

Treatment Works. Recovery Is Possible.

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

2022 Edition



Mt. Ascutney Hospital
and Health Center

Support for the Consumer's Guide is provided by Dartmouth Health and Mt. Ascutney Hospital and Health Center.

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While we strive to make the information in this guide comprehensive and accurate, some information may be outdated after we print it. If you find out-of-date information, visit the following partner’s websites: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 just dial 2-1-1 from wherever you are!



Vermont

vthelplink.org

(connect by chat)

Or call 802-565-LINK (5465)



New Hampshire

thedoornh.gov

Or call 2-1-1



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.

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Help Is Here

CRISIS PHONE NUMBERS

Suicide Prevention Lifeline
800-273-TALK (8255)

The Doorway
Dial 2-1-1

Clara Martin Center
800-639-6360

Health Care & Rehabilitation Services of Southeast Vermont
800-622-4235

NH Rapid Response Access Line
800-564-2578

Poison Control
800-222-1222

ONLINE RESOURCES

New Hampshire
thedorway.nh.gov
coveringnewhampshire.org
(Health Care Coverage)

Vermont
vthelplink.org
info.healthconnectvermont.gov
(Health Care Coverage)

Need More Information?
Dial 2-1-1 in NH and VT

Peer Support Recovery Programs

Alcoholics Anonymous (AA)

Peer support to stay sober and help others achieve sobriety.

New Hampshire
nhaa.net
800-593-3330 (Hotline)
603-622-6967 (Service Office)

Vermont
802-295-7611 (Hotline)

Al-Anon/Alateen
Peer support for family and friends of people with an alcohol use disorder.

al-anon.org/al-anon-meetings

New Hampshire
603-369-6930
nhal-anon.org
Printable meeting list

Vermont
866-972-5266
vermontalananonlateen.org

S.M.A.R.T Family and Friends Group

Halo Educational Systems offers resources to help someone struggling with addiction.

603-523-8804

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

Narcotics Anonymous (NA)

Peer support for recovery.

New Hampshire
888-624-3578
gsana.org

Vermont
802-265-6414
gmana.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

secondgrowth.org

Upper Valley Turning Point

Community center offering recovery support from addiction and addictive behavior, recovery coaching and Narcan distribution.

Second Wind Foundation
200 Olcott Drive, Wilder, VT 05088
802-295-5206

uppervalleyturningpoint.org

Turning Point Recovery Center of Springfield, VT

Offering peer support, recovery coaching, youth-based recovery supports and Narcan distribution.

7 Morgan Street
Springfield, VT 05156

802-885-4668

spfldtp.org

Wit's End For Parents

Peer support for parents with children who are using substances.

200 Olcott Drive, Wilder, VT 05088
802-295-5206

Outpatient Services

Ben Fox, LCMHC ●

Fox Expressive Art Therapy, LLC
37 Central Street
Woodstock, VT 05001
802-779-1524

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

Brattleboro Retreat ●

Anna Marsh Lane
Brattleboro, VT 05301
802-258-3700

brattlebororetreat.org

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

Central Vermont Substance Abuse Services ●●

100 Hospitality Drive
Berlin, VT 05641
802-223-4156

cvsas.org

Ages 12+/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

Clara Martin Center ●●

Multiple locations in Randolph, Bradford, Chelsea, Wilder and White River Junction.

802-728-4466

claramartin.org

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

Connecticut Valley Addiction Recovery ●

Clifton Lord, MD
141 Etta Frasier Drive
Windsor, VT 05089

222 Holiday Inn Drive, Suite 27
White River Junction, VT 05089
802-674-9400/833-356-4080

cvarinc.org

Adults/All Insurances/VT NH Medicaid/MAT Services

Howard Center & Chittenden Clinic ●●

Locations in St. Albans, Burlington and South Burlington.
802-488-6000 or 802-488-6450

howardcenter.org

Eileen 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 05301
802-349-1880

Adults/Medicaid/Private Ins./Self-Pay

Health Care and Rehabilitative Services of SE VT (HCRS)

Multiple Locations

Springfield: 855-220-9429 ●

Brattleboro: 855-220-9428

Hartford: 855-220-9430

hcrs.org/about-us/about-ourservices.php

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

Kimberly Knowlton-Young, LICSW ●

20 West Park Street
Lebanon, NH 03766

kimberlyknowlton-young.com

Ages 13+/Medicaid/Medicare Private Ins./Self-Pay/Sliding Fee Scale

*May not be taking new clients.

Little Rivers Healthcare ●

437 S. Main Street
Bradford, VT 05033
802-222-9317

littlerivers.org/bradford

Medication Assisted Treatment/Behavioral Health

Northeast Kingdom Human Services ●

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

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

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

Twin State Psychological Services

Springfield Hospital
29 Ridgewood Road
Springfield, VT 05156

802-885-5719

twinstatepsychologicalservices.com

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

Rockingham Medical Group ●

1 Hospital Court, Suite 9
Bellows Falls, VT 05101
802-463-2657

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

Savida Health ●

368 River Street
Springfield, VT 05156
833-356-4080

savidahealth.com/locations-2/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 Medical Center

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.

Act One/Bridge Program

Non-medical Detox/Sobriety Maintenance/Public Inebriation Program

184 Pearl Street
Burlington, VT 05401

802-488-6425

howardcenter.org

18+/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

Lund Family Center

Short and Long Term Res. Treatment

76 Glen Road
Burlington, VT 05401

802-864-7467

lundvt.org/treatment/residentialprogram/outpatient-substance-abusetreatment

Pregnant and Postpartum Females/Medicaid/Self-Pay/Co-Occurring Mental Health

Recovery House Inc.

Grace House
35 Washington Street
Rutland, VT 05701

802-775-3476

Co-occurring Mental Health

Serenity House

98 Church Street
Wallingford, VT 05773

802-446-2640

recoveryhousevt.org

Adults/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale/Co-occurring Mental Health

Valley Vista

Medical Detox/Res. Treatment
23 Upper Plain
Bradford, VT 05033

1 Alden Plain
Vergennes, VT 05491

802-222-5201

vista.net

Pregnant Females/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale/Co-Occurring Mental Health/Opioid Treatment with Buprenorphine/Age 18

*Vergennes location, women only.



Outpatient Services

Better Life Partners ●

Multiple Locations
44 S. Main Street, Suite 2
Hanover, NH 03755

Call/Text: 866-679-0831

betterlifepartners.com

Adults Only/NH & VT/All Insurances/Sliding Fee Scale/Virtual or In-person MAT/Same-Day Treatment with Suboxone

Bronwen Ballou, LCMHC, LICSW ●

27 Bank Street
Lebanon, NH 03766

603-448-2448

Adults/Private Ins./Self-Pay/Sliding Fee Scale

Charles Batt, MD Psychiatrist ●

14 Blueberry Lane
New London, NH 03257

603-526-9655

Ages 13+/Private Ins./Medicare/Self-Pay/Sliding Fee Scale

Dartmouth College Employee Assistance Program

53 South Main Street, Suite 204
Hanover, NH 03755

603-646-1165

dartmouth.edu/eap

All Ages/Employees Only/No Fee

Dartmouth College Health Service

Dick's House
5 Rope Ferry Road
Hanover, NH 03755

603-646-9400

students.dartmouth.edu/health-service/

Dartmouth Students Only/No Fee

Dartmouth Health Addiction Treatment Program

85 Mechanic Street
Lebanon, NH 03766

603-653-1860

dartmouth-hitchcock.org/psychiatry/addiction-treatment-program

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

Dartmouth Health Employee Assistance Program

One Medical Center Drive
Lebanon, NH 03756

603-650-5819

employees.dartmouth-hitchcock.org/health-wellness/employee-assistance-program

Adults/Employees Only/No Fee

Erin Foley, MS, MLADC ●

370 Main Street
New London, NH 03257

603-526-2256

Ages 12+/Medicaid/Private Ins./Self-Pay/No Harvard Pilgrim

Farnum Center Outpatient ●

700 Lake Avenue
Manchester, NH 03103

888-840-4243

farnumcenter.org

Adults/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale/Opioid Treatment with Buprenorphine

Groups: Recover Together ●

5 Dunning Street
Claremont, NH 03743

31 Hanover Street
Lebanon, NH 03766

844-637-6237

joininggroups.com

Adults/Self-Pay/Anthem/HP/UHC/NH Healthy Families/Suboxone treatment

HALO Educational Systems

Licensed Mental Health Counselor MAT Clinic/All ages/Medicare/Medicaid/Private Ins./Self-Pay/VA Approved/IOP & Smart Recovery

Elena Van Zandt, MEd, MLADC
44 Roberts Road
Canaan, NH 03741

603-359-3321

haloeducationalsystems.com

Headrest

141 Mascoma Street
Lebanon, NH 03766

603-448-4872, ext. 102

headrest.org

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

Hilary Coons, PhD ●

7 Allen Street #303
Hanover, NH 03755

603-643-9717

Ages 13+/Private Ins./Self-Pay/Sliding Fee Scale

Jacqueline Brill ●

6 South Park Street
Lebanon, NH 03766

603-448-1988

jacquelinebrill.com

All ages/Private Ins./Self-Pay/Sliding Fee Scale/Co-occurring Mental Health

Lynn Hayward, MLADC, LCMHC ●

24 Opera House Square, #31
Claremont, NH 03743

413-687-5395

Ages 15+/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

Outpatient Services (continued)

New England Medicine Counseling Associates ●

Multiple locations: Newport & Manchester, NH, Colchester 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

twinstatepsychologicalservices.com

All Ages/Medicare/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

cbh.org

Adults/Medicare/Medicaid/Private Ins.

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



Residential Treatment Services

Granite Recovery Centers: Green Mountain Treatment Center

244 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

877-353-5020

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

graniterecoverycenters.com

877-855-4944

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

Farnum Center

Res. Treatment

140 Queen City Avenue
Manchester, NH 03103

888-840-4243

farnumcenter.org

Adults/Medicare/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/Medicare/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

Orion House

Intermediate Res. Treatment

139 Elm Street
Newport, NH 03773

603-863-4918

orionhouse.org

Male Adolescents Ages 11-20/ Medicare/VT & NH Medicaid/Private Ins./Self-Pay

Phoenix House Dublin Center

Residential Treatment /IOP/ Outpatient/MAT

3 Pierce Road
Dublin, NH 03444

603-563-8501

phoenixhouse.org/new-hampshire/dublin-residential-program

Adults/Medicare/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 County Farm Road
Dover, NH 03820

603-516-8160

senhs.org

All Ages/Private Ins./Medicaid/Sliding Fee Scale

Northeast Kingdom Human Services

St. Johnsbury

Littleton

Northern Human Services White Mountain Mental Health

Central Vermont Substance Abuse Services

Berlin



Dartmouth College Employee Assistance Program
Dartmouth College Health Service
Hilary Coons, PhD
Better Life Partners

Clara Martin Center
Little Rivers Healthcare

Bradford

Clara Martin Center

Randolph

Plymouth

Plymouth House

Ben Fox, LCMHC

Woodstock

Hanover

Canaan

HALO Educational Systems

HCRS of SE VT

Hartford

Lebanon

West Lebanon

Kimberly Knowlton-Young, LICSW
Bronwen Ballou, LCMHC, LICSW
Dartmouth Health Addiction Treatment Program
Dartmouth Health Employee Assistance Program
Headrest
Jacqueline Brill
Sandy Burke, LCMHC, MLADC

WRJ

Eileen Lanza

Second Growth

Windsor



West Lebanon Comprehensive Treatment Center

Veteran's Administration Medical Center

Clara Martin Center

Connecticut Valley Addiction Recovery

New London

Charles Batt, MD, Psychiatrist
Erin Foley, MS, MLADC



Springfield

Connecticut Valley Addiction Recovery

Claremont

Groups: Recover Together
Lynn Hayward, MLADC, LCMHC
Twin State Psychological Services
West Central Behavioral Health

HCRS of SE VT

Savida Health

Twin State Psychological Services

Bellows Falls

Rockingham Medical Group

Brattleboro Retreat

Habit OPCO

HCRS of SE VT

Brattleboro

Treatment of Heroin, Opioids and Prescription Pain Medication Use

If a person using opioids (heroin/fentanyl/or pills such as hydrocodone or oxycodone) has not been able to stop because of withdrawal symptoms, treatment services may be needed. Treatment services that include medications help manage cravings and avoid withdrawal. Methadone and buprenorphine (Suboxone) are medications that assist with starting recovery from opioid use by allowing the brain to stabilize. After this initial phase, naltrexone is another medication used to help avoid cravings and block the effect of opioids. Your doctor or substance use treatment provider can help you understand if medication-assisted treatment may be best for your needs, and help you find a local treatment provider.

If you are pregnant and are using heroin, other opioids, prescription pain medications, alcohol or other substances, contact your OB/GYN, substance use treatment provider, and/or primary care provider as soon as possible to identify the best type of care for both you and your developing baby.

MEDICATION-ASSISTED TREATMENT (MAT SERVICES) SEE LISTINGS FOR CONTACT INFORMATION

Central Vermont Substance Abuse Services	Berlin, VT
Clara Martin Center	Wilders, VT
Connecticut Valley Addiction Recovery	Windsor and White River Junction, VT
Dartmouth Health Addiction Treatment Program	Lebanon, NH
Groups: Recover Together	Claremont and Lebanon, NH
The Howard Center & Chittenden Clinic	St. Albans, Burlington and South Burlington, VT
Comprehensive Treatment Centers (formerly Habit OPCO)	West Lebanon, NH and Brattleboro, VT
Valley Vista	Bradford, VT

TREATMENT SERVICES FOR PREGNANT WOMEN

Dartmouth Health Addiction Treatment Program	Lebanon, NH
Cynthia Day Family Center for Women and Children	Nashua, NH
Lund Family Center	Burlington, VT
Valley Vista	Bradford, VT

NEEDLE EXCHANGE AND NARCAN

HIV/HCV Resource Center (H2RC)

Call for day, time and locations of needle exchange, fentanyl test strip and Narcan distribution programs in your area.

603-448-8887 | h2rc.org

NH Doorways - statewide | Dial 2-1-1

Narcan is free and can be picked up at most emergency rooms and recovery centers.

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 UVALLOnTogether.org
GSC 360	Sullivan County, NH Region GSCPHN.org
Hartford Community Coalition	Hartford, VT Region hccvt.org
Mt. Ascutney Prevention Partnership	Windsor, VT mapvt.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, drug 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!

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:



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.



I am more than my disorder.

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

-Taysa



RECOVERY IS WORTH IT, YOU ARE WORTH IT.

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.