

## 2019 State Profile — Massachusetts

### National Survey of Substance Abuse Treatment Services (N-SSATS)

The National Survey of Substance Abuse Treatment Services (N-SSATS) is an annual survey of facilities providing substance abuse treatment. It is conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA). The N-SSATS collects data on the location, characteristics, services offered, and number of clients (collected every other year) in treatment at alcohol and drug abuse treatment facilities (public and private) throughout the 50 states, the District of Columbia, U.S. territories, and other jurisdictions.

More information on the methodology used is available in the 2019 N-SSATS report:

<https://www.samhsa.gov/data/data-we-collect/n-ssats-national-survey-substance-abuse-treatment-services>

In Massachusetts, 438 substance abuse treatment facilities were included in the 2019 N-SSATS report, which reported a total of 66,912 clients in substance abuse treatment on March 29, 2019. The survey response rate in Massachusetts was 91.0 percent.

#### Facility operation, by number and percent

	Clients in treatment on March 29, 2019					
	Facilities		All clients		Clients under the age of 18 years	
	No.	%	No.	%	No.	%
Private non-profit	289	66.0	30,908	46.2	1,780	73.5
Private for-profit	135	30.8	34,209	51.1	641	26.5
Local, county, or community government	2	0.5	90	0.1	—	—
State government	5	1.1	147	0.2	—	—
Federal government	7	1.6	1,558	2.3	—	—
Tribal government	—	—	—	—	—	—
<b>Total</b>	<b>438</b>	<b>100.0</b>	<b>66,912</b>	<b>100.0</b>	<b>2,421</b>	<b>100.0</b>

Note: Percentages may not sum to 100 percent due to rounding.

#### Substance abuse problem treated, by number and percent

	Clients in treatment on March 29, 2019				
	Facilities <sup>1</sup>		Clients <sup>2</sup>		Clients <sup>2</sup> per 100,000 pop. aged 18 years or older
	No.	%	No.	%	
Clients with both alcohol and drug abuse	258	84.6	18,136	28.7	306
Clients with drug abuse only	281	92.1	35,913	56.7	637
Clients with alcohol abuse only	241	79.0	9,240	14.6	156
<b>Total</b>			<b>63,290</b>	<b>100.0</b>	<b>1,099</b>

<sup>1</sup> Numbers of facilities may sum to more than the total, and percentages may sum to more than 100 percent, because facilities may be included in more than one category.

<sup>2</sup> States report *substance abuse problem treated* in terms of percentages of clients, from which the numbers of clients in this table are derived; their sum may not agree with the total due to rounding.

#### Facility capacity and utilization rate<sup>1</sup>

	Residential	Hospital inpatient
Number of facilities	101	25
Number of clients <sup>2</sup>	3,283	1,108
Number of designated beds	3,293	1,058
Utilization rate <sup>3</sup>	99.7	104.7
Average number of designated beds per facility	33	42

<sup>1</sup> Excludes facilities not reporting both client counts and number of beds, facilities whose client counts were reported by another facility, facilities that included client counts from other facilities, and facilities that did not respond to this question.

<sup>2</sup> Number of clients on March 29, 2019.

<sup>3</sup> Because substance abuse treatment clients may also occupy non-designated beds, utilization rates may be more than 100 percent.

For a symbol key, see the last page of this profile.

## Type of care, by number and percent

	Clients in treatment on March 29, 2019							
	Facilities		All clients				Clients under the age of 18 years	
	No.	%	No.	%	Median no. of	Median no. of	No.	%
					clients per	clients per		
				OTP facility	non-OTP facility			
<b>Outpatient</b>	<b>308</b>	<b>70.3</b>	<b>62,250</b>	<b>93.0</b>	<b>329</b>	<b>111</b>	<b>2,349</b>	<b>97.0</b>
Regular	271	61.9	25,772	38.5	15	69		
Intensive	87	19.9	1,914	2.9	11	20		
Day treatment or partial hospitalization	49	11.2	538	0.8	10	20		
Detoxification	43	9.8	122	0.2	18	7		
Methadone/buprenorphine maintenance or naltrexone treatment	186	42.5	33,904	50.7	347	100		
<b>Residential (non-hospital)</b>	<b>129</b>	<b>29.5</b>	<b>3,431</b>	<b>5.1</b>	<b>29</b>	<b>24</b>	<b>48</b>	<b>2.0</b>
Short term (≤ 30 days)	48	11.0	997	1.5	20	25		
Long term (> 30 days)	94	21.5	2,142	3.2	35	24		
Detoxification	16	3.7	292	0.4	32	2		
<b>Hospital inpatient</b>	<b>37</b>	<b>8.4</b>	<b>1,231</b>	<b>1.8</b>	<b>36</b>	<b>27</b>	<b>24</b>	<b>1.0</b>
Treatment	29	6.6	600	0.9	46	24		
Detoxification	35	8.0	631	0.9	22	10		
<b>Total</b>	<b>438</b>		<b>66,912</b>	<b>100.0</b>	<b>217</b>	<b>42</b>	<b>2,421</b>	<b>100.0</b>

Note: Facilities may provide more than one type of care.

## Facility licensing, certification, or accreditation, by number and percent

	No.	%
Any listed agency/organization	427	97.5
State substance abuse agency	386	88.1
State mental health department	112	25.6
State department of health	371	84.7
Hospital licensing authority	37	8.4
The Joint Commission	128	29.2
Commission on Accreditation of Rehabilitation Facilities (CARF)	124	28.3
National Committee for Quality Assurance (NCQA)	27	6.2
Council on Accreditation (COA)	29	6.6
Healthcare Facilities Accreditation Program (HFAP)	8	1.8
Other national organization or federal, state, or local agency	12	2.7

Note: Facilities may be licensed, certified, or accredited by more than one agency/organization.

## Facility payment options, by number and percent

	No.	%
Cash or self-payment	374	85.4
Private health insurance	352	80.4
Medicare	291	66.4
Medicaid	365	83.3
State-financed health insurance plan other than Medicaid	336	76.7
Federal military insurance	195	44.5
No payment accepted (free treatment for all clients)	14	3.2
IHS/Tribal/Urban (ITU) funds	17	3.9
Other	—	—
Sliding fee scale	220	50.2
Treatment at no charge or minimal payment for clients who can't pay	224	51.1

Note: Facilities may accept more than one type of payment.

## Types of services offered, by number and percent

	Facilities	
	No.	%
<b>Assessment and pre-treatment services</b>		
Screening for substance abuse	423	96.6
Screening for mental health disorders	321	73.3
Comprehensive substance abuse assessment or diagnosis	406	92.7
Comprehensive mental health assessment or diagnosis	233	53.2
Screening for tobacco use	400	91.3
Outreach to persons in the community who may need treatment	226	51.6
Interim services for clients when immediate admission is not possible	139	31.7
Professional interventionist/educational consultant	58	13.2
None of these assessment and pre-treatment services offered	6	1.4
<b>Testing</b>		
Drug and alcohol oral fluid testing	127	29.0
Breathalyzer or other blood alcohol testing	265	60.5
Drug or alcohol urine screening	357	81.5
Testing for hepatitis B	197	45.0
Testing for hepatitis C	221	50.5
HIV testing	204	46.6
STD testing	170	38.8
TB screening	244	55.7
Testing for metabolic syndrome	54	12.3
None of these testing services offered	57	13.0
<b>Medical services</b>		
Hepatitis A (HAV) vaccination	89	20.3
Hepatitis B (HBV) vaccination	77	17.6
None of these medical services offered	346	79.0
<b>Transitional services</b>		
Discharge planning	413	94.3
Aftercare/continuing care	394	90.0
Naloxone and overdose education	343	78.3
Outcome follow-up after discharge	327	74.7
None of these transitional services offered	2	0.5
<b>Recovery support services</b>		
Mentoring/peer support	250	57.1
Self-help groups (for example, AA, NA, SMART Recovery)	216	49.3
Assistance in locating housing for clients	268	61.2
Employment counseling or training for clients	151	34.5
Assistance with obtaining social services (for example, Medicaid, WIC, SSI, SSDI)	297	67.8
Recovery coach	153	34.9
None of these recovery support services offered	43	9.8
<b>Education and counseling services</b>		
HIV or AIDS education, counseling, or support	349	79.7
Hepatitis education, counseling, or support	332	75.8
Health education other than HIV/AIDS or hepatitis	315	71.9
Substance abuse education	419	95.7
Smoking/ tobacco cessation counseling	361	82.4
Individual counseling	420	95.9

Continued

For a symbol key, see the last page of this profile.

**Types of services offered, by number and percent (continued)**

	Facilities	
	No.	%
Group counseling	403	92.0
Family counseling	347	79.2
Marital/couples counseling	270	61.6
Vocational training or educational support	40	9.1
None of these education and counseling services offered	1	0.2
<b>Pharmacotherapies</b>		
Disulfiram (Antabuse®)	143	32.6
Naltrexone (oral)	220	50.2
Naltrexone (extended-release, injectable, for example, Vivitrol®)	196	44.7
Acamprosate (Campral®)	177	40.4
Nicotine replacement	200	45.7
Non-nicotine smoking/tobacco cessation medications (for example, bupropion, varenicline)	165	37.7
Medications for psychiatric disorders	235	53.7
Methadone <sup>1</sup>	82	18.7
Buprenorphine with naloxone (for example, Suboxone®, Bunavail®, Zubsolv®, Cassipa®)	212	48.4
Buprenorphine without naloxone	161	36.8
Buprenorphine sub-dermal implant (Probuphine®)	20	4.6
Buprenorphine (extended-release, injectable, for example, Sublocade®)	58	13.2
Medications for HIV treatment (for example, antiretroviral medications such as tenofovir, efavirenz, emtricitabine, atazanavir, and lamivudine)	65	14.8
Medications for hepatitis C (HCV) treatment (for example, sofosbuvir, ledipasvir, interferon, peginterferon, ribavirin)	78	17.8
Lofexidine	36	8.2
Clonidine	175	40.0
None of these pharmacotherapy services offered	95	21.7
<b>Ancillary services</b>		
Case management services	385	87.9
Social skills development	313	71.5
Child care for clients' children	18	4.1
Domestic violence—family or partner violence services (physical, sexual, and emotional abuse)	158	36.1
Early intervention for HIV	140	32.0
Transportation assistance to treatment	230	52.5
Mental health services	302	68.9
Acupuncture	22	5.0
Residential beds for clients' children	13	3.0
None of these ancillary services offered	9	2.1
<b>Other services</b>		
Treatment for gambling disorder	169	38.6
Treatment for Internet use disorder	76	17.4
Treatment for other addiction disorder (non-substance abuse)	173	39.5
None of these 'other' services offered	204	46.6

<sup>1</sup> Methadone is available only at OTP facilities that are certified by SAMHSA's Center for Substance Abuse Treatment.

**Clinical/therapeutic approaches used frequently, by number and percent**

	Facilities	
	No.	%
Substance abuse counseling	424	96.8
12-step facilitation	261	59.6
Brief intervention	345	78.8
Cognitive behavioral therapy	408	93.2
Dialectical behavior therapy	271	61.9
Contingency management/motivational incentives	233	53.2
Motivational interviewing	420	95.9
Trauma-related counseling	384	87.7
Anger management	341	77.9
Matrix model	112	25.6
Community reinforcement plus vouchers	38	8.7
Rational emotive behavioral therapy (REBT)	122	27.9
Relapse prevention	424	96.8
Telemedicine/telehealth	74	16.9
Other treatment approaches	33	7.5
We do not use any of these clinical/therapeutic approaches	1	0.2

**Specifically tailored programs or groups, by number and percent**

	Facilities	
	No.	%
Any program or group	348	79.5
Adolescents	57	13.0
Young adults	143	32.6
Adult women	220	50.2
Pregnant or postpartum women	153	34.9
Adult men	221	50.5
Seniors or older adults	120	27.4
LGBT clients	116	26.5
Veterans	104	23.7
Active duty military	62	14.2
Members of military families	68	15.5
Criminal justice clients (other than DUI/DWI)	121	27.6
Clients with co-occurring mental and substance use disorders	254	58.0
Clients with co-occurring pain and substance use	96	21.9
Clients with HIV or AIDS	133	30.4
Clients who have experienced sexual abuse	142	32.4
Clients who have experienced intimate partner violence, domestic violence	138	31.5
Clients who have experienced trauma	214	48.9
DUI/DWI clients	50	11.4
Other	33	7.5
No specifically tailored programs or groups are offered	90	20.5

DUI/DWI = driving under the influence/driving while intoxicated or impaired; LGBT = lesbian, gay, bisexual, or transgender.

### Facility funding, by number and percent

	Facilities	
	No.	%
Receives federal, state, county, or local government funds or grants for substance use treatment programs	247	56.4

### Services in sign language for the deaf and hard-of-hearing and in languages other than English, by number and percent

	Facilities	
	No.	%
Sign language	203	46.3
Any language other than English	324	74.0

### Non-English language provided by

Staff counselor only	74	22.8
On-call interpreter only	103	31.8
Both staff counselor and on-call interpreter	147	45.4

### Languages provided by staff counselor<sup>1</sup>

Spanish	205	92.8
American Indian/Alaska Native languages	—	—
Other	85	38.5

<sup>1</sup> Numbers and percentages are based on facilities that provide language services through a staff counselor, either exclusively or in conjunction with on-call interpreters.

### Symbol key (where applicable)

— Quantity is zero; \* Less than 0.05 percent;  
 † Less than 1 per 100,000; ‡ No facilities in this category.

Data in this profile are from facilities that reported to the N-SSATS and are based on the survey's reference date, March 29, 2019. All material in this profile is in the public domain and may be reproduced without permission from SAMHSA. Citation of the source is appreciated.

The latest N-SSATS report, and other substance abuse reports, are available at: <https://www.samhsa.gov/data/data-we-collect/n-ssats-national-survey-substance-abuse-treatment-services>

Access the latest N-SSATS public use files at: <https://datafiles.samhsa.gov>

For information on individual facilities, access SAMHSA's Behavioral Health Treatment Services Locator at: <https://findtreatment.samhsa.gov/>



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
 Substance Abuse and Mental Health Services Administration  
 Center for Behavioral Health Statistics and Quality  
[www.samhsa.gov/data](http://www.samhsa.gov/data)

### Clients receiving medication-assisted opioid therapy (MAOT) at facilities with opioid treatment programs (OTPs) and non-OTP facilities, by number and percent

	No.	%
<b>Facilities with OTPs<sup>1</sup></b>	<b>89</b>	<b>5.3</b>

### Clients in facilities with OTPs<sup>2</sup>

Any MAT <sup>3</sup>	20,341	4.5
Methadone	19,830	4.9
Buprenorphine	375	1.1
Naltrexone	136	4.6

### Clients in facilities without OTPs<sup>4</sup>

Any MAT <sup>5</sup>	12,334	7.7
Buprenorphine	10,941	8.2
Naltrexone	1,393	5.1

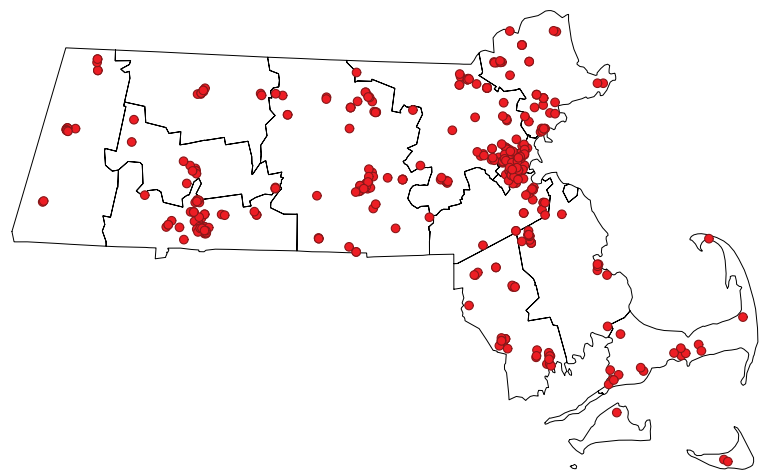
<sup>1</sup> Percentage of all facilities with OTPs in the U.S. <sup>2</sup> Percentage of all clients receiving methadone, buprenorphine, or naltrexone at facilities with OTPs in the U.S.; see 2019 N-SSATS report for details. <sup>3</sup> Consists of clients receiving methadone, buprenorphine, or naltrexone. <sup>4</sup> Percentage of all clients receiving buprenorphine or naltrexone at non-OTP facilities in the U.S.; see 2019 N-SSATS report for details. <sup>5</sup> Consists of clients receiving buprenorphine or naltrexone.

### Clients per 100,000 population receiving MAOT in OTP facilities on March 29, 2019

	No.
Any type of medication-assisted therapy <sup>1</sup>	295
Methadone	288
Buprenorphine	5
Naltrexone	2

<sup>1</sup> Includes clients receiving methadone, buprenorphine, or naltrexone.

### Location of treatment facilities



<https://www.samhsa.gov/data/quick-statistics>