

## Middlesex DUI Program

This Admission packet contains the most up-to-date admission information for Middlesex DUI Program clients.

To keep our program current, we are finding that we need to make changes to our policies and procedures on a regular basis.

As you prepare for your admission to the program, *please do not rely on information you may have received in the past.*

Please:

- Read the enclosed packet of Admission Information
- Follow all instructions which may apply to your individual situation.
- Feel free to call the DUI Program if you have questions.

**978-863-0048**

# **Middlesex DUI Program**

## **Admission Information For Clients Entering the 14 Day Residential Program**

The information contained in this packet is designed to introduce new clients, their families and friends to the Middlesex DUI Program. Our objective is both to help the incoming client be better prepared on Admission Day and to provide those at home with a general understanding of the program.

Specifically, this packet should:

- Tell you what the program is and what it is not.
- Provide information you will need in preparing to attend the program.
- Acquaint you with life at DUI – and what you can expect from the program.

**Please take the time to review these materials**

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## I. The Middlesex DUI Program:

### What It Is

- The DUI Program, located in Tewksbury, Massachusetts, is the fourteen day, residential program for men and women who have been convicted of a second offense for driving under the influence of liquor (or other substances).
- The DUI Program is a court mandated program. Clients who come here do so under court order as an alternative to incarceration.
- The DUI Program is a program whose objective is to help clients explore their relationship with substance use to prevent future problems through its education, counseling and referral services.
- The DUI Program is a program of Middlesex Human Service Agency, Inc., located in Waltham, Massachusetts.
- The DUI Program is a **Tobacco and Fragrance Free Program**.

### What It Is Not

- The DUI Program is NOT a detox facility.  
When reporting for admission, you are required to have been free of alcohol and/or substances for a minimum of 72 hours.  
Clients who are in need of detox services should seek them before entering the program.
- The DUI Program is NOT a medical facility. We do not provide medical treatment other than basic first aid and life saving measures. Clients who need medical attention will be sent or referred to appropriate facilities off premises, such transportation and treatment being at their own expense. We do not provide medications – clients must bring their own medications and related supplies with them.
- The DUI Program is NOT a state agency. Although the program is licensed by the state and contracts with the state to provide second offender services, it is not run by the state. It is part of a private non-profit organization. Clients make payment directly to the Middlesex DUI Program to help cover the cost of their attendance. These payments are not part of their court costs or other court imposed fines.
- The DUI Program is NOT part of the Tewksbury State Hospital. The Middlesex DUI Program occupies one of many buildings on the grounds of the Tewksbury Hospital complex.

## II. Admission Process

The DUI Program admits clients every other Sunday. Each client is assigned a specific time when he or she is to report. **Your appointment time is listed on the cover letter** included with this information packet. Arriving on time (not excessively early or late) helps to keep the admission process flowing smoothly.

You will need to arrange for someone to drive you to the DUI Program. In making your arrangements, keep in mind that **your driver will need to remain in the area until you have completed the admission process (generally in the two hour range.)** If for some reason you are not admitted, your driver must be available to take you home. If you come by public transportation, make sure you have a way of returning home in the event you are not admitted.

Drivers, or others accompanying you, are not permitted to enter the DUI building other than to use the restrooms by the entrance. However, the following are two exceptions to this rule:

- Clients who may have difficulty with English (spoken or written) are encouraged to bring someone with them who can help them through check-in, provided this person is at least eighteen years old. Children are not permitted in the building.
- If someone else is using his or her credit card to make your admission payment, staff will call that person into the payment office when you reach that stage of the intake processing.

At your appointment time, you should report with your belongings to the admission entrance in the rear of the building on the lower level. Follow the signs. You will need to have the following items/materials easily accessible:

Your completed paperwork  
A form of positive identification  
Your means of payment  
Your medical insurance card  
All medications, medical related items and medical note  
Blue or black pen

## **II. Admission Process continued**

During the check-in process, you will be asked to take a breathalyzer test. Should you fail the test (the program has a zero tolerance in this regard) or refuse to be tested, you will not be admitted.

A brief medical evaluation, which includes checking your temperature and blood pressure, is also part of the admission process. The program is not able to admit clients with a blood pressure over the American Heart Association's guideline of 160/100.

Once you have successfully completed the medical and clinical steps, you will have a moment to say good bye to your ride. A staff member will then thoroughly search your belongings for prohibited items (see page 11). The last process is financial payment. After this process is completed, you will be escorted to your room to unpack and get settled.

On Admission Sunday a light lunch is provided during the process.

It is advised that you eat breakfast as the light lunch time depends on how much time it takes for you to be processed.

Do not bring any food or beverages into the building with you. (Vending machines are available for snacks.)

## **III. Payment Information**

The payment arrangements you agreed to with the court are detailed in the Admission Letter included with this information packet. If you originally chose to use the payment plan option, you may, of course, elect to make full payment at the time of admission. Doing so will allow you to receive your completion paperwork more quickly.

**Payment:** The Middlesex DUI Program accepts money orders, bank checks and credit cards (Visa, MasterCard and Discover).

We do not accept cash, personal checks, business checks or credit card account checks. We also do not accept third party payments from insurance companies or flexible spending accounts.

The DUI Program will provide you with the paperwork necessary to obtain a new driver's license only when you have completed payment of all charges due to the Program. Your probation generally will not be terminated while there is a balance remaining on your DUI account.

## IV. Tobacco Free / Non-Smoking Policy

If you are a smoker or regularly use any other type of tobacco product, it is important for you to know that the use of all tobacco products (cigarettes, cigars, chewing tobacco, snuff, e-cigarettes, vape etc.) is prohibited while on the premises. This means that you will not be able to smoke or use other tobacco products during the fourteen days you are here.

To facilitate compliance with this policy, you will not be permitted to bring tobacco products, matches or lighters with you when you enter the program.

We also request that you inform any persons accompanying you on admission day that they will not be allowed to smoke while on the premises. This includes while they are waiting in the parking area.

We recognize that for many people tobacco cessation is neither a quick nor easy undertaking. We also do not advocate that anyone just try to stop smoking the day they enter our program. If you currently smoke or use other tobacco products, we strongly recommend that you consult your personal health care provider to discuss what options (nicotine patch, various prescription medications, etc.) may be best suited to your individual situation.

Web sites such as [www.makesmokinghistory.org](http://www.makesmokinghistory.org) can provide you with additional resources and information to aid in your planning process.

DUIL Program's policy regarding various nicotine cessation aids is as follows:

- **Nicotine patch** – OTC patches may only be used with a note from your health care provider, or as prescribed (prescription label) “The patch” may not be suitable for persons with certain health considerations.
- **Nicotine lozenges** – may be used at any time in accordance with package instructions; a doctor's note is not required unless you plan to use the patch and lozenges at the same time.
- **NO Nicotine gum** – no gum of any kind is permitted.
- **NO Electronic cigarettes**, nicotine cartridge inhalation systems, vape etc.

## V. Medications and Other Medically Related Policies

### A. Prescription and Over-the-Counter (OTC) Medications

You will need a note from your doctor or other medical practitioner for all prescription medications that you are currently taking. The note should be on the practitioner's letterhead and signed by the medical professional.

This note must specify the name of the medicine, the dosage, frequency and time.

This note should be dated no more than 30 days prior to your scheduled admission date. If changes have been made to your medications more recently than that, the note must reflect these changes. If you have medications prescribed by different practitioners, please bring a note from each of them covering those medications which they have prescribed.

You are required to bring your note(s) with you on the day of admission or ask your doctor's office to fax them directly to us (978-863-9914). If you choose to have them faxed, please check with us before noon on the Thursday prior to your admission to verify they have been received.

- **Anyone having diabetes** must bring their own testing supplies. These should be listed on the medications note.
- **Epi Pen:** Anyone who has been prescribed an Epi Pen for allergic reactions must bring an Epi-Pen with them. (Be sure to check that it hasn't expired.)  
It should also be documented on a medical note provided by your physician.
- **Prescribed medication: Please bring a 14 day supply** of your medications. If you are unable to do so, please see that you have the ability to obtain the necessary refill(s) in a timely manner.
- **All prescription medications** must be in their original containers with your name on them and be dated consistent with prescribed usage.
- Daily pill reminder containers, with compartments are not allowed.

**Over the Counter (OTC) medications:** Please have it documented on your medical note if you routinely take Over the Counter (OTC) medications, and your medically approved dosage is a higher dosage than package directions.

**Over the counter medications should be in factory-sealed, unopened containers.**

- Aspirin prescribed for heart conditions may be previously opened.

The program does make a few common OTC medications such as (acetaminophen, ibuprofen Imodium, antacids, and Milk of Magnesia tablets for constipation) available to clients for a nominal fee.



## **B. Vitamins, Nutritional Supplements and Over the Counter items**

### **Items that are allowed without a medical note:**

Vitamins, Melatonin, over the counter allergy medications, non-stimulant laxatives, athletes' foot fungus/jock itch cream/powder, cough drops, antacids, anti-diarrheal, protein powder, and hard candies such as jolly ranchers/life savers

**All items must be in original, factory-sealed containers.**

## **C. Other Medical Devices, Equipment, etc.**

If you have any medical devices or equipment that you use on a regular basis to function comfortably or maintain your health, it is important that you bring them with you. These items, however, should be listed on your doctor's note. It is also a good idea to call the program several days before your scheduled admission to let us know. Some examples would include:

- Cane, crutches, boot/cast, cervical collar, walker or wheelchair.
- Oxygen tanks/equipment. If needed, arrangements can easily be made to have oxygen supplies delivered to the program.

### A medical note is **not** needed for:

- Over the counter support braces such as wrist, ankle, knee, back/lumbar, and elbow.
- Ace bandage.
- CPAP machine
- Heating pad. Staff will need to check that it is in safe condition.
- If you have a medical condition which requires multiple pillows to sleep at night, do not bring them yourself. The program will provide them.

#### **D. Medical Clearance**

If you have previously been refused admission to, or discharged from, the program for medical reasons or if you have any condition(s) that would require assistance or accommodation, please provide a note from your health care provider, on or before admission, stating that you have medical clearance to attend the DUI Program or need accommodation. Such conditions would include, but are not limited to:

- Having a history of strokes or seizures - Having heart or breathing problems.
- Having been hospitalized recently for any reason or having received emergency room treatment within the past 10 days.
- Currently being pregnant.
- Having an open wound. (you must call the program to discuss accommodations prior to admission)
- Having uncontrolled high blood pressure. The maximum blood pressure allowed is 160/100

If you have had blood pressure concerns in the past, or even if you aren't aware of having any, before coming to DUI, we suggest having your blood pressure checked prior to admission.

We may admit you if your blood pressure is over 160/100 only if you present as medically stable and your medical clearance note specifies the range your doctor would consider to be "normal" or acceptable for you over our maximum acceptance of 160/100.

If you do have a history of abnormally low or uncontrolled high blood pressure, your medical clearance note should specify the range your doctor would consider to be "normal" or acceptable for you.

#### **E. Reasonable Accommodation for Medical Conditions/Needs**

If you have any medical conditions which may limit your ability to participate in DUI programming or may require special arrangements, please call the DUI Program to discuss your individual situation. We will need a note from your doctor detailing your needs at least one week prior to your admission date. This will allow our staff time to assess how the requested accommodations may be managed within the scope of the program. Examples of situations which should be brought to our attention include:

- Inability to sit for prolonged periods of time or to remain awake from 6:30am until 10:30 pm each day.
- Medically necessary dietary requirements – including special needs for those with diabetes, those who have had gastric bypass surgery, are pregnant or have food allergies.
- Hearing or vision impairments, concerns with using the stairs,
- Need for monitoring or treatment of medical conditions which would be necessary during your 14 day stay at the DUI Program.

## VI. Dress Code and Guidelines

When packing to attend the DUI Program you will need to bring casual clothing adequate for 5 to 7 days (coin-op laundry facilities are available for 2.00 each).

Clothing should be comfortable, modest, and must cover the following areas: thighs, midriff, behind, back and chest areas. This includes while bending, sitting, reaching, or otherwise performing required activities.

- All clothing must be clean and free of large holes – no excessively torn jeans
- Leggings, are only permitted when paired with a dress, skirt or any shirt which comes to one's mid-thigh.
- Shorts should have at least a 10 inch inseam.
- Dresses and skirts must fall close to the knee.
- Clothing worn on the top half of the body (t-shirts, sweatshirts, etc.) may have writing or graphics on it. However, such items must not display anything promoting alcohol, drugs, tobacco or gambling, anything which is racist or sexual in nature, or anything which is obscene or relates to gang affiliation or gang culture.
- Clothing worn on the back lower half of the body shall be free from slogans/graphics.
- Undergarments should not be visible or exposed in any manner.
- Halter tops and tube tops are not allowed.
- Sheer or transparent clothing is prohibited.
- Excessively baggy clothing is also prohibited.
- Straps on any sleeveless clothing must be no less than two inches in width.

### Footwear:

- Clients must wear footwear that is secure to the foot.
- Sandals and slides are acceptable. (slides may not be worn during any outdoor activity)
- Flip-flop style shoes may only be worn as shower shoes.
- Big, fuzzy slippers are not permitted.

**Jewelry:** Please bring the minimum amount of jewelry that you are comfortable with.

### Miscellaneous:

- **Tattoos:** If you have tattoos which violate DUI's graphics rules for shirts (see above), you will be asked to keep them covered.
- **Sunglasses, hats, hoods or other head coverings** may be worn when clients are outdoors, but are not to be worn inside the DUI building. Clients requesting a waiver of this rule for medical or religious reasons must provide documentation acceptable to the program on or before their admission date.
- If you would like to use the program's exercise equipment or go on group walks during recreation time, you should plan to pack suitable clothing and footwear. Please keep in mind, however, that all above listed clothing rules apply to exercise clothing as well.

## VII. Fragrance Free Policy, Personal Care Items

The program maintains a strict fragrance free policy in an effort to help reduce allergic reactions.

Please bring all of the necessary personal care items such as shampoo, bath soap, toothbrush and toothpaste, deodorant, comb/brush, nail clippers, shaving kit etc.

**Please see the following restrictions**

- **Do not bring anything scented or with a fragrance;** such as body/hand lotions, hair products, aftershave. Products such as **Axe, Old Spice, and Dove men's care** are known for their scent. This type of product is prohibited.
- **Do not bring shower gel** unless it states that it is Fragrance Free
- Any product that promotes the name of the scent is not appropriate.
- Most (regular original scented) shampoos and deodorants, although they do have a light fragrance, will be acceptable if we cannot detect fragrance after use.
- Do not bring any liquid product containing alcohol, such as mouth wash, perfume, cologne or any other product where alcohol is a primary ingredient.
- Do not bring anything packaged in an aerosol can.
- Do not bring scissors or metal nail files.

**Policies regarding cosmetics:**

- While the program does not totally prohibit clients from bringing in cosmetics, we ask that you bring the minimum amount that you will need.
- Nail polish and remover as well as false eyelashes and adhesives are not allowed.

Some suggestions and guidelines regarding personal care items that may be helpful are listed below:

- Shaving kits – disposable and electric razors are permitted.
- You may bring wash cloths if needed.
- Hair dryers, curling and straightening irons (in good working order) are permitted.
- Nail clippers and emery boards are permitted.
- Remember to pack tampons/sanitary napkins (packaged new)

## VIII. Packing Guidelines: No “Regular Luggage” Policy;

DUIL Program restricts the volume of clothing and personal items a client may bring. It also requires that everything be packed following specific guidelines.

***NO “REGULAR LUGGAGE” IS PERMITTED TO ENTER THE BUILDING.***

- All possessions (other than medical devices and a fan) must be packed in a disposable container, such as a plastic trash bag or duffel which you are willing to discard.
- Your belongings will be transferred to, and must fit into, a laundry bag the size of 13 gallon kitchen trash bag.
- If you over pack, you will be asked to sort your belongings and return excess items to your ride.
- Your bag should be light enough for you to carry by yourself upstairs, unless you have a medical condition which prevents you from lifting.
- A very small purse/handbag or fanny pack (must be washable material) for money and other personal items is permitted but will be taken at admissions and washed.
- You will be given a large, heavy-duty, plastic bag to use when packing to leave the program.

## **Please Do Not bring any of the following items**

- **Luggage of any type.** Your clothing and other personal items must be packed in accordance with the instructions listed above.
- **Tobacco products of any type** such as cigarettes, chewing tobacco, snuff or snus; matches, cigarette lighters, e-cigarettes, vape etc.
- **Electronic / battery operated devices** which store data or may be used to transmit, play or receive information including, but not limited to:  
Cell phones / Smart watches / gps health tracking devices / cameras / iPads / tablets / lap top computers / iPod type music devices / tvs / radios / PDAs/ electronic games / CD-DVD players
- Other electronic / battery operated devices such as:  
Electric irons, electric blankets, air conditioners, space heaters, massage devices, vibrators, night light/book light, lighting of any type.
  - Food or beverages unless pre-arranged and authorized by the program for medical or dietary necessity.
  - Any liquid product containing alcohol, such as mouth wash, perfume, cologne or any other product where alcohol is a primary ingredient.
  - Products with fragrance.
  - Anything packaged in an aerosol can.
  - Weapons of any type, real or toy, or any sharp or pointed objects, such as scissors, nail files, sewing needles, knitting needles or knives.
  - Bedding of any type including pillows, blankets, sheets and bed spreads; bath towels. (You will be provided with bed linen and a towel.)
  - Laundry detergent, fabric softener, bleach etc. Toilet paper or tissues
  - Books, magazines, pictures, literature or materials of any kind which promote alcohol, drug or tobacco use, or that are sexually oriented
  - Musical instruments, sports equipment, toys, games, playing cards, stuffed animals.
  - A car or other motor vehicle. If you drive here and attempt to leave your vehicle, it will be towed at your expense.
  - Big fuzzy slippers are not permitted
  - Photo frames

## **Make Sure to Bring with You**

- All medications, prescription and over-the-counter that you take and any other medical devices used and your doctor's note.
- Your admission forms (enclosed with this packet) which have been fully completed.
- A form of positive identification, your medical insurance card (if any)
- Payment due to the program.
- Reading glasses if you normally use them.
- A notebook and pen.

### **You should also plan to bring some money with you**

- To buy detergent at 50 cents per load and to use the coin-op laundry facilities which cost 2.00 for wash and 2.00 for dry
- To use the vending machines (soda and water cost \$1.50 most snacks range from 1 to 2 dollars (debit cards accepted)
- Pay phones (start at 50 cents to a dollar depending on the distance)
- To pay for a cab to and from a medical facility, as well as to purchase medications should you have a minor illness or medical problem.
- The amount you bring will depend on your individual circumstances, but between \$50.00 and \$100.00 works well for most people.
- Your money should be **mostly in small bills, plus rolls of quarters.**

### **Other Items You May Find Useful**

- An alarm clock. (Do not bring a clock radio.)
- An electric fan. Client rooms are not air conditioned and can be hot year round. Make sure it is not the type that also has a small heater as heaters aren't permitted.
- A clear water bottle.
- Stamps, stationery and envelopes.
- Face cloths and hand towels.
- Something to read, but no more than a few magazines or books, as long as the subject matter is program appropriate.
- Shower shoes
- A bath robe

## **IX. Daily Routine**

The DUIIL client's day begins at 6:30 am with a morning wake-up by staff and ends with lights out at 10:30 pm. Each day provides for a structured schedule of activities. During your stay at DUIIL, you will attend a variety of classes and group processing sessions as well as have one-on-one assessment and referral sessions with your individual counselor. Participation in these activities is required. Attendance is taken, and you must arrive on time. Each evening you will be attending a self-help meeting such as AA or NA. (via Zoom)

All clients stay in dormitory style rooms, all are single rooms, with a small three drawer dresser for each client's belongings.

The DUIIL Program provides clients with three cafeteria style meals each day and a snack before bed time.

No food or beverages are permitted in your room, with the exception of bottled water, which is allowed throughout the building. Vending machines, located in the basement recreation area, are stocked with a variety of snacks, sodas and bottled water. You may also refill water bottles in the cafeteria.

Time is provided for supervised recreational activities such as group walks, yard games such as corn hole, badminton, ladder ball, board games, ping pong and craft projects. No one is required to participate in any specific recreational activity, but clients are encouraged to take advantage of these opportunities. Some exercise equipment is available for clients to use during designated time periods. These include a weight machine, exercise bike, rower, and an elliptical machine.

There is also free time to read or write letters in your room or just to sit around and talk with other clients in the common room on your unit. You should be aware, however, that very little time is set aside for watching TV.

Clients are responsible for keeping common areas, bathrooms, hallways, classrooms and the cafeteria, as well as their own rooms, neat and clean. Times are set aside each day for doing Life skills (housekeeping), and each client is assigned daily tasks to perform while at DUIIL. Performing assigned life skills is part of attending the program. When you check-in, you may be asked if you would like to volunteer to help out in the kitchen (serve and clean-up.) The kitchen duty would be considered a life skills task.



## **X. Other Useful Info Including Mail & Pay Phones**

**Mail:** You may have friends or family write to you, using the following address:  
*"Your Name"*

**Middlesex DUI Program**  
**P.O. Box 149 Tewksbury, MA 01876**

Incoming mail is distributed to clients in late afternoon. Outgoing mail is collected after lunch. If you plan to send out mail, you will need to bring stamps and writing materials with you. Stamps are not available to purchase at DUI. You may also receive packages (via US Mail only) mailed to the above address should you find there is something you forgot to bring. You may have any items sent to the DUI Program that you would be allowed to bring in. Please be aware, however, that all packages will be searched in your presence.

### **Phones:**

Cell phones are not permitted at the DUI Program, however, a number of pay phones are available for client use. If you expect to make calls, you are advised to bring quarters. If you bring a calling card please make sure it can be used with a **pay phone**. You will not be able to receive incoming calls from the pay phones.

### **No Messages:**

The DUI administrative offices are not able to take messages for clients due to issues of client confidentiality. If anyone calls the DUI Program with a message for you, the person will be told that due to federal regulations regarding client confidentiality we cannot confirm whether you are in fact at the Middlesex DUI Program. Please make family and friends aware of this policy.

If there is an emergency call we will not confirm or deny that a client is at the program but the client will be advised that a call was received.

### **No Visitors:**

Clients are not permitted to have visitors or items dropped off while attending the DUI Program.

### **Laundry:**

Coin operated washers and dryers are available for your use while at the DUI Program. The cost is 2.00 for wash and 2.00 for dry. Single load boxes of laundry detergent may be purchased on site for 50 cents. Do not bring your own detergent.

## **XI. Discharge Information**

Clients who successfully complete the fourteen day DUI Program are discharged on the Sunday morning two weeks after their admission. Discharge time is 8:00am. Please ask your ride to arrive between 8:00 and 10:00am. There is no wait time for discharge. As soon as your ride arrives, you may leave.

## Packing Tips

- Remember, No Regular Luggage is permitted. You must bring your belongings in a disposable bag such as a plastic trash bag. Should you arrive with a suitcase or similar item, you will be required to transfer your possessions to a plastic bag before entering the building.
- Your belongings must fit into a laundry bag the size of 13 gallon kitchen trash bag.
- Pack only the amount of comfortable, casual clothing you really need for 5 to 7 days.
- Plan to do laundry once or twice while here.
- Tee shirts, sweat shirts, jeans, capris, Bermuda shorts, casual shirts, sweaters and slacks work well here.
- Gather all toiletries together and place them inside one or two plastic zip-lock bags, or perhaps in a plastic supermarket bag.
- Do the same for any medications, prescription or over-the-counter, and keep your doctor's note(s) with them.
- Have your I.D., payment information, medical notes and admission paperwork handy.
- The zip-lock bag technique also works well for managing such things as pens, paper, notebooks, stamps and other small items.

# DIRECTIONS

**Middlesex DUI Program**

**978-863-0048**

The Middlesex DUI Program is located in Hall 3 on the grounds of the Tewksbury State Hospital complex, just off Route 38 in Tewksbury, Massachusetts, about 25 miles north of Boston and just south of Lowell.

The Program is easily reached from all of the area's major highways – Routes 3, 93, 128 and 495. The entrance is located on the basement level toward the rear of the building.

## **From Rt. 128**

- Take Rt. 128 to I 93 North and follow the directions below from I 93.

## **From I 93**

- Take Exit 42 – the Dascomb Road Exit – off I 93. If southbound, turn left at the end of the ramp and then right at the first traffic light onto Dascomb Road. If northbound, turn left at the end of the ramp onto Dascomb Road. Follow it for approximately 3 miles. It will change to East Street along the way.
- After passing the Little League fields on your right, continue to the first traffic light. At the light, turn left onto Chandler Street; after .3 miles turn left at the sign for “Tewksbury State Hospital / Tewksbury Public Library.”
- Drive about .3 miles, passing the library parking lot, through an open area then over a large speed bump. At the intersection after the speed bump, turn right into Parking Lot E which is beside Hall 3 (the DUI building.)

## **From Rt. 3**

- At the intersection of Routes 3 and 495, take Rt. 495 North (see below).

## **From Rt. 495** (either direction)

- Take Exit 38 (Route 38). At the end of the ramp, turn left and follow Rt. 38 about 2.7 miles. Ignoring all signs for Tewksbury Hospital along the way, proceed through 5 sets of traffic lights.
- At the sixth set of lights, a gas station with Dunkin will be on your left. Make a sharp left onto Chandler Street and take an immediate right at the sign for “Tewksbury State Hospital / Tewksbury Public Library.”
- Drive about .3 miles, passing the library parking lot, through an open area then over a large speed bump. At the intersection after the speed bump, turn right into Parking Lot E which is beside Hall 3 (the DUI building.)

## **Via Public Transportation**

- Take the MBTA train to Lowell from North Station in Boston.
- Take a taxi from the Lowell station to the DUI Program (cab fare should be under \$20.00). You will be approaching from Rt. 38; use the above directions to help your driver locate the building.

## **A Note for GPS Users**

Because the DUI Program is located on the campus of the Tewksbury State Hospital, it does not have a unique street address which can be used by a GPS system.

Using 300 Chandler Street, the address of the Tewksbury Town Library, as your destination is probably the best alternative. Then follow the directions given above from the library.