Treatment Works. Recovery Is Possible.

Consumer’s Guide for Substance Use Treatment in the Upper Connecticut River Valley

2022 Edition
A Word of Caution

While we strive to make the information in this guide comprehensive and accurate, some information may be outdated after we print it. If you find out-of-date information, visit the following partner’s websites:

- Vermont 2-1-1
  - vermont211.org
- New Hampshire 2-1-1
  - 211nh.org
  - Or call 2-1-1

Dartmouth Health and Mt. Ascutney Hospital and Health Center do not accept liability for treatment sought or obtained through the use of this guide.

Getting Started

This guide will help identify treatment services for people whose substance use is negatively affecting their lives. The good news is that recovery from substance use is possible. It’s never too late to explore resources and take a small step. This booklet is a good place to start searching for support and get connected as quickly as possible. However, it is not meant to substitute professional consultation, evaluation and treatment.

The providers in this guide will work with you to decide on the best course of treatment. If you are already engaged in treatment but are interested in exploring other services, start a conversation with your current provider, as they may be able to assist you.

Choosing a Treatment Provider

**Private providers**

are marked with a green dot. Private providers are people who deliver specific service(s) and are not part of an agency (e.g., a private counselor).

**Providers who offer opioid treatment**

are marked with a blue dot. These providers offer medication-assisted treatment (MAT), using a combination of medication and counseling, to help people move through withdrawal symptoms and manage cravings following opioid use.

**Intensive Outpatient Programs (IOPs)**

are marked with a black dot. IOPs are treatment programs sometimes recommended following clinical assessment for people who may require increased counseling support, but who may not be appropriate for residential/inpatient treatment.
Help Is Here

CRISIS PHONE NUMBERS
Suicide Prevention Lifeline 800-273-TALK (8255)
The Doorway Dial 211
Clara Martin Center 800-639-6360

Health Care & Rehabilitation Services of Southeast Vermont
800-622-8235
NH Rapid Response Access Line
800-564-2578
Poison Control
800-222-1222

ONLINE RESOURCES
New Hampshire
info.healthconnect.vermont.gov
(Health Care Coverage)
Vermont
vthelplinking.org
info.healthconnect.vermont.gov
(Health Care Coverage)

Need More Information? Dial 211 in NH and 1-800-222-1222

Peer Support Recovery Programs

Alcoholics Anonymous (AA)
Peer support to stay sober and help others achieve sobriety.
New Hampshire
na nh.net
800-593-3330 (Hotline)
603-622-6967 (Service Office)
Vermont
802-295-7611 (Hotline)
Ah-Anon/Alakeen
Peer support for family and friends of people with an alcohol use disorder.
New Hampshire
al anon.org/newhampshire
603-369-6930
Printable meeting list

Narcotics Anonymous (NA)
Peer support for recovery.
New Hampshire
888-624-3578
na nh.net
Vermont
802-265-6414
gman.org

Second Growth
Provides groups for teens and young adults in recovery, and recovery coaching services for all ages.
205 Billings Farm Road, Bldg. 1
White River Junction, VT 05001
802-295-9800

Central Vermont Substance Abuse Services
100 Hospitality Drive
Burlington, VT 05401
802-292-4956

The Center for Recovery Resources
NH Recovery Hub nhrecoveryhub.org
Supportive Recovery Community Center
196 Main Street
Claremont, NH 03743
603-552-7253

NAR-ANON Family Groups
Peer support for family and friends of people with an opioid use disorder.
800-477-6291
nar-anon.org/find-a-meeting

Outpatient Services

Ben Fox, LCMHC
Fox Expressive Art Therapy, LLC
37 Central Street
Woodstock, VT 05091
802-779-0024

All Ages/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

Brattleboro Retreat
Anna Marsh Lane
Brattleboro, VT 03001
802-258-3700

Adults/Medicaid/Medicare/Private Ins./Self-Pay/Sliding Fee Scale/Virtual only

Elene Lanza, LCMHC, LADAC
144 Palmer Court
White River Junction, VT 05001
802-649-3045

Ages 12+Medicaid/Private Ins./Self-Pay/Sliding Fee Scale
*May not be taking new clients

Brattleboro Comprehensive Treatment Center
(formerly Habit OPCO)
16 Town Crier Drive
Brattleboro, VT 03001
802-349-1880

Adults/Medicaid/Private Ins./Self-Pay

Health Care and Rehabilitative Services of VT (HCRS)
Multiple Locations
Springfield: 855-220-9429
Brattleboro: 855-220-9428
Hcrs.org/about-us/about-services.php

All Ages/Medicaid/Medicare/Private Ins./Self-Pay/Sliding Fee Scale

Kimberly Knowlton Young, LICSW
20 West Park Street
Lewiston, ME 04240
802-728-4466

Kiley S. Kennedy, LICSW
KimberlyKnowltonYoung.com

All Ages/Medicaid/Medicare/Private Ins./Self-Pay/Sliding Fee Scale

Northeast Kingdom Human Services
Substance Abuse Division
2225 Portland Street
St. Johnsbury, VT 05819
802-748-1682

Nkh.org/service substance-use-and-addictions

All Ages/Medicaid/Medicare/Private Ins./Self-Pay/Sliding Fee Scale

Twin State Psychological Services
Springfield Hospital
29 Rodgwood Road
Springfield, VT 05156
802-885-5719

Twinstatepsychologicalservices.com

All Ages/Medicaid/Medicare/Private Ins./Self-Pay/Sliding Fee Scale

Rockingham Medical Group
1 Hospital Court, Suite 9
Burlington, VT 05401
802-463-2657

Adults/Medicaid/Medicare/Private Ins./Self-Pay/Sliding Fee Scale/MAT Services

Savida Health
308 River Street
Springfield, VT 05156
802-356-4080

Savidahealth.com/locations2/vermont

Medicaid/Most insurances/Co-occurring disorders/MAT Services

Second Growth
205 Billings Farm Road, Bldg. 1
White River Junction, VT 05001
802-295-9800

Secondgrowth.org

Help with vaping, Ages 12+/Self-Pay/Sliding Fee Scale

Veterans Administration
163 Veterans Drive
White River Junction, VT 05009
802-295-9363

All Ages/Veterans Only/Military Insurance

Twin State Psychological Services
Springfield Hospital
29 Rodgwood Road
Springfield, VT 05156
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29 Rodgwood Road
Springfield, VT 05156
802-885-5719

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All Ages/Medicaid/Medicare/Private Ins./Self-Pay/Sliding Fee Scale

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1 Hospital Court, Suite 9
Burlington, VT 05401
802-463-2657

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Help with vaping, Ages 12+/Self-Pay/Sliding Fee Scale

Veterans Administration
163 Veterans Drive
White River Junction, VT 05009
802-295-9363

All Ages/Veterans Only/Military Insurance
**Residential Services**

The following residential treatment centers accept a variety of payment options. Vermonters with no insurance or who are low income may be eligible for Medicaid assistance. Talk to your provider to find out if they accept Medicaid and to help you obtain coverage.

<table>
<thead>
<tr>
<th>Center</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Insurance Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Act One/Bridge Program</td>
<td>184 Pearl Street, Burlington, VT</td>
<td>802-488-6425</td>
<td>howardcenter.org</td>
<td>Medicaid, Private, Self-Pay, Sliding Fee Scale</td>
</tr>
<tr>
<td>Lund Family Center</td>
<td>76 Glen Road, Burlington, VT</td>
<td>802-864-7467</td>
<td>lundvt.org</td>
<td>Medicaid, Private, Self-Pay, Co-occurring Mental Health</td>
</tr>
<tr>
<td>Recovery House Inc.</td>
<td>35 Washington Street, Rutland, VT</td>
<td>802-775-3476</td>
<td>recoveryhousevt.org</td>
<td>Medicaid, Private, Self-Pay, Sliding Fee Scale</td>
</tr>
<tr>
<td>Valley Vista</td>
<td>23 Upper Plain, Bradford, VT</td>
<td>802-222-5201</td>
<td>vistani.net</td>
<td>Medicaid, Private, Self-Pay, Sliding Fee Scale, Co-occurring Mental Health/Opioid Treatment with Buprenorphine/Age 18</td>
</tr>
</tbody>
</table>

**Outpatient Services**

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Insurance Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Better Life Partners</td>
<td>Multiple Locations</td>
<td></td>
<td></td>
<td>Multiple Locations, Medicare/Medicaid/Private Ins/Self-Pay/VA</td>
</tr>
<tr>
<td>Dartmouth Health Addiction Treatment Program</td>
<td>85 Mechanic Street, Lebanon, NH</td>
<td>603-653-1860</td>
<td>dartmouthhitchcock.org</td>
<td>Medicare/Medicaid/Private Ins/Self-Pay/VA</td>
</tr>
<tr>
<td>HALO Educational Systems</td>
<td>Licensed Mental Health Counselor</td>
<td></td>
<td></td>
<td>Multiple Locations, Medicare/Medicaid/Private Ins/Self-Pay/VA</td>
</tr>
<tr>
<td>Hayford Medical Group</td>
<td>All ages/Medicare/Medicaid/Private Ins/Self-Pay/VA</td>
<td></td>
<td></td>
<td>Multiple Locations, Medicare/Medicaid/Private Ins/Self-Pay/VA</td>
</tr>
<tr>
<td>Dartmouth Health Employee Assistance Program</td>
<td>One Medical Center Drive, Lebanon, NH</td>
<td>603-650-5819</td>
<td>employees.dartmouthhitchcock.org</td>
<td>Medicare/Medicaid/Private Ins/Self-Pay/Opioid Treatment with Buprenorphine/Age 18</td>
</tr>
<tr>
<td>Dartmouth College Employee Assistance Program</td>
<td>53 South Main Street, Suite 204, Hanover, NH</td>
<td>603-646-1165</td>
<td>dartmouth.edu/eap</td>
<td>Medicare/Medicaid/Private Ins/Self-Pay/Opioid Treatment with Buprenorphine/Age 18</td>
</tr>
<tr>
<td>Dartmouth College Health Service</td>
<td>24 Opera House Square, Claremont, NH</td>
<td>413-687-5395</td>
<td>dartmouth.edu/service</td>
<td>Medicare/Medicaid/Private Ins/Self-Pay/Opioid Treatment with Buprenorphine/Age 18</td>
</tr>
<tr>
<td>Dartmouth Students Only/No Fee</td>
<td>24 Opera House Square, Claremont, NH</td>
<td>413-687-5395</td>
<td>dartmouth.edu/service</td>
<td>Medicare/Medicaid/Private Ins/Self-Pay/Opioid Treatment with Buprenorphine/Age 18</td>
</tr>
</tbody>
</table>
Outpatient Services (continued)

New England Medicine Counseling Associates ⚪
Multiple locations: Newport & Manchester, NH; Cochester VT and Lebanon, ME.
877-636-2201
newenglandmca.com
All Ages/Self-Pay
Northern Human Services White Mountain Mental Health
29 Maple Street
Littleton, NH 03561
833-710-6477
northernhs.org
All Ages/Private Ins./Medicare/Medicaid/Self-Pay/Sliding Fee Scale
R.O.A.D. to a Better Life
Multiple Locations
603-841-2301
roadtoabetterlifenh.com
Adults/Medicare/Medicaid/Private Insurance/Self-pay
Sandy Burke, LCMHC, MLADC ⚪
2 South Park Street
Lebanon, NH 03766
603-667-8567
Ages 13+/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale
Twin State Psychological Services
Multiple locations
Valley Regional Hospital 241 Elm Street
Claremont, NH 03743
802-885-5719
twistatespsychologicservices.com
All Ages/Medicaid/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale
West Central Behavioral Health
Multiple locations, main office
251 Elm Street
Claremont, NH 03743
603-690-9080
ccbhn.com
Adults/Medicaid/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale
West Lebanon Comprehensive Treatment Center ⚪
(formerly Habit OPCO)
254 N. Plainfield Road, Unit 5
West Lebanon, NH 03784
877-487-4313
ctcprograms.com/location/west-lebanon-comprehensive-treatment-center
MVP/Most Marketplace Ins./Medicare/Medicaid/Sliding Fee Scale

Residential Treatment Services

Granite Recovery Centers: Green Mountain Treatment Center
241 High Watch Road
Effingham, NH 03882
877-824-5992
graniterecoverycenters.com
Adults/Self-Pay/Private Ins./Co-occurring Mental Health
Granite Recovery Centers: Granite House for Women
Long-Term Res. Treatment for Women
Concord, NH
877-563-5000
graniterecoverycenters.com
Adults/Females/Self-Pay/Private Ins./Co-occurring Mental Health
Granite Recovery Centers: New Freedom Academy
Res. Treatment for Young Adult Men
367 Shaker Road
Canterbury, NH 03224
877-852-4320
graniterecoverycenters.com
Ages 18-35/Males/Self-Pay/Private Ins./Co-occurring Mental Health
Granite Recovery Centers: Queen City Sober Living
Sober Living Environment for Men
173 Merrimack Street
Manchester, NH 03103
877-855-4944
graniterecoverycenters.com
Adults/Males/Self-Pay/Co-occurring Mental Health
Granite Recovery Centers: Vision House
Res. Treatment for Women
241 Auburn Street
Manchester, NH 03103
877-824-5992
graniterecoverycenters.com
Adults/Pregnant and Postpartum Females/Self-Pay/Sliding Fee Scale/Co-occurring Mental Health

Farnum Center
Res. Treatment
140 Queen City Avenue
Manchester, NH 03103
888-840-4243
farnumcenter.com
Adults/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale/Opioid Treatment with Buprenorphine

Headrest
Low-intensity Res. Treatment
14 Church Street
Lebanon, NH 03766
603-448-4872, ext. 102
headrest.org
Adults/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

His Mansion
Christian Discipleship Res. Community
395 Wolf Hill Road
Deering, NH 03244
603-464-5555
hismansion.com/residentialprogram
Ages 18-35/Separate Male & Female Programs/Suggested Sponsorship of $50-$75 monthly for personal items
Year-long program/Non-Profit Organization

Keystone Hall
Short (28 day) and Long (90 day) Residential Treatment for Adults and Women with Children
615 Amherst Street
Nashua, NH 03060
603-881-4848
harborcarenh.org/residential-rehab-treatment
Adults/Pregnant and Postpartum Females/Self-Pay/Sliding Fee Scale/Co-occurring Mental Health

Phoenix House Dublin Center
Residential Treatment /IOP/ Outpatient/MAT
3 Pierce Road
Dublin, NH 03444
603-563-8501
phoenixhousene.org/new-hampshire/dublin-residential-program
Adults/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale/Co-occurring Mental Health

Plymouth House
Twelve Step Based Residential Community
446 Main Street
Plymouth, NH 03264
603-536-5500
theplymouthhouse.com
Adults/Self-Pay/Most Major Health Insurance Plans

Southeastern NH Services Non-medical Detox/Sobriety Maintenance/Short Term Residential Treatment/Transitional Living
272 Country Farm Road
Dover, NH 03820
603-516-8160
senhs.org
All Ages/Private Ins./Medicaid/Sliding Fee Scale
Prevention and Early Intervention Services

Safe Use, Safe Storage and Safe Disposal of Medications

The best, most environmentally-friendly way to dispose of unused medications is in a medication drop box or mail return envelope. Medication drop boxes are safe, secure, mailbox-like containers, most often located in police stations. Visit TwinStateSafeMeds.org for location information.

The State of Vermont gives free medication return envelopes, request one at:

survey.alchemer.com/s3/5089490/1545c40385eb

Prevention Coalitions

Community-based prevention coalitions bring together businesses, schools, service providers, law enforcement and others to plan community strategies intended to reduce the harm of substance use in the community.

ALL Together
Lebanon, NH Region
UVALLTogether.org

GSC 360
Sullivan County, NH Region
GSC360.org

Hartford Community Coalition
Hartford, VT Region
bccvt.org

Mt. Ascutney Prevention Partnership
Windsor, VT
mappvt.org

NAMI New Hampshire Upper Valley Resources
uvmentalhealth.org

North Country Prevention Network
Littleton, NH Region
nchcnh.org

New Hampshire Regional Public Health Networks
Across New Hampshire
nhphn.org

School-Based Alcohol and Substance Use Services

Students at most high schools and middle schools can get free and confidential substance use and mental health services at their school. Common services include education, problem solving, alcohol and mental health screening, brief counseling, referral to treatment services, and recovery support. Ask your school if it has a student assistance program or behavioral health provider.

Case Management Services

Many people living with substance use or who are in treatment may also face tremendous pressures such as housing instability, as well as medical, dental and emotional neglect. Nurses, counselors, case managers and practices are ready to help them address and resolve these issues. As you contact treatment providers, ask if there is a case manager that works with the practice. They can make a tremendous difference. They want to help you!
Save a Life with Narcan

It’s easy to use and free at many local emergency departments and recovery centers.

Never Use Alone

Call (800) 484-3731 for support without judgment. A caring person will stay on the line, but also call for help if there is no response.

Call 911 During or After an Overdose

You’re protected under the law as a Good Samaritan.

Not Ready for Treatment? Reduce Risk of Substance Use

Substance use disorder is a disease that can be treated. It is not a sign of poor character or bad judgment.

Not everyone who uses substances is ready to quit. Many persons use substances as a result of shame and feelings of unworthiness from being treated poorly by friends, family, community or others because of their substance use (this is called stigma).

The most important way to help someone who is negatively impacted by substance use is to meet them where they are, honor their humanity and show kindness. The first step to curbing substance use in our communities is to work to eliminate stigma.

These resources can go a long way to help people using substances. The important thing to note is that change takes time and may come in stages.

Stage 1: Save lives! Overdose death is a community crisis that can be prevented. Here are 3 ways to prevent overdose death:

1. Save a Life with Narcan
   It’s easy to use and free at many local emergency departments and recovery centers.

2. Call 911 During or After an Overdose
   You’re protected under the law as a Good Samaritan.

3. Area emergency departments and recovery centers give out Narcan for free. Also, area emergency room patients who are ready for change can receive an initial dose of treatment medication (like Suboxone) and get an immediate referral to an addiction specialty provider within a day.

Stage 2: Reduce risk! Use or overuse of opioid drugs comes with a higher risk of infection, disease or even death. In this region, the HIV/HCR Resource Center in Lebanon (serving the surrounding region) provides anonymous services like Narcan education and can give out Fentanyl test kits, clean needles and Narcan. For an online guide on how to reduce substance use harm, use Narcan and respond to an overdose, visit: bit.ly/3AgZiqM.

Stage 3: Spread hope! Thousands of Vermonters have shared their stories and found hope in recovery by joining a peer recovery network and connecting with peer recovery coaches.

To read about some of these people and share stories of hope, visit weareworthwhile.org.

There is nothing wrong with being open and honest about my struggles. I was a sick person trying to get well.

-Taysa

Substance use disorder is a disease that can be treated.

Read our stories online, and get the judgement-free support that can change your life. To talk to a peer who understands the journey, call/text 802-234-1550 or fill out the form at weareworthwhile.org/help-is-here.

After sending a message, you will get a response within 24 hours.
What If I Can’t Afford Treatment?

If you are uninsured, underinsured, have low income or have difficulty affording treatment, you still have options to explore. You can seek subsidized care by contacting one of the following:

**New Hampshire Residents**

Headrest  
603-448-4872

**Vermont Residents**

Health Care & Rehabilitative Services of Southeast Vermont (HCRS)  
802-295-3031

Clara Martin Center  
802-295-1311

Talk to your providers about whether they can help you obtain Medicaid coverage to pay for treatment.