



# About Us

The Institute for Health & Recovery (IHR) is a statewide non-profit organization with offices and services throughout Massachusetts. IHR provides counseling to individuals, youth, and families struggling with addiction and mental health issues—many of whom have experienced violence. IHR also provides training, consultation and technical assistance to state, local and national organizations, and funders to improve the integration of best practices and policies into prevention and treatment programs for families, taking what we learn from our direct service programs and using it to enhance programming.

IHR provides trauma-informed:

- Outpatient behavioral health treatment in home and community settings for women, men, youth, elders and families affected by substance use and mental health disorders.
- Education and care coordination for youth and young adults in a variety of inpatient and outpatient locations including homes and schools
- Access to residential substance use treatment for families.
- Telephone counseling and service referral for pregnant women affected by substance use.
- Prevention and Early Intervention services, including school and community-based HIV and substance use education.
- Case management for HIV positive individuals and families to support client health and recovery from substance use and mental health disorders.
- Substance use and mental health disorder treatment and access to recovery services for individuals formerly involved with the juvenile and criminal justice systems.

IHR provides training and consultation on the following areas including strategies for integrating these topics into existing services:

- Gender responsive services
- Trauma & violence
- Family centered care
- Parenting & child development
- Tobacco addiction, education and cessation
- Motivational Interviewing
- Fetal Alcohol Spectrum Disorders (FASD/FAS)
- SBIRT (Screening, Brief Intervention & Referral to Treatment)
- Holistic approaches to recovery

Call for more information, toll free: **1-866-705-2807**

Or visit us online at: [www.healthrecovery.org](http://www.healthrecovery.org)

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