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.
VERMONT OUTPATIENT SERVICES

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/Medicare/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

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/Medicare/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 Fee 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
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
Medicare/Medicaid/Private Ins./Self Pay/Sliding Fee Scale

BRATTLEBORO RETREAT
Medical Detox./ Res. Treatment
Anna Marsh Lane
Brattleboro, VT 05301
802-738-7328, 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

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
NEW HAMPSHIRE OUTPATIENT SERVICES

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
ADDITION 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
603-359-3221

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
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

**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./Soberity 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./Soberity Maint.
14 Holy Cross Road
Franklin, NH 03235
603 934-5297. Adults/Males & Females
Private Insurance/Self-Pay

**SOUTHEASTERN NH SERVICES**
Non-medical Detox./Soberity 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. Adolescents/Males
Medicare/Medicaid/Private 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:

![Dartmouth-Hitchcock](image)

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