Treatment Works. Recovery Is Possible.

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

Support for the Consumer’s Guide is provided by Dartmouth-Hitchcock and Mt. Ascutney Hospital and Health Center
Getting Started

This guide will help you find treatment services for people whose alcohol and other drug use is negatively affecting their lives.

The good news is that recovery from alcohol and drug problems is possible. It’s never too late to seek help! Any first step is a good step and this booklet can help you find the right place to start your search. This booklet is not meant to substitute professional consultation, evaluation, and treatment, rather it is designed to streamline your search for support and get you connected as quickly as possible. 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 then 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 provide 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.

**Providers who offer support for family and friends**
are marked with a pink dot. These services specialize in providing resources for families and friends of a person with addiction.

**Intensive Outpatient Programs,**
often called IOPs, are marked with a black dot. IOPs are a treatment program sometimes recommended following clinical assessment for people who may require increased counseling support but who may not be appropriate for residential/inpatient treatment.
Seek Help

CRISIS PHONE NUMBERS

<table>
<thead>
<tr>
<th>Program</th>
<th>Hotline Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicide Prevention Lifeline</td>
<td>(800) 273-TALK (8255)</td>
</tr>
<tr>
<td>NH Statewide Addiction Crisis Line</td>
<td>(844) 711-HELP (4357)</td>
</tr>
<tr>
<td>Clara Martin Center</td>
<td>(802) 295-1311</td>
</tr>
<tr>
<td>Health Care &amp; Rehabilitation Services of Southeast Vermont</td>
<td>(802) 295-3031</td>
</tr>
<tr>
<td>West Central Behavioral Health</td>
<td>(800) 564-2578</td>
</tr>
<tr>
<td>Poison Control</td>
<td>(800) 222-1222</td>
</tr>
</tbody>
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ONLINE RESOURCES

<table>
<thead>
<tr>
<th>State</th>
<th>Website</th>
<th>Health Resource</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Hampshire</td>
<td><a href="http://www.nhtreatment.org">www.nhtreatment.org</a></td>
<td><a href="http://www.coveringnewhampshire.org">www.coveringnewhampshire.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Health Care Coverage)</td>
</tr>
<tr>
<td>Vermont</td>
<td>healthvermont.gov/adap/adap.aspx</td>
<td>info.healthconnect.vermont.gov</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Health Care Coverage)</td>
</tr>
</tbody>
</table>

Need More Information? Dial 2-1-1

Peer Support Recovery Programs

**Alcoholics Anonymous (AA)**
Peer support to stay sober and help others to achieve sobriety
www.nhaa.net

**New Hampshire**
(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
www.ai-anon.alateen.org

**New Hampshire**
www.nhal-anon.org
(603) 369-6930

**Vermont**
www.vermontalanonalateen.org
(866) 972-5266

**F.A.S.T.E.R. Parent Support**
Peer support for parents of children with substance use issues
44 Roberts Road
Canaan, NH 03741
(603) 359-3321

**Hope For NH Recovery**
Supportive recovery community center
65 Park Street
Newport, NH 03773
(603) 552-7253
169 Main Street
Claremont, NH 03743
(603) 287-7919

**NAR-ANON Family Groups**
Peer support for family and friends of people with an opioid use disorder
www.nar-anon.org
(800) 477-6291

**Narcotics Anonymous (NA)**
Peer support for recovery
New Hampshire
www.gsana.org
(888) 624-3578

**Second Growth**
Provides groups for teen and young adults in recovery and recovery coaching services for all ages
www.secondgrowth.org
205 Billings Farm Road, Bldg. 1
White River Junction, VT 05001
(802) 295-9800

**Upper Valley Turning Point**
Community center offering recovery support from addiction and addictive behavior
Second Wind Foundation
secondwindfound.org
200 Olcott Drive
Wilder, VT 05088
(802) 295-5206

**Turning Point Recovery Center of Springfield, VT**
7 Morgan Street
Springfield, VT 05156
(802) 885-4668

**Wit’s End For Parents**
Peer support for parents with children who are using drugs
200 Olcott Drive
Wilder, VT 05088
(802) 295-5206

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) 693-6861 or email info@uvalltogether.org. Dartmouth-Hitchcock and Mt. Ascutney Hospital and Health Center do not accept liability for treatment sought or obtained through the use of this guide.
Outpatient Services

Ben Fox, LCMHC ●
Fox Expressive Art Therapy, LLC
2095 South Pomfret Road
South Pomfret, VT 05067
(802) 779-1524
All Ages/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

Brattleboro Retreat ●●
Anna Marsh Lane
Brattleboro, VT 05301
(802) 258-3700
(800) 738-7328
All Ages/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

Carol “Ben” Collier, LCSW ●
144 Palmer Court
White River Junction, VT 05001
(802) 649-8949
Adults/Self-Pay/Private Ins.

Central Vermont Substance Abuse Services ●●
100 Hospitality Drive
Berlin, VT 05641
(802) 223-4156
Ages 12+/Medicaid/Private Ins./Self-Pay/Sliding Fee 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/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

Clara Martin Center ●●
Quitting Time
39 Fogg Farm Road
Wilder, VT 05088
(802) 295-1311
Ages 13+/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/Medicare/Medicaid/Private Ins./Self-Pay

Eileen Lanza, LCMHC, LADAC ●
144 Palmer Court
White River Jct, VT 05001
(802) 649-3045
Ages 12+/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

Good Neighbor Health Clinic
70 North Main Street
White River Junction, VT 05001
(802) 295-1868
Free Medical Care/Referrals to Treatment/Call for Appointment

Habit OPCO ●
16 Town Crier Drive
Brattleboro, VT 05301
(802) 258-4623
Adults/Medicaid/Private Ins./Self-Pay

Health Care and Rehabilitative Services of SE VT (HCRS) ●
390 River Street
Springfield, VT 05156
(802) 886-4500
All Ages/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

Health Care and Rehabilitative Services of SE VT (HCRS)
49 School Street
Hartford, VT 05047
(802) 295-3031
All Ages/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

HIV/HCV Resource Center ●
Located at Good Neighbor Health Clinic
70 North Main Street
White River Junction, VT 05001
(603) 448-8887
(802) 295-1868 (Syringe Exchange)
Tuesdays & Thursdays only, 2:00 - 3:45 pm; ask for Laura.
Offering free Naloxone (Narcan) nasal spray and syringe exchange services

Kimberly Knowlton-Young, LICSW ●
144 Palmer Court
White River Junction, VT 05001
(339) 440-1103
Ages 17+/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

Linda Mullestein, LCMHC, LADAC ●
Simmons House, Route 4
Woodstock, VT 05091
(802) 457-4110
Ages 13+/Private Ins./Self-Pay

Northeast Kingdom Human Services Substance Abuse Division ●
2225 Portland Street
St Johnsbury, VT 05819
(802) 748-1682
All Ages/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

Pamela Ashton, MEd, LADC ●
Better Mind Solutions, LLC
PO Box 56
Bradford, VT 05033
(802) 449-7151
All Ages/Medicare/Self-Pay/Sliding Fee Scale

Peter Collier, LCSW
144 Palmer Court
White River Junction, VT 05001
(802) 649-8925
All Ages/Private Ins./Self-Pay

Richard Root, Ed.D ●
Springfield Hospital
29 Ridgewood Road
Springfield, VT 05156
(802) 885-5719
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

Ron Treem, LCMHC, LADAC ●
Kime Associates
221 North Main Street
211 North Main Street
White River Junction, VT 05001
(802) 295-9800
Ages 12+/Self-Pay/Sliding Fee Scale

Second Growth
205 Billings Farm Road, Bldg. 1
White River Junction, VT 05001
(802) 295-9800
Ages 12+/Self-Pay/Sliding Fee Scale

Veteran’s Administration Medical Center
163 Veterans Drive
White River Junction, VT 05009
(802) 295-9363
All Ages/Veterans & Their Families Only/Military Ins.

KEY
● Private Providers
●● Medication Assisted Treatment
● Intensive Outpatient Program (IOP)
-support for Family and Friends
Residential Treatment Services

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 to help you obtain coverage.

**Act One/Bridge Program**
Non-medical Detox/Sobriety Maintenance  
184 Pearl Street  
Burlington, VT 05401  
(802) 488-6425  
All Ages/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

**Brattleboro Retreat**
Non-medical Detox/Res. Treatment  
Anna Marsh Lane  
Brattleboro, VT 05301  
(802) 258-3700  
All Ages/Medicare/Medicaid/Private Ins./Self-Pay/Co-Occurring Mental Health/Opioid Treatment with Buprenorphine

**Lund Family Center**
Short and Long Term Res. Treatment  
76 Glen Road  
Burlington, VT 05401  
(802) 864-7467  
Pregnant and Postpartum Females/Medicaid/Self-Pay/Co-Occurring Mental Health

**Phoenix House Rise Program - Brattleboro**
Transitional Living  
435 Western Avenue  
Brattleboro, VT 05301  
(802) 463-9851  
Adults/Self-Pay/Sliding Fee Scale

**Phoenix House Rise Program - Bellows Falls**
Transitional Living  
11 Underhill Avenue  
Bellows Falls, VT 05101  
(802) 463-9851  
Adults/Self-Pay/Sliding Fee Scale

**Recovery House Inc. - Serenity House**
Res. Treatment  
98 Church Street  
Wallingford, VT 05773  
(802) 446-2640  
Adults/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale/Co-Occurring Mental Health

**Second Wind Foundation/Willow Grove**
Transitional Living  
200 Olcott Drive  
White River Junction, VT 05001  
(802) 295-5206  
Adults/Females/Self-Pay/Sliding Fee Scale

**Valley Vista**
Medical Detox/Res. Treatment  
23 Upper Plain  
Bradford, VT 05033  
(802) 222-5201  
Ages 13+/Pregnant Females/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale/Co-Occurring Mental Health/Opioid Treatment with Buprenorphine
Dartmouth College Employee Assistance Program
Dartmouth College Health Service
Hilary Coons

HALO Educational Systems

Plymouth
R.O.A.D. to a Better Life

Bronwen Ballou
D-H Addiction Treatment Program
D-H Employee Assistance Program
Donlon Wade
Headrest
Jacqueline Brill
R.O.A.D. To A Better Life
Sandy Burke
West Central
Behavioral Health

Charles Batt
Erin Foley

Medicine Counseling Associates
New England Medicine Counseling Assoc.

Lynn Hayward
Groups: Recover Together
Richard Root
Sugar River Counseling and Consultation, PLLC
West Central Behavioral Health

New Hampshire

Littleton
Northern Human Services
White Mountain Mental Health
R.O.A.D. to a Better Life

Canaan

Hanover

Lebanon

West Lebanon

Grantham

Claremont

New London

Granham
Outpatient Services

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 All Ages/Employees Only/No Fee

Dartmouth College Health Service 5 Rope Ferry Road Hanover, NH 03755 (603) 646-9400 Dartmouth Students Only/No Fee

Dartmouth-Hitchcock Addiction Treatment Program ●● 85 Mechanic Street Lebanon, NH 03766 (603) 653-1860 All Ages/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

Dartmouth-Hitchcock Employee Assistance Program One Medical Center Drive Lebanon, NH 03766 (603) 650-5819 Adults/Employees Only/No Fee

Donlon Wade, LADC ● 2 South Park Street Lebanon, NH 03766 (603) 448-9994 All Ages/Medicare/Private Ins./Self-Pay/Sliding Fee Scale

Erin Foley, MS, MLADC ●● 370 Main Street New London, NH 03257 (603) 526-2256 Ages 12+/Medicaid/Private Ins./Self-Pay

Groups: Recover Together ● 24 Opera House Square Suite 410-W Claremont, NH 03743 (844) 637-6237 1 Glen Road, Suite 218 West Lebanon, NH 03784 (844) 637-6237 Adults/Self-Pay

Habit OPCO ● 254 Plainfield Road West Lebanon, NH 03784 (603) 298-2146 Adults/Medicare/Self-Pay

HALO Educational Systems ● Elena Van Zandt, MEd, MLADC 44 Roberts Road Canaan, NH 03741 (603) 359-3321 All Ages/Medicare/Medicaid/Private Ins./Self-Pay

Headrest ● 14 Church Street Lebanon, NH 03766 (603) 448-4872 Ext. 101 Adults/Medicare/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 ● 1 Court Street #220 Lebanon, NH 03766 (603) 448-1988 All ages/Private Ins./Self-Pay/Sliding Fee Scale/Co-Occuring 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

New England Medicine Counseling Associates ● Sawyer Brook Plaza 120 Route 10 South Grantham, NH 03753 (603) 903-2900

Northern Human Services White Mountain Mental Health 29 Maple Street Littleton, NH 03561 (603) 444-5358 All Ages/Private Ins./Medicare/Medicaid/Sliding Fee Scale

Richard Root, EdD ● Valley Regional Hospital Campus 241 Elm Street Claremont, NH 03743 (802) 885-5719 All Ages/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

R.O.A.D. to a Better Life ● 31 Hanover Street, Suite 1 Lebanon, NH 03766 (603) 727-9071 678 Meadow Street Littleton, NH 03561 (603) 692-1859 12 Yeaton Road, Suite B7 Plymouth, NH 03264 (603) 536-1008 Adults/Medicare/Medicaid/Private Ins./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

Sugar River Counseling And Consultation, PLLC ● 24 Opera House Square, Suite 300 Claremont, NH 03743 (603) 287-8269 All Ages/Medicare/Private Ins./Self-Pay/Sliding Fee Scale

West Central Behavioral Health 52 West Pleasant Street Claremont, NH 03743 (603) 542-2578 Rivermill Commercial Center 85 Mechanic Street Lebanon, NH 03766 (603) 448-5610 Adults/Medicare/Medicaid/Private Ins./Self-Pay

KEY
- Private Providers
- Medication Assisted Treatment
- Intensive Outpatient Program (IOP)
- Support for Family and Friends
Residential Treatment Services

Farnum Center
Res. Treatment
140 Queen City Avenue
Manchester, NH 03103
(603) 263-6200
Adults/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale/Opioid Treatment with Buprenorphine

Friendship House
(Tri-County CAP)
Non-medical Detox/Short-Term Res. Treatment/Transitional Living
2957 Main Street
Bethlehem, NH 03574
(603) 869-2210
Adults/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale/Co-Occurring Mental Health

Granite Recovery Centers: Green Mountain Treatment Center
Effingham, NH
(877) 824-5992
Adults/Self-Pay/Private Ins./Co-Occurring Mental Health

Granite Recovery Centers: Granite House for Men
Long-Term Res. Treatment for Men
Derry, NH
(877) 308-8338
Adults/Males/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
Adults/Females/Self-Pay/Private Ins./Co-Occurring Mental Health

Granite Recovery Centers: New Freedom Academy
Res. Treatment for Young Adult Men
Canterbury, NH
(877) 852-4320
Ages 18-35/Males/Self-Pay/Private Ins./Co-Occurring Mental Health

Granite Recovery Centers: Queen City Sober Living
Sober Living Environment for Men
Manchester, NH
(877) 855-4944
Adults/Males/Self-Pay/Co-Occurring Mental Health

Headrest
Low-intensity Res. Treatment
14 Church Street
Lebanon, NH 03766
(603) 448-4872 Ext.101
Adults/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

His Mansion
Christian Discipleship Res. Community
395 Wolf Hill Road
Deering, NH 03244
(603) 881-4848
Adults/Pregnant and Postpartum Females/Self-Pay/Sliding Fee Scale/Co-Occurring Mental Health

Keystone Hall
Short- and Long-Term Res. Treatment for Adults and Women with Children
615 Amherst Street
Nashua, NH 03060
(603) 863-4918
Adults/Medicaid/Private Ins./Self-Pay/Co-Occurring Mental Health

Orion House
Intermediate Res. Treatment
PO Box 26
Newport, NH 03773
(603) 863-4918
Adolescents/Males/Medicare/Medicaid/Private Ins./Self-Pay

Phoenix House Keene Center
Res. Treatment/IOP
106 Roxbury Street
Keene, NH 03431
(603) 358-4041
Adults/Private Ins./Self-Pay/Sliding Fee Scale/Co-Occurring Mental Health

Plymouth House
12-Step Based Res. Community
446 Main Street
Plymouth, NH 03264
(603) 536-5500
Adults/Self-Pay

Serenity Place
Non-medical Detox/Sobriety Maintenance
101 Manchester Street
Manchester, NH 03101
(603) 625-6980
Adults/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

Southeastern NH Services
Non-medical Detox/Sobriety Maintenance/Short-Term Res. Treatment/Transitional Living
272 County Farm Road
Dover, NH 03820
(603) 516-8160
All Ages/Private Ins./Medicaid/Sliding Fee Scale
If you use opioids such as heroin, or prescription pain killers like hydrocodone or oxycodone, you may need treatment services that include medications such as methadone, buprenorphine, or naltrexone to help you avoid withdrawal symptoms and cravings. 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.

### Treatment of Heroin, Opioids, and Prescription Pain Medication Use

If you use opioids such as heroin, or prescription pain killers like hydrocodone or oxycodone, you may need treatment services that include medications such as methadone, buprenorphine, or naltrexone to help you avoid withdrawal symptoms and cravings. 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

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brattleboro Retreat</td>
<td>Brattleboro, VT</td>
</tr>
<tr>
<td>Habit OPCO</td>
<td>West Lebanon, NH</td>
</tr>
<tr>
<td>Valley Vista</td>
<td>Bradford, VT</td>
</tr>
</tbody>
</table>

### BUPRENORPHINE - ASSISTED TREATMENT

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>Brattleboro Retreat</td>
<td>Brattleboro, VT</td>
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<tr>
<td>Central Vermont Substance Abuse Services</td>
<td>Berlin, VT</td>
</tr>
<tr>
<td>Clara Martin Center</td>
<td>Wilder, VT</td>
</tr>
<tr>
<td>Dartmouth-Hitchcock Addiction Treatment Program</td>
<td>Lebanon, NH</td>
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<tr>
<td>Groups: Recover Together</td>
<td>Claremont and Lebanon, NH</td>
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<tr>
<td>Habit OPCO</td>
<td>West Lebanon, NH</td>
</tr>
<tr>
<td></td>
<td>Brattleboro, VT</td>
</tr>
<tr>
<td>Rockingham Medical Group</td>
<td>Bellows Falls, VT</td>
</tr>
<tr>
<td>Valley Vista</td>
<td>Bradford, VT</td>
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### TREATMENT SERVICES FOR PREGNANT WOMEN

<table>
<thead>
<tr>
<th>Service Provider</th>
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<tbody>
<tr>
<td>Dartmouth-Hitchcock Perinatal Addiction Treatment Program</td>
<td>Lebanon, NH</td>
</tr>
<tr>
<td>Keystone Hall</td>
<td>Nashua, NH</td>
</tr>
<tr>
<td>Lund Family Center</td>
<td>Burlington, VT</td>
</tr>
<tr>
<td>Valley Vista</td>
<td>Bradford, VT</td>
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</tbody>
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### NEEDLE EXCHANGE AND NARCAN

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIV/HCV Resource Center</td>
<td>(603) 448-8887</td>
</tr>
<tr>
<td>Call for day, time, and locations of needle exchange and Narcan distribution programs in your area.</td>
<td>Upper Connecticut River Valley region</td>
</tr>
</tbody>
</table>
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. Medication drop boxes are safe, secure, mailbox-like boxes, most often located in police stations. Go to TwinStateSafeMeds.org for location information.

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.

<table>
<thead>
<tr>
<th>Prevention Coalition</th>
<th>Region</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALL Together</td>
<td>Lebanon, NH region</td>
<td><a href="http://www.UVALLTogether.org">www.UVALLTogether.org</a></td>
</tr>
<tr>
<td>Communities United of Sullivan County</td>
<td>Sullivan County, NH region</td>
<td>PreventionWorksNH.org</td>
</tr>
<tr>
<td>Hartford Prevention Coalition</td>
<td>Hartford, VT region</td>
<td><a href="http://www.hartfordcommunitycoalition.org">www.hartfordcommunitycoalition.org</a></td>
</tr>
<tr>
<td>Mount Ascutney Prevention Partnership</td>
<td>Windsor, VT region</td>
<td><a href="http://www.mappvt.org">www.mappvt.org</a></td>
</tr>
<tr>
<td>NAMI New Hampshire Upper Valley Resources</td>
<td></td>
<td><a href="http://www.uvmentalhealth.org">www.uvmentalhealth.org</a></td>
</tr>
<tr>
<td>North Country Prevention Network</td>
<td>Littleton, NH region</td>
<td><a href="http://www.nchcnh.org">www.nchcnh.org</a></td>
</tr>
<tr>
<td>New Hampshire Regional Public Health Networks</td>
<td></td>
<td>Across New Hampshire nhphn.org</td>
</tr>
</tbody>
</table>

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; referral to treatment services; and recovery support. Ask your school if they have a Student Assistance Program or Behavioral Health Provider.
What If I Can’t Afford Treatment?

If you are uninsured, under-insured, 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
- **Northern Human Services**
  - White Mountain Mental Health
  - (603) 444-5358

**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.

Support for the Consumer’s Guide is provided by: