

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

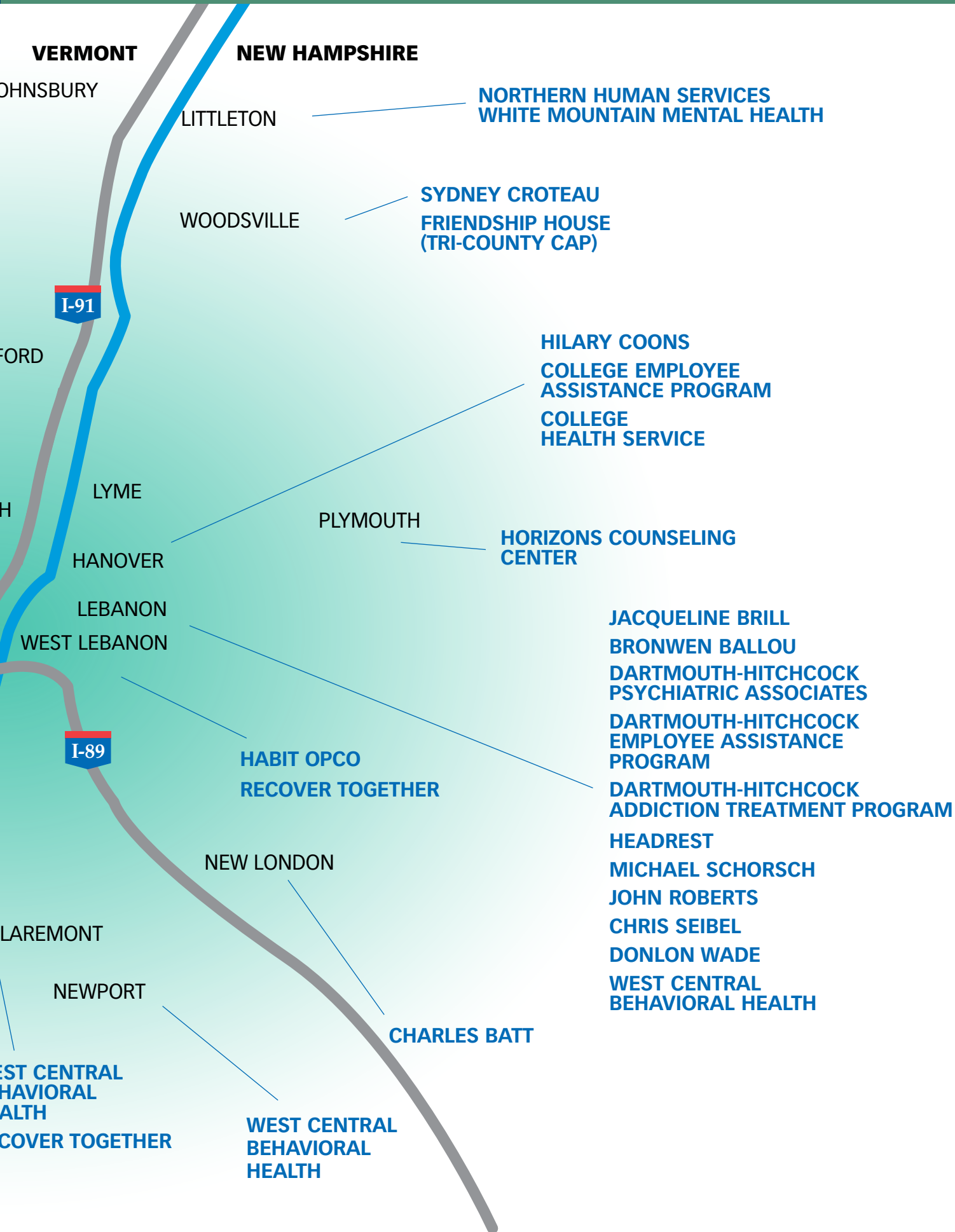
VALLEY VISTA

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:

 **Dartmouth-Hitchcock**


MT. ASCUTNEY HOSPITAL
A N D H E A L T H C E N T E R