

Treatment Works.  
Recovery Is Possible.

Consumer's Guide  
to Substance Use Treatment



## Welcome

This Guide will help you find treatment services for people whose alcohol and drug use is negatively affecting their lives. The good news is that recovery from alcohol and drug problems is always possible. The services and programs in this Guide can help you and your loved ones take the first steps toward a healthier and more fulfilling future.

### Choosing a Treatment Provider

The directory on the following pages lists many substance use treatment providers and programs. We encourage you to call two or more providers to discuss their services to find the best fit for your recovery. Some questions you may want to ask include:

1. **What are their credentials?** Are they licensed to offer substance use treatment? Do they have specialized training in substance use issues?
2. **Do they use “evidence-based” treatment?** “Evidence-based” means there is research that supports the effectiveness of a treatment. Are they trained to offer evidence-based practices and do they use them in treatment?
3. **Can they address your needs?** Teens, men, women, people who have survived violence, people with anxiety or depression, may each respond best to different treatment methods.
4. **What do the providers expect of you?** What are their “rules” for participating in treatment? What will they ask you to do?
5. **Are they someone you can trust?** Do you believe they are someone with whom you can work well?
6. **What about payment?** What are their fees and how do they expect to be paid? Do they accept your insurance? Do they have a sliding scale? Can they help you if you have no insurance and no money?

### What If I Can’t Afford Treatment?

If you are uninsured, under-insured, have low income or have difficulty affording treatment, you may still have options to explore. New Hampshire residents can seek subsidized care at one of the services marked with a “■” in the listings on pages 8 and 9.

Covered services in New Hampshire insurances are changing. Ask if your private or Medicaid plan has a substance use treatment benefit.

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

## Getting Started

### Seek Help

Ask your family for help. Talk to your doctor about treatment. Contact a provider listed in this guide. Attend a 12-Step recovery meeting near you. Any first step is a good one.

### Choose a Treatment Provider / Attend a 12-Step Recovery Meeting

Contact one or more of the outpatient providers listed on the next several pages of this guide. Attend a 12-Step recovery meeting, like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA). Meetings can be found by calling the phone numbers or connecting to the websites listed on the right of this page.

### Get an Assessment

Outpatient providers will help you identify your strengths and needs. This includes your health, your alcohol and drug history, anxiety, depression or other mental health needs, personal safety, and other issues. The assessment helps you and your provider develop a treatment plan tailored to your needs.

### Create a Treatment Plan

Your treatment plan may include participating in individual or group counseling, going to 12-Step recovery groups, gaining education about alcohol and drugs, learning how to avoid drinking and using, and other actions to help you recover from your substance use. If your provider thinks you would benefit from intensive outpatient or residential treatment options, they will help you find and gain admission to these services.

### Keep Working At It!

Addiction is a chronic disease. Many people in recovery have times when they begin to drink or use again. If you are having trouble remaining substance free, don't give up! Call your provider and tell them what's happening. Go to a 12-Step meeting and ask for help. Help and support are available to help you learn new recovery tools and get back to the life you want.

While we strive to make the information in this guide comprehensive and accurate, change is constant and the listings may be incomplete or may become outdated. For the most up-to-date information, please contact the provider directly. To add or correct content, or give us feedback, please call (603) 650-4068.

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

### **ALCOHOLICS ANONYMOUS (AA)**

Peer support to stay sober and help other alcoholics to achieve sobriety  
www.nhaa.net  
802-295-7611 (WRJ, VT Answering Service)  
603-622-6967 (to talk to a live person)

### **AL-ANON / ALATEEN**

Peer support for friends and family who have a relationship with an alcoholic  
www.al-anon.alateen.org (National)  
www.nhal-anon.org (New Hampshire)  
www.vermontalananalateen.org (Vermont)  
877-825-2666; (NH Al-Anon/Alateen)  
866-972-5266; 802-860-8388; (VT Al-Anon/Alateen)

### **NAR-ANON, COCAINE ANONYMOUS**

Peer support for friends and family of addicts  
www.nar-anon.org  
603-882-3000 x 2467; (Manchester, NH)

### **NARCOTICS ANONYMOUS (NA)**

Peer support to stay clean  
www.na.org  
603-645-4777; (New Hampshire)  
802-773-5575; (Vermont 24 hour helpline)

### **SECOND GROWTH/MAKING CHANGE SUPPORT GROUP**

Facilitated peer support for teens and young adults seeking recovery  
205 Billings Farm Road,  
White River Junction, VT 05001  
802-295-9800

### **TURNING POINT CLUB/RECOVERY COACHING**

Community center for people in recovery from substance abuse, addiction and addictive behavior  
Second Wind Foundation  
200 Olcott Drive, Wilder, VT 05088  
802-295-5206

### **TURNING POINT CLUB**

7 Morgan St., Springfield, VT 05156  
802-885-4668

### **WITS END FOR PARENTS**

Peer support for parents with children who are using drugs  
White River Junction, VT 05001  
802-775-6608





**BRATTLEBORO RETREAT** ■ ■ ■

Anna Marsh Lane  
Brattleboro, VT 05301  
802-257-7785, 800-738-7328. All Ages/  
Males & Females/Medicare/Medicaid/  
Private Ins./Self Pay/Sliding Fee Scale

**CAROL "BEN" COLLIER, LCSW, LADAC**

Palmer Court  
Norwich, VT 05055  
802-649-8949. Adults/Males & Females  
Private Ins./Self Pay/Sliding Fee Scale

**CENTRAL VERMONT  
SUBSTANCE ABUSE SERVICES** ■

100 Hospitality Drive  
Berlin, VT 05641  
802-223-4156. All Ages  
Males & Females  
Medicaid/Private Ins./Self Pay/Sliding Scale

**CLARA MARTIN CENTER** ■

1740 Lower Plain  
Bradford, VT 05033  
802-222-4477.  
  
11 North Main Street  
Randolph, VT 05060  
802-728-4466.  
All Ages/Males & Females  
Medicare/Medicaid/Private Ins./Self Pay/  
Sliding Fee Scale

**CLARA MARTIN CENTER** ■ ■

Quitting Time  
39 Fogg Farm Road  
Wilder, VT 05088  
802-295-1311.  
All Ages/Males & Females  
Medicare/Medicaid/Private Ins./Self Pay/  
Sliding Fee Scale

**C. F. Lord, MD** ■

Connecticut Valley Recovery Services, Inc.  
15 State Street  
Windsor, VT 05089  
802-674-9400. Adults/Males & Females  
Medicare/Medicaid/Private Ins./  
Self Pay/Sliding Fee Scale

**DANIEL MARTIN LCMHC, LADAC**

Just Beginnings  
2 Chamber Lane  
White River Jct, VT 05001  
802-291-4950. All Ages/Males & Females  
Medicare/Medicaid/ Private Ins./  
Self Pay/Sliding Fee Scale

**EILEEN LANZA, LCMHC, LADAC**

244 Palmer Court  
Norwich, VT 05055  
802-649-3045. All Ages/Males & Females  
Medicare/Medicaid/Private Ins./Self Pay/  
Sliding Fee Scale

**GREEN MOUNTAIN FAMILY MED. OF  
WHITE RIVER JUNCTION** ■

212 Holiday Drive, Suite 4  
White River Jct, VT 05001  
802-281-6364  
Medicare/Medicaid/Private insurance

**HABIT OPCO** ■ ■

16 Town Crier Drive  
Brattleboro, VT 05301  
802-258-4623. Adults/Males & Females  
Medicaid/Private Ins./Self Pay

**HEALTH CARE AND REHABILITATIVE  
SERVICES of SE VT, Mt. Ascutney  
Hospital and Health Center** ■ ■

289 County Road  
Windsor, VT 05089  
802-674-7382. Adults/Males & Females  
Medicare/Medicaid/ Private Ins./  
Self Pay/Sliding Fee Scale

**HEALTH CARE AND REHABILITATIVE  
SERV. of SE VT, WRAP Program** ■ ■

390 River Street  
Springfield, VT 05156  
802-886-4500. All Ages/Males & Females  
Medicare/Medicaid/ Private Ins./Self Pay/  
Sliding Fee Scale

**HEALTH CARE AND REHABILITATIVE  
SERVICES of SE VT, WRAP Program** ■ ■

49 School Street  
Hartford, VT 05047  
802-295-3031.  
  
14 River Street  
Windsor, VT 05089  
802-674-5971.  
All Ages/Males & Females  
Medicare/Medicaid/Private Ins./Self Pay/  
Sliding Fee Scale

**HIV/HCV RESOURCE CENTER**

70 North Main Street  
White River Jct, VT 05001  
Located at Good Neighbor Health Clinic  
603-448-8887 Mondays & Thursdays only,  
2:30 – 4:30, ask for Laura.  
Offering free Naloxone (Narcan) nasal  
spray.

**LINDA MULLESTEIN, LCMHC, LADAC**

Simmons House, Rt. 4  
Woodstock, VT 05091  
802-457-4110. All Ages/Males & Females  
Private Ins./Self Pay/Sliding Scale

**NORI BOKUM, MA**

VT Lic. Psychologist  
PO Box 108  
Norwich, VT 05055  
802-295-7500. All Ages/Males & Females  
Medicare/Medicaid/Private Ins./Self Pay/  
Sliding Fee Scale

**Treatment Color Key:**

- Severe Mental Illness
- Intensive Outpatient Program

- Opioid Treatment with Buprenorphine
- Opioid Treatment with Methadone

**NORTHEAST KINGDOM HUMAN SERVICES  
Substance Abuse Division ■**

2225 Portland Street  
St Johnsbury, VT 05819  
802-748-1682. All Ages/Males & Females  
Medicare/Medicaid/ Private Ins./Self  
Pay/Sliding Fee Scale

**PETER COLLIER, MSW, LCSW**

Palmer Court  
Norwich, VT 05055  
802-649-8925. All Ages/Males & Females  
Medicare/Medicaid/Private Ins./Self Pay/  
Sliding Fee Scale

**RICHARD ROOT, Ed.D**

Twin State Psychological Services  
29 Ridgewood Road  
Springfield, VT 05156  
802-885-5719. All Ages/Males & Females  
Medicare/Medicaid/Private Ins./Self Pay/  
Sliding Fee Scale

**RON TREEM, LCMHC, LADAC**

Kime Associates  
56 Main Street  
Springfield, VT 05156  
802-885-1904. All Ages/Males & Females  
Medicare/Medicaid/Private Ins./Self Pay/  
Sliding Fee Scale

**SARAH DEGENNARO, LCMHC, LADAC**

56 Main Street  
Springfield, VT 05156  
802-885-1904.

Briggs Opera House, Suite 203  
White River Jct, VT 05001  
802-649-8949.  
All Ages/Males & Females Medicare/  
Medicaid/Private Ins./Self Pay/Sliding  
Fee Scale

**SECOND GROWTH**

205 Billings Farm Road, Bldg. 1  
WRJ, VT, 05001  
802-295-9800. Ages 12-30  
Self-Pay/Sliding Scale

**TURNING POINT RECOVERY CENTER**

OF SPRINGFIELD, VT 802-885-4668  
7 Morgan Street, Springfield, VT  
Substance free drop-in, support group, &  
Referral center for people in recovery

**UPPER VALLEY TURNING POINT**

Second Wind Foundation  
200 Olcott Drive  
White River Jct, VT  
802-295-5206

**VETERAN'S ADMINISTRATION Med. Ctr.**

163 Veterans Drive  
White River Jct, VT 05001  
802-295-9363. All Ages/Males & Females  
Veterans & their Families Only/Military Ins.

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

**ACT ONE / BRIDGE PROGRAM**

Medical Detox./Sobriety Maintenance  
184 Pearl Street  
Burlington VT 05401  
802-488-6425. All Ages  
Males & Females  
Medicaid/Private Insurance/Self-Pay

**BRATTLEBORO RETREAT**

Medical Detox./ Res. Treatment  
Anna Marsh Lane  
Brattleboro, VT 05301  
800-738-7328, 802-259-7785.  
All Ages/Males & Females  
Medicare/Medicaid/Private Ins./Self-Pay  
Co-Occurring Mental Health  
Opiate Treatment with Buprenorphine

**LUND FAMILY CENTER**

Short and Long Term Res. Treatment  
76 Glen Road  
Burlington VT 05401  
802-864-7467. Teens & Adults/  
Pregnant and Postpartum Females  
Medicaid/Self-Pay  
Evidence -based Teen Care

**MAPLE LEAF FARM**

Medical Detox./ Res. Treatment  
10 Maple Leaf Road  
Underhill VT 05489  
802-899-2911. Adults/Males & Females  
Medicaid/Private Ins.  
Co-Occurring Mental Health

**PHOENIX HOUSE RISE PROGRAM**

Trans. Living  
435 Western Avenue  
Brattleboro, VT 05301  
802-257-4677. Adults/Males & Females  
Medicaid/Self-Pay

**PHOENIX HOUSE RISE PROGRAM**

Trans. Living  
11 Underhill Avenue  
Bellows Falls VT 05101  
802-463-9851  
Medicaid/Self-Pay

**RECOVERY HOUSE INC**

**GRACE HOUSE**  
Halfway House  
35 Washington Street  
Rutland VT 05701  
802-775-3476. Adults/Males & Females  
Medicare/Medicaid/Private Ins./  
Self-Pay  
Co-Occurring Mental Health

**RECOVERY HOUSE INC**

**MCGEE HOUSE**  
Sober Living/Trans. Living  
30 Washington Street, Rutland VT 05701  
802-773-5124. Adults/Males & Females  
Medicare/Medicaid/Private Ins./  
Self-Pay  
Co-Occurring Mental Health

**RECOVERY HOUSE INC**

**SERENITY HOUSE**  
4-6 Week Treatment  
98 Church Street  
Wallingford VT 05773  
802-446-2640. Adults/Males & Females  
Medicare/Medicaid/Private Ins./  
Self-Pay  
Co-Occurring Mental Health

**SECOND WIND FOUNDATION/  
WILLOW GROVE**

Trans. Living  
200 Olcott Drive  
White River Junction, VT 05001  
802-295-5206. Adults/Females  
Self-Pay/Sliding Scale

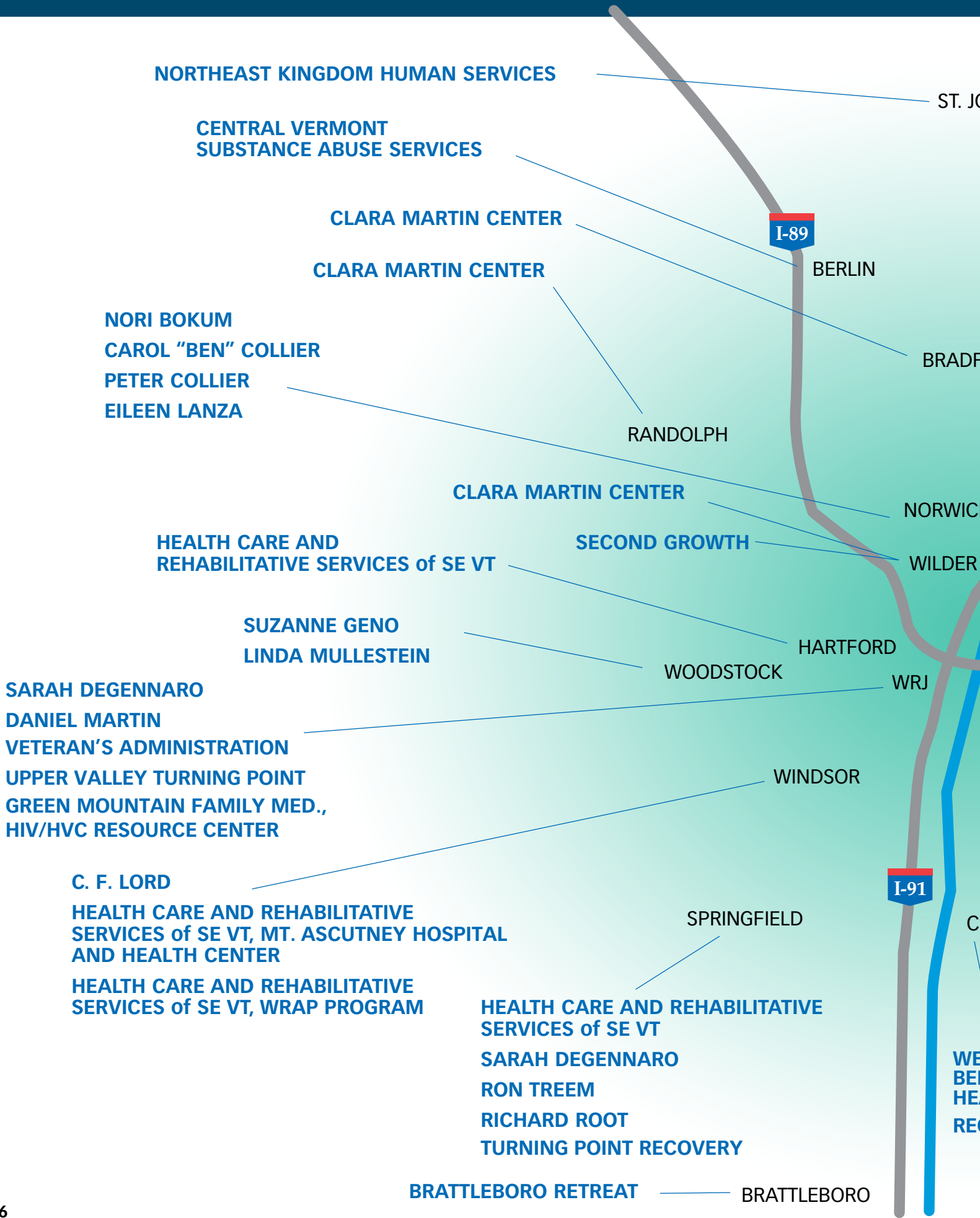
**SPRUCE MOUNTAIN INN**

Res. Treatment  
155 Towne Ave  
Plainfield VT 05667  
802-454-8353. Adults, 17 to 30  
Males & Females  
Reimbursable Private Ins./Self-Pay  
Co-Occurring Mental Health

**VALLEY VISTA**

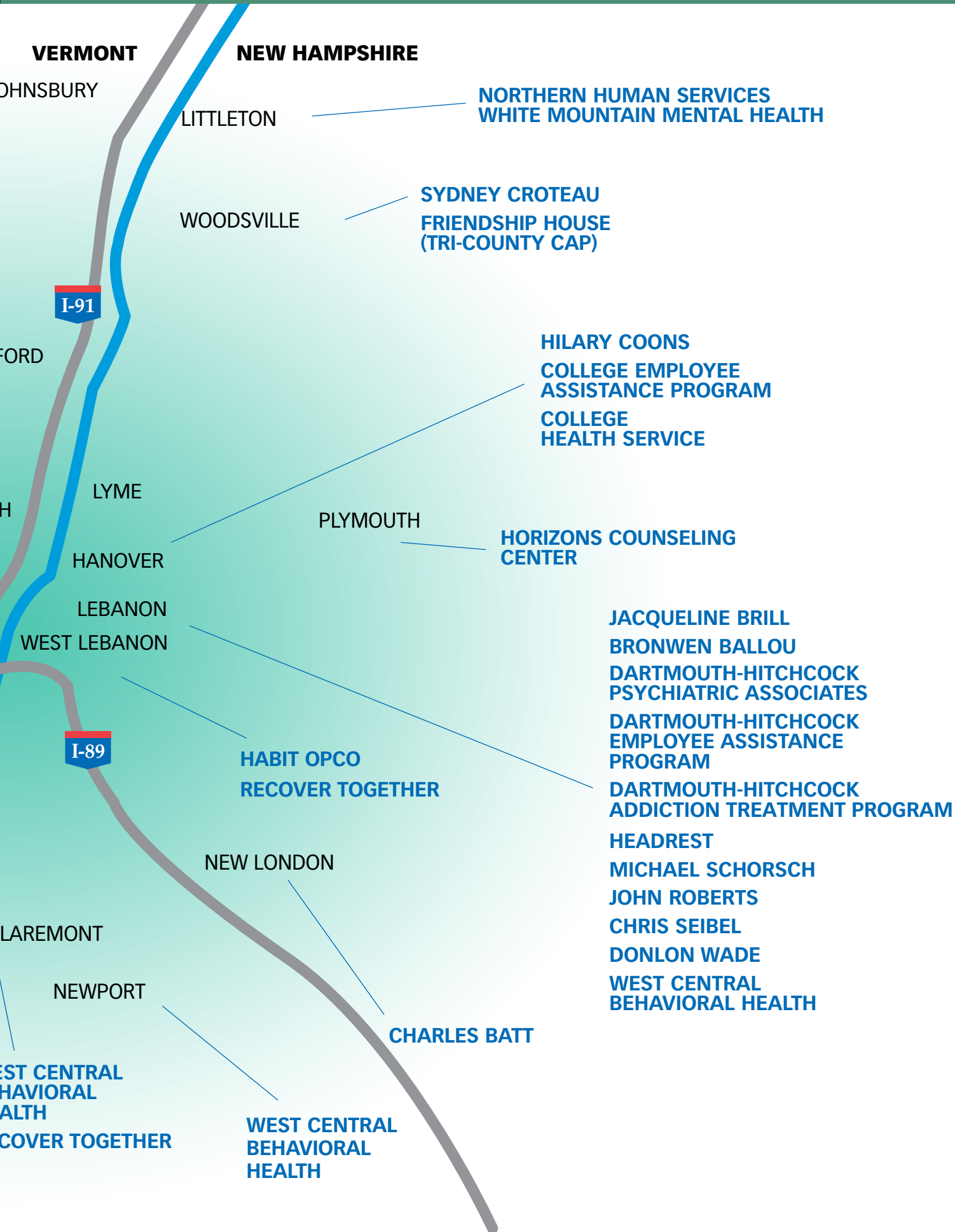
Medical Detox./Res. Treatment  
23 Upper Plain Rd  
Bradford, VT 05033  
802-222-5201. Teens/Adult Females  
Medicare/Medicaid/Private Insurance/  
Self-Pay/Sliding Fee Scale  
Co-Occurring Mental Health  
Opiate Treatment with Buprenorphine  
Evidence-based Teen Care

# VERMONT SERVICES MAP





# NEW HAMPSHIRE SERVICES MAP



### **BRONWEN BALLOU, LCMHC, LICSW**

Hanover Road Professional Center,  
367 Route 120 Suite B1  
Lebanon, NH 03766  
603-653-0199. Adults/Males & Females  
Private Ins./Self Pay/Sliding Fee Scale

### **CHARLES BATT, MD, Psychiatrist**

14 Blueberry Lane  
New London, NH 03257  
603-526-9655. Adults/Males & Females  
Private Ins./Self Pay/Sliding Fee Scale

### **DARTMOUTH-HITCHCOCK ADDICTION TREATMENT**

**PROGRAM** ■ ■ ■ ■  
85 Mechanic Street  
Lebanon, NH  
603-653-1860. All Ages/Males & Females  
Medicare/Medicaid/Private Ins./  
Self Pay/Sliding Fee Scale

### **DARTMOUTH-HITCHCOCK EMPLOYEE ASSISTANCE PROGRAM**

One Medical Center Drive  
Lebanon, NH 03750  
603-650-5819. Adults/Males & Females  
Employees Only. No fee

### **DARTMOUTH COLLEGE EMPLOYEE ASSISTANCE PROGRAM**

53 S. Main St, Suite 204  
Hanover, NH 03755  
603-646-1165. Adults/Males & Females  
Employees Only. No fee

### **DARTMOUTH COLLEGE HEALTH SERVICE**

57 Rope Ferry Road  
Hanover, NH 03755  
603-650-1442. Adults/Males & Females  
Dartmouth Students Only. No fee

### **DARTMOUTH-HITCHCOCK PSYCHIATRIC ASSOCIATES**

One Medical Center Drive  
Lebanon, NH 03750  
603-650-5855. Adults/Males & Females  
NH Medicaid/Private Ins./  
Self Pay/Sliding Fee Scale

### **DONLON WADE, LADC**

1 School Street  
Lebanon, NH 03766  
603-448-9994. All Ages/Males & Females  
Private Ins./Self Pay/Sliding Fee Scale

### **ELENA VAN ZANDT, Med, MLADC**

44 Roberts Road  
Canaan, NH 03741  
603-359-3321

### **FRIENDSHIP HOUSE**

**(Tri-County CAP)** ■ ■  
6 Church Street  
Woodsville, NH 03785  
603-747-2535. Adults/Males & Females  
Self Pay/Sliding Fee Scale

### **HABIT OPCO** ■ ■ ■ ■

254 Plainfield Road  
W. Lebanon, NH 03748  
603-298-2146. Adults/Males & Females  
Medicare/NH Medicaid/Private Ins.

### **HEADREST** ■ ■ ■ ■

14 Church Street  
Lebanon, NH 03766  
603-448-4872. All Ages/Males & Females  
Self Pay/Sliding Fee Scale

### **HILARY COONS, PhD**

7 Allen Street  
Hanover, NH 03755  
603-643-9717. Adults/Males & Females  
Private Ins./Self Pay/Sliding Fee Scale

### **HORIZONS COUNSELING CENTER** ■ ■

258 Highland Street, #13  
Plymouth, NH 03264  
603-536-2010. All Ages/Males & Females  
Medicare/Medicaid/Private Ins./  
Self Pay/Sliding Fee Scale

### **NORTHERN HUMAN SERVICES**

### **WHITE MOUNTAIN MENTAL HEALTH** ■ ■

29 Maple Street  
Littleton, NH 03561  
603-444-5358. All Ages/Males & Females  
Private Ins./Self Pay/Sliding Fee Scale

### **RECOVER TOGETHER** ■ ■

130 Pleasant Street  
Claremont, NH 03743  
603-252-1675

1 Glen Road Plaza  
W. Lebanon NH 03784  
603-252-1675

### **SECOND GROWTH**

205 Billing Farm Road Bldg. 1  
WRJ, VT, 05001, 802-295-9800  
Ages 12-30, Self-Pay/Sliding Scale

### **SYDNEY CROTEAU, LADC, LCMHC**

186 South Court Street  
Woodsville, NH 03785  
603-747-4193. All Ages/Males & Females  
Medicare/Medicaid/Private Ins./  
Self Pay/Sliding Fee Scale



## WEST CENTRAL BEHAVIORAL HEALTH

Adults Services and Recovery Center  
and Child and Family Center  
122 Pleasant Street  
Newport, NH 03773  
603-863-1951. All Ages/Males & Fe-  
males  
Medicare/Medicaid/Private Ins./  
Self Pay/Sliding Fee Scale

## WEST CENTRAL BEHAVIORAL HEALTH ■

Adult Services and Recovery  
Center South  
52 W. Pleasant Street  
Claremont, NH 03743  
603-542-2578. Adults/Males &  
Females  
Medicare/Medicaid/Private Ins./  
Self Pay/Sliding Fee Scale

## WEST CENTRAL BEHAVIORAL HEALTH ■

Adult Services, Recovery Center  
North, and Child and Family Center  
85 Mechanic Street  
Lebanon, NH 03766  
603-448-1101.  
All Ages/Males & Females  
Medicare/Medicaid/Private Ins./  
Self Pay/Sliding Fee Scale

### Treatment Color Key:

- NH Subsidized Treatment
- Severe Mental Illness
- Intensive Outpatient Program
- Opioid Treatment with Buprenorphine
- Opioid Treatment with Methadone

*In addition to private payment options, the following organizations receive funding from the State of NH to provide free or reduced cost alcohol and drug treatment services to individuals with no insurance and/or low income.*

### FARNUM CENTER

30 Day Res. Treatment  
235 Hanover Street  
Manchester, NH 03104  
603-622-3020 x 10. Adults/Males  
& Females  
Private Insurance/Self Pay/Sliding  
Co-Occurring Mental Health

### FRIENDSHIP HOUSE (Tri-County CAP)

Non-medical Detox /Short-Term Res.  
Treatment/Trans. Living  
PO Box 717  
Bethlehem, NH 03754  
603-869-2210. Adults/Males & Females  
Self-Pay/Sliding  
Co-Occurring Mental Health

### HEADREST

Non-medical Detox/Sobriety Maint./  
Trans. Living  
14 Church Street  
Lebanon, NH 03766  
603-448-4872. Adults/Males & Females  
Self-Pay/Sliding

### KEYSTONE HALL

Non-medical Detox./Sobriety Maint./  
Trans.Living  
615 Amherst Street  
Nashua, NH 03060  
603-881-4848. Adults/Males & Females  
Self Pay/Sliding  
Co-Occurring Mental Health

### PHOENIX HOUSE DUBLIN CENTER

Long-Term Res.Treatment  
3 Pierce Road  
Dublin, NH 03444  
603-563-8501. Adults/Males & Females  
Self Pay/Sliding

### PHOENIX ACADEMY AT DUBLIN

6 Month/Extended Res.Treatment  
www.phoenixhouse.org  
3 Pierce Road  
Dublin, NH 03444  
603-563-8501. Teens/Males & Females  
Self Pay/Sliding

### PHOENIX HOUSE KEENE CENTER

Non-medical Detox./Sobriety Maint./  
4-6 Week Res.Treatment  
106 Roxbury Street  
Keene, NH 03431  
603-358-4041. Adults/Males & Females  
Private Insurance/Self Pay/Sliding  
Co-Occurring Mental Health

### PHOENIX HOUSE FRANKLIN CENTER

Non-medical Detox./Sobriety Maint.  
14 Holy Cross Road  
Franklin, NH 03235  
603 934-5297. Adults/Males & Females  
Private Insurance/Self-Pay

### SERENITY PLACE

Non-medical Detox, Sobriety Maint.  
PO Box 1477  
Manchester, NH 03105  
603-625-6980. Adults/Males & Females  
Private Insurance/Self-Pay

### SOUTHEASTERN NH SERVICES

Non-medical Detox./Sobriety Maint./  
Short-Term Res.Treatment/Trans.Living  
272 County Farm Road  
Dover, NH 03820  
603-516-8160. Adults/Males & Females  
Self Pay/Sliding

*In addition to the programs listed above, the following facilities provide residential care for substance use disorders and related issues. These programs are not subsidized by the State of New Hampshire.*

### HIS MANSION

Christian Res.Treatment  
Community  
395 Wolf Hill Road  
Deering, NH 03244  
603-464-5555. Adults 18-  
35/Males & Females  
No Charge  
Co-Occurring Mental  
Health

### ORION HOUSE

Intermediate Res.  
Treatment  
PO Box 25  
Newport, NH 03773  
603-863-4918. Adoles-  
cents/Males  
Medicare/Medicaid/Pri-  
vate Insurance/  
Self Pay

### PLYMOUTH HOUSE

12-Step Based Res.  
Community  
446 Main Street  
Plymouth, NH 03264  
800-428-8459. Adults/  
Males & Females  
Self Pay

*If you use opioid drugs such as heroin, or prescription pain killers like vicodin or oxycontin, you may need treatment services that include medications such as methadone or suboxone (buprenorphine) to help you avoid withdrawal symptoms and cravings these drugs can cause. 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, and/or primary care provider as soon as possible to identify the best type of care for both you and your developing fetus.*

### **Methadone-Assisted Treatment**

*(See listings for contact information)*

Habit OpCo (West Lebanon and Brattleboro, VT)

Valley Vista (Bradford, VT)

Brattleboro Retreat (Brattleboro, VT)

### **Suboxone (Buprenorphine)-Assisted Treatment**

*(See listings for contact information)*

Brattleboro Retreat (Brattleboro, VT)

Clara Martin Center/Quitting Time (Wilder, VT)

Dartmouth-Hitchcock Opioid Dependence Program (Lebanon, NH)

Habit OpCo (West Lebanon, NH, Brattleboro, VT)

Headrest (Lebanon, NH)

Recover Together (Claremont and Lebanon, NH)

Green Mountain Family Medicine (WRJ, VT)

### **Treatment Services for Pregnant Women**

Dartmouth-Hitchcock Perinatal Addiction Program (Lebanon)

### **Peer Recovery Services**

Second Wind / Turning Point Club Opioid Support Group (Wilder, VT)

### **Needle Exchange and Narcan**

Needle Exchange and Narcan Distribution (Upper Connecticut River Valley region)

HIV/HCV Resource Center: 603-448-8887

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

### **Safe Disposal of Unused Medications**

Many police stations have free, no-questions asked drop-boxes where unused medications can be deposited for proper disposal. Call your local law enforcement to find a drop-box near you.

### 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 alcohol and drug use in the community.

Communities United of Sullivan County (Sullivan County, NH) 603-477-5565.

Hartford (VT) Prevention Coalition, (Hartford, VT region) 603-650-4130

Mount Ascutney Prevention Partnership (Windsor, VT region) 802-674-7450

Springfield Prevention Coalition (Springfield, VT region) 802-885-8706

Upper Valley Substance Misuse Prevention Partnership (Lebanon, NH region) 603-650-4184

North Country Prevention Network, Littleton, NH region 603-259-3700

### School-Based Alcohol and Drug Services

Students at most high schools and middle schools can get free and confidential alcohol, drug, and mental health services at their school. Common services include education; problem solving; alcohol, drug, and mental health screening, brief counseling, and referral to treatment services; and recovery support. These services are confidential and are not recorded in a student's official educational record. Ask your school if they have a Student Assistance Program or alcohol/drug/mental health counselor.

### If You Are Concerned About a Teen

Teens who use alcohol and other drugs are much more likely to experience consequences from their use, and are far more likely to become dependent on drugs than people who start use later in life. Teens who binge drink and drink or use substances regularly are at high risk for serious harm. If you see a problem starting, you can help by talking with the teen's parents and by sharing your concern anonymously with a school-based student assistance counselor, who can start an effort to help the teen and family access helping services.



**Additional Resources**

If you can't find what you are looking for, or need a helping hand to sort out your choices, the following resources may be of assistance.

**HEADREST 24-HOUR HOTLINE**

*Information and Referral, Support in a Crisis*

Serving New Hampshire and Vermont  
24 Hours A Day, 7 Days A Week.  
800-273-TALK  
603-448-4400

**VERMONT 2-1-1 or  
NEW HAMPSHIRE 2-1-1**

*Statewide Information and Referral*  
Just Dial 2-1-1

**STUDENT ASSISTANCE PROGRAMS**

*Services for Youth and Parents*

Contact your local middle or high school and ask if they have a Student Assistance Counselor or Alcohol and Drug Counselor on staff. Many schools have on-site providers ready to help youth and their parents find appropriate treatment for alcohol and drug use concerns.



Support for the *Consumer's Guide* is provided by:

