-4373

Support Groups, Sober Fun, Social Media and other resources:

Type	Website	Details
Support Groups	https://al-anon.org	Al-Anon Family Groups
Support Groups	http://www.aisdv.org/	Al-Anon Information Service of the Delaware Valley
Support Groups	www.celebraterecovery.com	Celebrate Recovery
Support Groups	http://www.cleanacresna.org/	Chester County Narcotics Anonymous Meetings
Support Groups	https://www.chesco.org/216/Drug-and-Alcohol	Chester County PROACT Family Education Program
Support Groups	https://www.centerforfamilies.com/	Every Thursday 7PM
Support Groups	https://www.espenshadecounseling.com/weekly-meetings/	Family groups, Big Book Studies, SMART recovery

Support Groups	http://honeybrooktwp.com/grandfamilies-support-group-to-meet/	Grandfamilies Support Group (Mondays 6:30 – 745 PM)
Support Groups	https://www.kaciescause.com/	Kennett Square, Every Thursday, 7pm-9pm Parkesburg, Every Wednesday, 7pm-8pm
Support Groups	http://www.supportgroupproject.org/support_groups/limerick-parent-and-family-support-group/	Limerick Parent and Family Support Group (Wednesdays 7-8:30 PM)
Support Groups	www.supportgroupproject.org	Listed by zip code
Support Groups	http://www.recoverysupportservices.net/	Lost Dreams Awakening
Support Groups	https://www.addiction.com/meetingfinder/	Meeting finder
Support Groups	http://www.malverncenter.org/meetings-2/	Malvern Center Clubhouse
Support Groups	https://www.newleafclub.org/	Recovery-related events, activities, lectures, education and support groups.
Support Groups	https://pa-al-anon.org/	PA Area Al-Anon Family Groups
Support Groups	https://www.smartrecoverytest.org/local/	SMART Recovery Meeting Finder
Support Groups	https://www.aasepia.org/	Southeastern PA Intergroup AA Meeting finder
Support Groups	http://www.307club.org/meetings.html	West Chester Clubhouse

Type	Website	Details
Churches w. Support Groups	http://stjosephrc.org/events/christs-healing-hands-a-substance-abuse-ministry-prayer-service/	Addiction prayer service (1 st Sunday every month 7PM) Finding Christ Spirituality & the 12 steps (3 rd Sunday of every month 7PM)
Churches w. Support Groups	http://cornerstonewestchester.com/	Bible based/Christian centered meeting 7:30 – 9 PM
Churches w. Support Groups	http://uopc-epc.org/welcome/	Every Tuesday 7-8 PM
Churches w. Support Groups	https://conversation.zone/meetings/exton-sibling-support-group/	Exton Baptist Church (Wed., 7-8:30 PM) Group meets on the 2nd Wednesday of each month. *Must be 18 years or older to attend.
Churches w. Support Groups	http://www.firstbaptistkennettsquare.com/	Parent support group (Thursday 7-9 PM)
Churches w. Support Groups	http://westminsterpc.org/	West Chester Parent and Family Support Group (Tuesdays 7-9 PM) Newcomers (Monday 7-9PM)

Type	Website	Details
Sober Fun	https://www.chesco.org/216/Drug-and-Alcohol	Chester County PROACT Calendar
Sober Fun	http://www.307club.org/	Meetings and Sober Events
Sober Fun	https://www.aasepia.org/	Southeastern PA Intergroup AA
Sober Fun	https://www.newleafclub.org/	Wellness and recovery-related events

Type	Website	Details
Social Media – Instagram	https://www.instagram.com/convozone/	Conversion Project
Social Media – Twitter	https://twitter.com/convozone	Conversion Project
Social Media – Facebook	https://www.facebook.com/beapartoftheconversion/	Conversion Project
Social Media – Facebook	https://www.facebook.com/centeronaddiction/	National Center on Addiction and Substance Abuse
Social Media – Facebook	https://www.facebook.com/proactchesco/	Pro-Act Chester County
Social Media – Facebook	https://www.facebook.com/samhsa/	SAMHSA
Social Media – Twitter	https://twitter.com/samhsagov	SAMHSA
Blog posts	http://www.livingsober.org.nz/	Warmth, wisdom, support, encouragement and understanding about Alcohol

Type	Website	Details
Connecting Parents	https://conversation.zone/	Healthy coping skills and accessing support
Connecting Parents	www.drugfree.org	1-855-378-4373 – hotline
Connecting Parents	https://drugfree.org/?gclid=CjwKCAiAz-7UBRBAEiwAVrz-9ba_iHy-J3P8fG24rRop57-5EO3T3EWWzYZpCL1vzZMjSd7ohYlzeBoCsKoQAvD_BwE	Partnership for Drug Free Kids

Type	Website	Details
Grief/Loss Support	http://www.surveygizmo.com/s3/1637709/FLO-DP-Enrollment-Form	Family Lives On
Grief/Loss Support	http://www.familyliveson.org/	Family Lives On
Grief/Loss Support	https://www.tcf.org.uk/	Find different types of grief/loss support
Grief/Loss Support	http://ccdelco.com/	Griefshare (Thursday 7PM)
Grief/Loss Support	www.griefnet.org	Has email support group
Grief/Loss Support	http://grasphelp.org/community/meetings/	Search support groups by county
Grief/Loss Support	http://www.firstpreswc.com/	Support group - West Chester (Thursday 7-9 PM)
Grief/Loss Support	https://www.newleafclub.org/	Support group – Wednesdays 5:30 PM
Grief/Loss Support	https://philaymca.org/	Support group - 1 ST & 3 RD Wednesday of every month at 6:30pm
Grief/Loss Support	http://www.linwoodumchurch.com/unity.htm	Unity in the Community

Type	Website	Details
Chester County Libraries with Resources	http://www.atglenpubliclibrary.org/	Atglen Public Library
Chester County Libraries with Resources	http://www.avongrovelibrary.org/	Avon Grove Library
Chester County Libraries with Resources	http://www.chesterspringslibrary.org/	Chester Springs Library
Chester County Libraries with Resources	https://coatesvillearealibrary.org/	Coatesville Public Library
Chester County Libraries with Resources	http://downingtowntownlibrary.org/	Downingtowntown Library
Chester County Libraries with Resources	http://www.easttownlibrary.org/	Easttown Library
Chester County Libraries with Resources	http://chescolibraries.org/	Henrietta Hankin Library
Chester County Libraries with Resources	http://www.kennettlibrary.org/	Kennett Library
Chester County Libraries with Resources	http://www.malvern-library.org/	Malvern Public Library
Chester County Libraries with Resources	http://oxfordpubliclibrary.org/	Oxford Public Library
Chester County Libraries with Resources	https://www.tredyffrinlibraries.org/	Paoli Library
Chester County Libraries with Resources	https://www.parkesburglibrary.org/	Parkersburg Library
Chester County Libraries with Resources	https://phoenixvillelibrary.org/	Phoenixville Public Library
Chester County Libraries with Resources	https://wcpubliibrary.org/	West Chester Public Library

Type	Website	Details
Facilities/Centers that Offer Family Education/Support	https://www.caron.org/	Caron Foundation
Facilities/Centers that Offer Family Education/Support	https://www.centerforfamilies.com/	Center for Families
Facilities/Centers that Offer Family Education/Support	https://motivationandchange.com/	Center for Motivation/Change - CRAFT
Facilities/Centers that Offer Family Education/Support	https://www.facebook.com/proactchesco/	Pro-Act Chester County
Facilities/Centers that Offer Family Education/Support	https://recoverycentersofamerica.com/programs/family-program/	Recovery Centers of America

The CLEAN & SOBER Radio WWDB-AM860 Friday, 3

Pennsylvania Overdose Grief Supports (by County)

Revision Date 03/01/2018

This is a list of grief supports for those who have experienced the loss of a loved one to drug or alcohol overdose. This list will be updated as new information is found. If you have information to add or change on this list; please email the information to Kathy Jo Stence at kstence@pa.gov

Berks

- **Berks County GRASP Chapter**
Lori Kuhn 610-334-9845
meetings will be held on the 1st and 3rd Tuesday of each month
- **Still Waters Ministries (No Fee/Grief Counseling)**
Conestoga Mennonite Church, 2779 Main Street, Morgantown, PA 19543
Contact 610-286-9555

Bucks

- **Bucks County GRASP Chapter**
Bucks County Office Complex, At PRO-ACT/Southern Bucks Recover Center
1286 Veterans Hwy (formerly New Rogers Rd./ Rt. 413, Bristol, Pennsylvania 19007
Barbara Hentosh 215-264-6768 or Dave Hentosh 215-264-4943
First and third Thursday of each month, 7:00 pm - 8:30

Chester

- **A Path to Healing**
8 Week Support Group, March 27 – May 15, 7:00 pm
St. John's Lutheran Church, 335 St Johns Circle, Phoenixville, PA 19460
Register/Info Pam Moules, 610-247-1920
- **At A Loss**
First Presbyterian Church of West Chester
130 West Miner St, West Chester, PA 19382
Thursdays, 7 pm – 9, FREE

- **Family Lives On Foundation**
582 Wharton Blvd, Exton, PA 19341
Call 610-458-1690
- **If Love Were Enough**
Drop-in Grief Support
Wednesday, 7:30 pm
Unionville Presbyterian Church (House across the street)
815 Wollaston Rd, Kennett Square, PA 19348
610-347-2327

Delaware

- **Delaware County GRASP Chapter**
Siloam United Methodist Church, 3720 Foulk Road, Garnet Valley, PA 19060
Barbara Bosacco, 610-608-1224
1st Friday of each month, 6:30 pm to 8
- **Grief Share**
Calvary Chapel of Delaware County, 500 Brandywine Drive, Chadds Ford, PA 19317
Fran & Carol Krawiec
Thursday, 7:00 pm, FREE
- **Ryan's Hope Program**
336 King of Prussia Rd, Radnor, PA 19087
kim@petersplaceonline.com
8 Weeks – fall & spring sessions
- **Unity in the Community**
Linwood Heights United Methodist Church, 1625 Chichester Ave, Linwood, PA 19061
Pastor Ethel F. Guy, Pastor, Call 610-485-2300

Montgomery

- **Life After Loss**
New Leaf Club, 1225 Montrose Ave, Rosemont, PA 19010
Fran Gerstein, LCSW
Wednesday, 5:30 pm
\$20 per class

- **Montgomery County GRASP Chapter**
Horsham Clinic - Conference Center, 722 Butler Pike, Ambler, PA
Ginny Murray, 215-884-3916
2nd Friday of every month
Pre-Registration required
- **Pottstown YMCA**
724 Adams St, Pottstown, PA 19464
Rev. John Smolik: 610-323-7300, lseponski@philaymca.org
1ST & 3RD Wednesday of every month at 6:30 pm

Philadelphia

- **Philadelphia Gift of Life Organ Donation Grief Counseling**
Jackie 215-557-8090
8 free counseling sessions if victim was an organ donor
- **Philadelphia, PA (North East) GRASP Chapter**
St. Timothy Lutheran Church 7965 Filmore St. (Huntingdon Pike) Philadelphia, PA 19111
Fran Ciabattoni - 215-745-4591/ 267-968-7792
Meet every Wed. at 7:30 pm to 9:00
- **Philadelphia, PA GRASP Chapter**
PRO-ACT - Pennsylvania Recovery Organization-Achieving Community Together
444 North 3rd Street Suite 307, Philadelphia, PA 19123
Fred Martin - 215-923-1661
Every Wednesday at 7:00 pm – 8:30

Additional Grief Supports Resources/Websites

- **SAMSHA – Grief Tip Sheet** <https://store.samhsa.gov/product/SMA17-5035>
- **Family Lives On** <http://www.surveygizmo.com/s3/1637709/FLO-DP-Enrollment-Form>
- **Grief Net** www.griefnet.org (Has an email support group (loss-from-substances) \$10 a month to join)
- **Grasp** www.grasphelp.org