

## Greetings!

We are so excited that you are reading the *Boston Youth Survival Guide 2005-2006*. In all honesty, we had you in mind while gathering all of the information to publish within this guide. We held several focus groups with some extraordinary young people and asked for their input in both design and content. The amazing outcome of those focus groups is literally in your hands!

A lot of hard work and thinking went into the creation of the *Survival Guide* to best meet your most urgent needs. This is not just a list of names and telephone numbers — how useful is that? This is a user-friendly guide that will walk you through some of life's most challenging situations, providing tips to assist you.

We realize that life is a journey and all of us could use a little guidance from time to time. It is our hope that if you ever find yourself in a tight spot, that you would reach into your pocket or your back pack and pull out your *Boston Youth Survival Guide 2005-2006*.

We wish you the best in life and eagerly anticipate the great things you will accomplish!

**Boston Youth Survival Guide 2005-2006 Team**  
**Boston Capacity Tank Partners**

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## Looking for a Place to Stay?

Em ta prokura um lugar pa more  
(fica)

¿Esta buscando un lugar donde  
vivir?

Cheche Kote pou Rete?

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*What to do if I'm homeless?*

- Don't get comfortable on the streets...the goal is to get off the streets as soon as possible.
- The best way to get off the streets is with the help of someone who cares and has the resources and knowledge to help you. Go to one of the agencies listed below for this assistance.
- The Boston Police Department, Emergency Departments of hospitals, or churches can help if you are on the streets because you have been victimized in some way.
- Be careful of strangers on the street. Sometimes what looks like help is actually harmful.

*Source: Starlight Ministries*

## HOUSING

*Contact one of the following agencies if you need a place to stay or find a meal...*

### Bridge Over Troubled Water

47 West Street, Boston, MA 02111

(617) 423-9575 *(This is also the number for the Runaway Hotline.)*

Education, health, housing, counseling for homeless youth ages 18–24. A runaway program for those under 17 as well with a 24 hour a day hotline.

### The Home for Little Wanderers

Multiple sites:

*Roxbury House* — For teen males; includes substance abuse treatment.

Main Offices:

271 Huntington Avenue, Boston, MA 02115

(617) 267-3700

Web site: [www.thehome.org](http://www.thehome.org)

Transitional housing, foster care/adoption services, therapy, special education schools, etc. for youth of all ages.

### Youth on Fire

1555 Massachusetts Avenue, Harvard Square

(617) 661-2508

A safe place for homeless youth ages 14-24 to go during the day for services like voicemail, meals, showers, art supplies, laundry, etc.

### Starlight Ministries

RYSE (Reaching Youth on the Streets)

2 San Juan Street, South End

(617) 262-4567

Web site: <http://www.egc.org/ministries/starlight/>

Outreach for homeless youth and those at-risk of becoming homeless.

### Brookview House

2 Brookview Street, Dorchester, MA 02124

(617) 265-2965

Web site: [www.brookviewhouse.org](http://www.brookviewhouse.org)

The “Above and Beyond” program targets homeless youth and provides counseling, workshops, training, etc in the Dorchester area.

### Rosie’s Place

889 Harrison Avenue, South End

(617) 442-9322

Offers women and children food/meals daily — even on Easter, Thanksgiving, and Christmas.

### The Covenant House Runaway Line

1-800-999-9999

## Who Can I Turn To?

Quem ta pode ajuda-me?

¿Quién me puede ayudar?

Kimoun Ou Ka Adrese?

## SUPPORT GROUPS/COUNSELING

### Rape Victims

*If you or someone you know have been victimized....*

- Remember that a rape is never your fault. Even if you’ve had sex with the rapist in the past, or are married to this person, or are friends with them, it’s still not your fault.
- Report a rape immediately to the police.
- Seek medical attention right away.
- Rape can cause injury, disease, or pregnancy, so be sure to get tested.
- Seek counseling directly after a rape as well as continued care

*Source: [www.talklisten.org](http://www.talklisten.org)*

## Sexual Abuse Victims

*If you or someone you know has been abused...*

- Let the abused person know they did nothing wrong to be violated.
- Do not tell the abuser that s/he is getting reported.
- Be there as a support when the victim makes the report.

*Source: [www.talklisten.org](http://www.talklisten.org)*

## Domestic Violence

*Being hurt by loved ones is hard, but there are people who can help...*

- Remember: An abused person is not weak, inferior, or at fault.
- Never confront the abuser. Discuss the problem with someone else.
- Build a positive support team so the victim can get help. This should include: loved ones, family, and a correctional officer.
- Seek help from the outside world. Make use of hotlines, shelters, etc.

*Source: [www.talklisten.org](http://www.talklisten.org)*

## Youth Crisis Hotline

1-800-HIT-HOME

## Childhelp USA National Child Abuse Hotline

1-800-4-A-CHILD or 1-800-2-A-CHILD

## Family Services of Greater Boston

31 Heath Street, Jamaica Plain, MA

(617) 523-6400 ext. 5917

*Ask for a counselor*

Has trauma evaluation and treatment in their Mental Health department.

## Tieng Xanh-Voice, Inc.

42 Charles Street, Suite E, Dorchester, MA 02122

(617) 822-3717

Web site: [www.txvoice.org](http://www.txvoice.org)

Case management/holistic services for Vietnamese youth in and around Dorchester.

## Massachusetts Society for the Prevention of Cruelty to Children

555 Armory Street, Boston, MA

(617) 983-5806

Offers outpatient individual and family counseling. Insurance needed.

## Teen Parents

*If you are working hard to raise a healthy, successful child...*

- Seek the council of older adults who have kids that seem to be respectful and brought up with good manners.
- Never be ashamed to ask for help.
- Go to a parenting class (examples listed below.)

*Source: Ella J. Baker House*

*These organizations can give you help and support as a young parent...*

### Massachusetts Society for the Prevention of Cruelty to Children

See contact information on page 9.

The Young Parents Support Program offers free support to parents who are 23 or younger.

### Dorchester Cares

200 Bowdoin Street, Dorchester, MA

(617) 474-1256

Email: [rpena@dcares.org](mailto:rpena@dcares.org)

*Ask for the person in charge of parent's programs.*

The Healthy Families program teaches teen parents how to nurture and provide for their

families. Open to all families with no open D.S.S (Department of Social Services) cases.

## Grief Support

*If you or someone you know has been affected by a trauma or loss of any kind, these people can help...*

### Boston Ten-Point Coalition

215 Forest Hills Street, Jamaica Plain, MA 02130  
(617) 524-4331

Web site: [www.bostontenpt.users2.50megs.com](http://www.bostontenpt.users2.50megs.com)

Offers victims and survivors of violence support.

## Suicide Support

*Get help fast if you or someone you know is struggling with suicidal thoughts...*

- Don't wait until it's too late — don't throw away something as valuable and irreplaceable as your life.
- If you feel depressed or suicidal, tell someone. There really are people and treatments that can help.

*Source: [www.talklisten.org](http://www.talklisten.org)*

## **Samaritans Suicide Prevention**

24 hour a day teen suicide hotline: (617) 247-8050  
Or call toll free: 1-800-252-TEEN

## **Lesbian, Gay, Bisexual, Transgender and Questioning (LGBT&Q) Issues**

*If you or someone you know are struggling with issues of sexual orientation, turn to one of these agencies for help...*

### **Fenway Community Health**

(617) 267-9001 or toll-free 888-340-4528  
Web site: [www.fenwayhealth.org](http://www.fenwayhealth.org)

A Gay and Lesbian Helpline, which provides support to callers seven nights a week (Mon–Fri 6pm–11pm, Sat/Sun 5pm–10pm).

### **GLASS (Gay and Lesbian Adolescent Social Services)**

93 Massachusetts Avenue, 3rd Floor, Boston, MA  
(617) 266-3349  
Web site: [www.bostonglass.org](http://www.bostonglass.org)

A drop-in center for LGBT teenagers.

### **BAGLY (Boston Area Gay, Lesbian, Bisexual and Transgender Youth)**

35 Bowdoin Street, Boston, MA

(617) 227-4313 or toll free: 800-42-BAGLY  
Email: [BAGLY@BAGLY.org](mailto:BAGLY@BAGLY.org)  
Web site: [www.bagly.org](http://www.bagly.org)

Runs a weekly meeting for youth questioning sexual orientation.

## **HIV/AIDS**

*HIV can affect many people. Whether you are directly or indirectly affected by HIV or AIDS, there are people who can support you...*

### **Boston Medical Center**

721 Massachusetts Avenue, Boston, MA 02118  
(617) 638-8000  
*Walk-ins welcome. No appointment necessary.*

“Project Trust” has free HIV/AIDS testing.  
Anonymous and confidential.

### **Multicultural AIDS Coalition**

Harriet Tubman House  
566 Columbus Avenue, Boston, MA 02118  
(617) 442-1622  
Email: [info@mac-boston.org](mailto:info@mac-boston.org)

Prevention, education, and treatment services for those at-risk or living with HIV.

## MEDICAL ASSISTANCE

*Turn to the following organizations when you or someone you know needs medical help, whether the need is mental or physical...*

### **Bowdoin St. Health Center**

230 Bowdoin Street, Dorchester, MA 02122  
(617) 754-0100

### **Roxbury Comprehensive Community Health Center**

435 Warren Street, Roxbury, MA 02119  
(617) 442-7400

### **Boston Medical Center**

1 Boston Medical Center Place, Boston, MA 02118  
(617) 414-5000  
Web site: [www.bmc.org](http://www.bmc.org)

Health care provided for those without medical insurance.

### **Codman Sq. Health Center**

637 Washington Street, Dorchester, MA 02124  
(617) 825-9660  
Web site: [www.codman.org](http://www.codman.org)

### **Dimock Community Health Center**

55 Dimock Street, Roxbury, MA  
(617) 442-8800

Offers HIV programs and drug rehabilitation programs for youth.

### **Whittier St. Health Center**

1125 Tremont Street, Roxbury, MA  
(617) 427-1000 ext. 3217  
Web site: [www.wshc.org](http://www.wshc.org)

Coordinated sick and well health care for adolescents through 18 years of age: check-ups, immunizations, testing for asthma, hearing and vision testing, and telephone advice.

### **JRI Health: Sidney Borum Jr. Center**

130 Boylston Street, Boston, MA  
(617) 457-8140

Specializes in adolescent mental health. Free substance abuse center, AIDS testing, gynecological services, and birth control.

### **Mattapan Community Health**

1425 Blue Hill Avenue, Mattapan, MA  
(617) 296-0061  
Web site: [www.mattapanhc.org](http://www.mattapanhc.org)

Health care services in multiple languages including Cape Verdean & Hatian Creole.

## Are You Looking for a Big Brother or Sister?

**Bô ta spia pa una irma mais velha ou um irmão mais velho?**

**¿Esta buscando a un hermano o una hermana mayor?**

**Eske W ap Cheche Yon Gran Fre ou Se**

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## MENTORING PROGRAMS

*Everyone needs someone to believe in them. If you or someone you know is seeking a supportive friend or mentor, contact one of the following organizations and get connected...*

### **Straight Ahead Ministries, Inc.**

504 Dudley Street, 2nd Floor, Boston MA 02119

(617) 442-0103

Web site: [www.straightahead.org](http://www.straightahead.org)

Ready4Work Initiative provides re-integration services through relationship-building, job-training, educational services, and case management.

### **Urban Dreams**

895 Blue Hill Avenue, Dorchester, MA

(617) 436-7448

*Ask for the Ladies 1st director.*

Today's Girls...Tomorrow's Leaders Initiative offer girls 12-18 a "Ladies 1st" program to promote positive self-image, healthy eating, etc.

### **Big Brothers of Mass Bay**

622 Washington Street, 2nd Floor, Dorchester, MA

or

75 Federal Street, 5th Floor, Boston, MA

A program that connects young men with older mentors to hang out with, learn from, and enjoy activities together.

### **Big Sisters Association of Greater Boston**

Willow Street near Old City Hall, Boston, MA 02108

(617) 236-8060

A program that connects young women with older mentors to hang out, learn from, enjoy activities together.

### **Daniel Marr Boys and Girls Club**

35 Deer Street, Dorchester, MA

(617) 288-7120

Email: lsantol@danmarrclub.org

*Ask for the mentoring program director.*

Offers a mentoring program as well as other life skill/career services for youth.

### **Youth Build Boston**

504 Dudley Street, Roxbury, MA

(617) 445-8887

Email: itaylor@ybboston.org

*Ask for the Project Advantage director.*

Project Advantage connects all young people to a mentor who can help with independent living skills.

### **The Ella J. Baker House**

411 Washington Street, Dorchester, MA 02124

(617) 282-6704

*Ask for the Examined Life Project coordinator.*

The Examined Life Project engages youth with life-coaches by utilizing guided conversation, public service, and cultural activities.

## **Starting Over**

**Bô ta começa vida outra vez**

**Empezando de nuevo**

**Kòmanse Ankò**

## **REHABILITATION**

*If you or someone you know are struggling with drugs or alcohol...*

### **Drugs/Alcohol**

- Seek treatment for drug use even if your use is moderate — this can prevent you from becoming addicted.
- In cases of severe addiction, inpatient hospitalization or a “detox” may be necessary, followed by a short- or long-term residential program.
- Visit a mental health clinic to receive medication and/or counseling
- Make your treatment more successful by sticking to the following concepts:

- **Support and commitment** from family and friends. You must be very committed to recovery and **want** to stop using drugs.
- **Counseling** gives you the chance to discuss personal issues that may be associated with or contribute to your drug abuse. **Group sessions** allow people who share similar issues to bond with each other, learn how to resist drugs, explore coping skills, and motivate personal change.
- Support groups and **self-help groups**. More and more young people are joining groups like Alcoholics Anonymous (AA) <http://www.aa.org> or Narcotics Anonymous (NA) <http://www.na.org>.

*Source: [www.talklisten.org](http://www.talklisten.org)*

*These agencies can help on the road to recovery...*

### **Boston Alcohol and Substance Abuse Programs, Inc.**

30 Winter Street, 3rd Floor, Boston, MA 02108  
(617) 482-5292

Outpatient teen treatment services available as well as a rehabilitation center. Sliding fee schedule and payment assistance available.

### **Caribbean U-Turn**

19 Tesla Street, Mattapan, MA  
(617) 296-6789

*Ask for the Peer Leader Training Program director.*

Peer leadership training dealing with substance abuse, gang violence, etc. that offers youth a stipend upon completion.

### **How to Get Out of Gangs/Conflict Resolution**

*If gang-violence is affecting your life or the life of someone you know...*

- Don't tell other gang members you want to leave, because they may make it public, and the situation can get heated. Keep it to yourself.
- Speak to an organization like the Boston Ten-Point Coalition (contact info on page 11), or the Boston Police Department, and see what is the best way to escape gang life specific to your situation.
- Relocation may be necessary, but don't tell anyone where you are going.

*Source: Boston Ten-Point Coalition*

## What if I am being shot at?

- Make yourself conscious of the situation. Be aware of the direction the danger is coming from.
- Run or drive in the opposite direction of the assailant.
- Duck behind something solid like bricks or a car and stay as low to the ground as possible.
- When being pursued, keep your body in a small package. Limit the space you expose to the bullets while still running.
- Know what doors will be open in case you need to find shelter or buy more time.
- Run in patterns — don't give the shooter a steady target.
- As you run, knock things like trashcans down to slow the assailant's pursuit.
- In cases of mistaken identity, pull off hat/head gear so the shooter does not mistake you for someone else.
- Most importantly, yell as loud as you can that the people chasing you have a gun!!! People around you may be able to make an emergency phone call; or if you are lucky, an off-duty cop may be around.

*Source: Boston Ten-Point Coalition*

*The following agencies have experience dealing with gang-related issues and conflict resolution...*

### **Boston Asian Yes**

87 Tyler Street, Boston, MA

(617) 482-4243

*Ask for Amanda Britton.*

A drop-in center specializing in gang intervention and advocacy services, court diversion, cross-cultural conflicts, and school drop-out prevention.

### **Boston Center for Youth and Families Streetworkers Program**

(617) 635-4920

*Ask to be connected with a streetworker.*

Relationships, referrals, and resource system connections with youth on the street. Crisis intervention and assistance with gaining access to services.

### **Bethel African Methodist Episcopal Church**

215 Forest Hills Street, Jamaica Plain, MA

(617) 524-7900

*Ask for the Brighter Horizon's program.*

The Generation Excel program offers conflict resolution services and advocacy for male court-involved youth.

## **Boston Ten-Point Coalition**

See contact information on page 11.

An ecumenical group of clergy and lay-workers who work with gangs and ex-offenders to foster peaceful, safe communities.

## **JAMS: The Dispute Settlement Center**

1 Beacon Street, Suite 2300, Boston, MA  
*Ask to be connected to a settlement counselor.*

Provides mediators/settlement counselors for conflict resolution or legal aid.

## **How to Get Out of Prostitution**

*If you or someone you know are caught up in prostitution...*

### **Roxbury Youth Works**

100 R Warren St. Roxbury, MA  
(617) 740-8480

The “A Way Back” Program offers help and services to youth involved in prostitution.

### **Whittier St. Health Center**

See contact information on page 15.

The WAR Project (Women’s Awareness Resources) offers outreach and assistance to women involved in prostitution.

## **Children of the Night Hotline**

1-800-551-1300

## **Education/G.E.D. Issues/Alternative Schooling**

To be eligible to take the G.E.D., you must:

- Be at least 16 years old.
- Have a letter from your school stating that you have officially dropped out.
- Have a legal guardian present with you to fill out paperwork.

To find out about G.E.D. test locations, call Boston Centers for Youth and Families at (617) 635-4920 ext. 2540 or ask for Beverly Rosario.

*These organizations can assist with your educational goals...*

### **EDCO Collaborative**

650 Beacon Street, Boston, MA  
(617) 262-9562

*Ask for Lisa Weinstein.*

A Youth Alternative School for those with truancy problems or CHINS (Children in Need of Supervision) students who want to make a change and get a High School diploma.

## Youth Opportunity Boston

2201 Washington Street, Roxbury, MA

(617) 541-2600

*Ask for an intake worker.*

Youth may come in, find a case manager, search for jobs, hang out, or get connected with educational services.

## Congregacion Leon de Juda

68 Northampton Street, Boston, MA

(617) 541-4455

*Ask for the mentoring program.*

Connects youth with a mentor who can assist with special education needs and college prep as well as MCAS help.

## Sociedad Latina

1530 Tremont Street, Roxbury Crossing

(617) 442-4299

Web site: [www.sociedadlatina.org](http://www.sociedadlatina.org)

*Ask for the Jovenes Latinos Pro-Salud program.*

Jovenes Latinos Pro-Salud program provides technology training and work experience in the IT careers.

## Information for Parents

### Informação pa paes?

### Informacion para los padres

### Infomasyon pou Paran

## PARENTING PROGRAMS

*The following organizations offer supportive programs for parents...*

### Dorchester Cares

See contact information on page 10.

PATCH Program to help parents pool their resources and address family concerns.

### Massachusetts Society for the Prevention of Cruelty to Children

See contact information on page 9.

The Effective Black Parenting program instructs moms and dads in raising healthy, successful children.

## CHINS (Children In Need of Supervision)

*If your child has been placed on CHINS...a few things to know...*

Judges can issue CHINS petitions if they are worried that certain behavior in youth may be a sign that s/he is likely to become involved in delinquent or criminal activity in the future. When a CHINS petition is filed, the family is referred to a Juvenile Court probation officer and to the Department of Social Services.

Judges can put youth on CHINS through four different petitions:

- Runaway — for children under 17 who keep running away from home.
- Stubborn Child — for children under 17 who do not obey their parents'/guardians' rules.
- Truant — for children under 16 who do not attend school.
- Habitual School Offender — for children under 16 who keep breaking the rules at school.

*Source: The Youth Advocacy Project  
([youthadvocacy.org](http://youthadvocacy.org))*

## Legal Aid

*Need a lawyer or some legal advice? These places can help you...*

### **Volunteer Lawyers Project of the Boston Bar Association, Inc.**

29 Temple Place, Boston, MA 02111-1350  
(617) 423-0648

Legal advocacy and advice services provided.

### **Youth Advocacy Project**

10 Malcolm X Boulevard, Roxbury, MA 02119  
(617) 445-5640

Offers aid, support, and legal advice to low income young people in juvenile court.

### **Citizens for Juvenile Justice**

101 Tremont Street, Suite 1000, Boston, MA 02108  
(617) 338-1050

Email: [cfjj@cfjj.org](mailto:cfjj@cfjj.org)

Working exclusively to improve the juvenile justice system in Massachusetts. This group advocates, convenes, conducts research, and educates the public on important juvenile justice issues.

## Are You Looking for a Job?

Bô ta spia pa um trabajo?

¿Esta buscando trabajo?

Eske W ap Cheche Yon Travay?

*There are job-finding programs in Boston that work with people who have criminal records (see directory listings below).*

### What can I do to have a better chance at employment?

- Get job training (see listing) or find paid internships to gain experience.
- Get training in specific areas that will boost your resume. For example, take a few courses on computers at a nearby college if you want to work with computers.
- A strong resume will help you be recognized over others who apply for the same position.
- Dress for the interview in business attire — no club gear. Wear slacks, button down shirt, and dress shoes.

*Source: Jobs Task Group*

## CORI (Criminal Offender Record Information)

*Do you have questions about CORI? Here are a few helpful facts...*

- All health and human services, schools, and children's programs **require** job applicants to be CORI-checked. In other words, you can't get certain jobs with a criminal record!
- Some housing authorities may require a CORI check before accepting tenants as well.
- CORI reports can include: convictions and pending charges as well as juvenile conviction information, not-guilty charges, cases that were dismissed or continued without a finding, and cases that dropped with no charges.
- Not everyone **has** to see your CORI report — make sure you are required to share your information before you actually do.
- Employers must check with you about questions/concerns they have regarding your CORI before they dismiss you as an applicant — know your CORI rights!

*Source: Massachusetts Law Reform Institute*

*Contact these agencies for help with job-training and placement...*

### **ABCD: Action for Boston Community Development**

178 Tremont Street, Boston, MA 02111  
(617) 348-6546

*Ask for the Summer Works program.*

If you are 14–21 years old, get a job through ABCD's Summer Works program.

### **Job Corps Office**

210 South Street, Boston, 02111  
(617) 338-0809

or

504 Dudley Street, Dorchester, MA 02119  
(617) 427-6195 or 888-853-5875

Email: [byfieldo@jcdc.jobcorps.org](mailto:byfieldo@jcdc.jobcorps.org)  
*Ask for an admissions counselor.*

General job training/placement services. JobNet has services for people with criminal records.

### **Hull Lifesaving Museum**

1117 Nantasket Avenue, Hull, Massachusetts.  
(781) 925-5433

Email: [lifesavingmuseum@comcast.net](mailto:lifesavingmuseum@comcast.net)

*Ask for the apprentice program director.*

The Maritime Apprentice Program offers both summer and year-round jobs to youth ages 14–19 who are involved in the Department of Youth Services.

### **Hyde Square Task Force**

375 Centre Street, Jamaica Plain, MA  
(617) 524-8303

Email: [yichin@hydesquare.org](mailto:yichin@hydesquare.org)

*Ask for the Ambassadors Project director.*

The Health Careers Ambassadors Project offers job training and paid internships in the health professions for youth 16–21 years old.

### **Bruce Wall Ministries**

670 Washington Street, Dorchester, MA 02124  
(617) 282-7794

*Ask for the Re-Entry Program Coordinator.*

The Boston Police Re-Entry Program equips ex-offenders to be ready to work in the area of technology.

### **Strive**

Ruggles Street Re-Integration Site  
Weinberg Center at the Ruggles T Station  
150 Forsyth Street, Boston, MA 02115  
(617) 437-1441

Web site: [www.bostonstrive.org](http://www.bostonstrive.org)

*Ask for Stan Green.*

The Youth Offenders Initiative is a 5 week training program for youth 18 and over. Offers attitudinal training, resume/interview assistance, reading and English classes, etc. to offenders.



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The Black Ministerial Alliance

The United Way of Massachusetts Bay

The Boston Ten-Point Coalition

The Emmanuel Gospel Center

For more information on how to use the *Boston Youth Survival Guide*, please visit our Web site at: [www.bostonyouthnet.org](http://www.bostonyouthnet.org). If you need further guidance, contact Chris Womack of the Boston Ten-Point Coalition at (617) 524-4331.