

NORTHEASTERN VERMONT SUBSTANCE ABUSE RESOURCES

Treatment

Counseling

Recovery

Support



Northeastern Vermont AHEC
Area Health Education Center

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www.nevahec.org

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SUBSTANCE ABUSE PROGRAM RESOURCES for the NORTHEASTERN VERMONT REGION

DRUG & ALCOHOL TREATMENT SERVICES

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DRUG AND ALCOHOL

EMERGENCY

NORTHEAST KINGDOM HUMAN SERVICES 24 HOUR CRISIS HELPLINE:

St. Johnsbury: 748-3181 or 748-1682

Newport: 334-5246

Service provider available at NKHS office during work week to address substance abuse issues arising on an emergency basis. Weekend and after hours calls roll over to NVRH (St. Johnsbury) or North Country Hospital (Newport) where NKHS workers are available on call.

RESIDENTIAL TREATMENT FACILITIES

MAPLE LEAF FARM ASSOCIATES, INC.

Address: 10 Maple Leaf Road, Underhill, VT 05849

Telephone Number: 899-2911 or toll free: 800-254-5659

Contact: Admissions Department

Residential, short term (less than thirty days) treatment facility for men and women 18 years and older providing detoxification and substance abuse treatment services for adults. Family education program offered for friends and family members. Maple Leaf Farm accepts most health insurance plans, including Medicaid.

RETREAT HEALTHCARE, INC. (Brattleboro Retreat)

Address: 75 Linden Street, Brattleboro, VT 05301

Telephone Number: 257-7785 or toll free: 1-800-RETREAT

Contact: Admissions Department

Short term, residential detoxification and substance abuse treatment services for adults and adolescents. Co-occurring disorder unit provides intervention, detoxification, and short term stabilization for people dealing with both substance abuse and psychiatric disorders. Retreat Health Care accepts most health insurance, including some Medicaid plans.

SERENITY HOUSE

Address: 98 Church Street, Wallingford, VT 05773

Telephone Number: 446-2640 for information, admissions, and 24 hour hotline services

Contact: Admissions Department → →

LADCs

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HYDE PARK

Delano Heath, LADC
43 Sunset Drive
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888-6980

SERENITY HOUSE Cont'd: Short term, residential detoxification and substance abuse treatment services for men and women 18 years and older. Serenity House accepts most health insurance plans, including Medicaid. Grace House, a halfway house owned by Serenity House, provides longer term (up to one year) treatment options for people leaving the 30 day residential program.

VALLEY VISTA

Address: 23 Upper Plain, Bradford, VT 05033

Telephone Number: 222-5201 or 222-5901

Contact: Admissions Department

Residential alcohol and chemical dependency treatment center offering comprehensive services for adult women and adolescent boys and girls ages 12-18 or in school. Long (up to 90 days) and short treatment options are available. Valley Vista accepts most health insurance plans, including Medicaid.

OUTPATIENT TREATMENT

Buprenorphine Program

CENTRAL VERMONT SUBSTANCE ABUSE SERVICES:

Address: 100 Hospitality Drive, Berlin VT 05602

Telephone: 223-4156

Before enrollment in the program, patients must be 18 years or older and have a primary care provider willing to Rx buprenorphine once the induction/stabilization phase is completed. Patients must also have had a recent physical exam. Patients may be referred to the program by their physician or may self-refer. Induction/stabilization period is from six weeks up to one year, during which appropriate dosage is determined and patients participate in weekly group therapy sessions. At the completion of the induction/stabilization period, patients must have a primary care provider to prescribe weekly dosages and have begun participating in local counseling sessions.



DRUG AND ALCOHOL

COBMAT (Coordination of Office-Based Medication Assisted Therapy):

A statewide collaboration to facilitate communication between physicians and counselors providing treatment. Northeast Kingdom Human Services (NKHS) is a Preferred Provider with a Regional Coordinator.

St. Johnsbury : 2225 Portland Street, St. Johnsbury, VT 05819

Telephone Number: 748-1682

Newport: 55 Seymour Lane, Newport VT 05855

Telephone Number: 334-5246

Buprenorphine treatment requires both medication and counseling. Through Northeast Kingdom Human Services, COBMAT ensures coordination of continued medical and counseling treatment after the induction/stabilization period. COBMAT monitors patient compliance with these requirements.

Methadone Program

BAART BEHAVIORAL HEALTH SERVICES (BBHS)

Newport: 475 Union Street, Newport, VT 05855

Telephone Number: 334-0110

St. Johnsbury: 445 Portland Street, St. Johnsbury, VT 05819

Telephone Number: 748-6166

BBHS provides a number of treatment services to opioid dependent clients. Services include pharmacotherapy treatment (methadone), substance abuse/mental health counseling, medical supervision, perinatal addiction and ancillary human services.

OUTPATIENT COUNSELING / RECOVERY

COPLEY HOSPITAL BEHAVIORAL MEDICINE

Address: 528 Washington Highway, Morrisville, VT 05661

Telephone Number: 888-8320

Provides outpatient mental health and substance abuse counseling in individual and/or group settings. Counselors hold LADC certification. Behavioral Medicine Services are covered by most major health insurance plans.

TOBACCO

NORTH COUNTRY HOSPITAL

▪ QUIT TIME

Telephone Number: 334-5566

Eight week smoking cessation class for adults. Program offers support, information and strategies to help people quit smoking. Program costs \$10.00 and comes with free nicotine replacement products.

NORTHEASTERN VERMONT REGIONAL HOSPITAL:

▪ N-O-T = NOT ON TOBACCO

Telephone Number: 748-7532

N-O-T is a smoking cessation program for teens, conducted at area high schools for teens who are regular smokers. Students can sign up with the school guidance counselor or SAP person. Program is confidential and free.

▪ READY, SET... STOP!

Telephone Number: 748-7304

Six-session class for people who want to quit smoking. Cessation classes are a collaborative effort of the American Cancer Society and the Vermont Association for Hospitals and Health Systems. Classes offer support, information, and strategies to help people successfully quit smoking. Program costs \$10.00 per person.

▪ QUIT BUCKS

Telephone Number: 748-7304

Provides nicotine skin patches &/or nicotine gum at reduced or no cost, depending on health insurance coverage. Eligibility determined over the phone.

▪ PREVENTING RELAPSE

Telephone Number: 748-7304

Designed for recently quit smokers who are looking for continued support, motivation, and help in dealing with occasional cravings and impulses.

▪ SMOKING CESSATION: INDIVIDUAL COUNSELING

Telephone Number: 748-7304

One-on-one smoking cessation counseling for teens and adults. Cost is \$10.00 for six sessions.

COPLEY BEHAVIORAL HEALTH MEDICINE

▪ SMOKE FREE FAMILIES

Address: 528 Washington Highway, Morrisville, VT 05661

Telephone Number: 888-8320

Ongoing smoking cessation program. Program provides support for preparation, quitting, and maintaining abstinence from tobacco.

DRUG AND ALCOHOL

NORTHEAST KINGDOM NARCOTICS ANONYMOUS TELEPHONE / INTERNET RESOURCES

Narcotics Anonymous 24 hour helpline: 802-862-4516
(for information and support)

Narcotics Anonymous website: www.cvana.org

FRIENDS OF RECOVERY HELPLINE (TOLL FREE):

Telephone Number: 800-769-2798
(operational from 8 am - 5 pm, Monday–Friday)

Offers information on local resources available for substance abuse support and referrals.

PROGRAMS FOR ADOLESCENTS

NORTHEAST KINGDOM HUMAN SERVICES

▪ STUDENT ASSISTANCE PROGRAM

Telephone Number: 748-3181

Provides prevention, education, screenings, and referrals for adolescents. Program also coordinates follow-up and support to teens in treatment or leaving treatment within a school setting.

▪ THE ACTIVE PROGRAM

Telephone Number: 748-1682

The ACTIVE Program provides services for adolescents 12-18 years of age and their families. It provides comprehensive evaluations, therapeutic drug testing, diagnosis, treatment recommendations, individual, group & family therapy. Supplies case management & treatment coordination with families, schools and other resources. Program also provides education and support groups for parents, plus intensive services up to 16 hours per week when necessary. Referrals to residential/hospital care are made when indicated. Program participation is covered by most major health insurance companies. Sliding fee scales are offered to clients lacking health insurance coverage.

RETREAT HEALTHCARE, INC. (Brattleboro Retreat)

Address: 75 Linden Street, Brattleboro, VT 05301
(See page 4)

VALLEY VISTA

Address: 23 Upper Plain, Bradford, VT 05033
(See page 5)

DRUG AND ALCOHOL

NORTHEAST KINGDOM HUMAN SERVICES SUBSTANCE ABUSE PROGRAMS (formerly Tri-County Substance Abuse)

St. Johnsbury: 2225 Portland Street, St. Johnsbury, VT 05819

Telephone Number: 748-1682

Newport: 55 Seymour Lane, Newport, VT 05855

Telephone Number: 334-5246

Hardwick: Hardwick Health Center

7 High Street, Hardwick, VT 05843

Telephone Number: 472-6581

▪ INTENSIVE OUTPATIENT PROGRAM (IOP)

Intensive level of treatment in lieu of a residential program. As a day Out-Patient Program, IOP involves delivery of education curriculum, therapeutic processing, and support in a group setting. The program meets three times per week, for three hour sessions, for six weeks. Program is followed by a six week aftercare program comprised of two ninety-minute sessions per week. IOP is covered by most major health insurance companies with a sliding fee schedule available to those lacking insurance coverage. IOP participants are both self and health care provider referred.

▪ SUBSTANCE ABUSE SERVICES

Provides assessment, counseling and referral services to people seeking assistance for substance abuse problems. Education, prevention, and treatment provided for adults and adolescents within individual, group, and family settings. Northeast Kingdom Human Services accepts Medicaid and third party insurance and offers a sliding fee schedule for those without insurance. All NKHS counselors hold LADC certification. Clients seek counseling services independently or can be referred by their health care provider.



RECOVERY FACILITIES

AERIE HOUSE

Address: 108 Cherry Street, St. Johnsbury, VT 05819

Telephone Number: 748-8997

Transitional/supportive housing for women in recovery. Aerie House seeks to provide a safe and sober environment for women attempting to gain/sustain employment and re-integrate into the community following incarceration or in-patient treatment for substance abuse. Aerie House has capacity for six women. All residents receive case management services from either the Department of Corrections or a licensed alcohol and drug counselor.

COVERED BRIDGE THERAPEUTIC COMMUNITIES

Address: 622 Railroad Street, St. Johnsbury, VT 05819

Telephone Number: 748-6948

Program Director: Stephen Clark

Transitional/supportive housing for men in recovery. Covered Bridge exists as a program of recovery & support for men within a supervised, residential environment. The Covered Bridge program offers life skills training and spirituality within a substance free, therapeutic community. Covered Bridge has capacity for between six and eight male residents.

RECOVERY SERVICES / GROUP SUPPORT PROGRAMS

CELEBRATE RECOVERY PROGRAM

Address: Union Baptist Church

932 US Route 5, Waterford, VT 05819

Telephone Number: 748-5639

Celebrate Recovery is a ministry established to support men and women seeking recovery from alcohol or drug addiction through application of biblical principles. Program meets every Friday night from 6:00 to 9:00 at the Union Baptist Church in Waterford. Each evening begins with dinner, followed by a general and then small group meeting. Evening ends with relaxation/socializing, coffee and dessert.

KINGDOM RECOVERY CENTER

Address: 297 Summer Street, St. Johnsbury, VT 05819

Telephone Number: 751-8520

Kingdom Recovery Center exists as a drop-in center for recovering people in the Northeast Kingdom. The center provides socialization, information, education, and referrals. A pool table, television, and library are available on site for community use. AA, NA, Al-Anon, and Al-Ateen twelve-step meetings are held on site daily. The center is regularly used to host sober community gatherings (pot lucks) and occasional classes. Information and pamphlets covering a range of issues and local resources are available at the center on a continual basis. Event calendars and meeting schedules are available as well.

VET TO VET SUPPORT GROUP

Address: Kingdom Recovery Center

297 Summer Street, St. Johnsbury, VT 05819

Telephone Number: 751-8520

Weekly support group for veterans with co-occurring substance abuse and mental health disorders. Group meets weekly at the Kingdom Recovery Center and is facilitated by a veteran in recovery.

(Vet to Vet is currently on hiatus but expects to resume later in 2007.)

NORTHEAST KINGDOM ALCOHOLICS ANONYMOUS TELEPHONE / INTERNET RESOURCES

Telephone number (Newport): 802-334-1213

Toll free telephone number (All other towns): 877-334-1213

(for meeting information)

Alcoholics Anonymous 24 hour helpline: 802-860-8382

(for information and support)

Alcoholics Anonymous website: www.aavt.org.