

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) 653-6861.

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 (Vermont)
603-622-6967 (New Hampshire)
1-800-593-3330 (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.org (National)
www.nhal-anon.org (New Hampshire)
www.vermontal-anonlateen.org (Vermont)
603-369-6930 (NH Al-Anon/ Alateen)
866-972-5266 (VT Al-Anon/ Alateen)

NAR-ANON, COCAINE ANONYMOUS

Peer support for friends and family of addicts
www.nar-anon.org
800-477-6291

NARCOTICS ANONYMOUS (NA)

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

SECOND GROWTH

Facilitated peer support for teens and young adults seeking recovery
www.secondgrowth.org
205 Billings Farm Road, Bldg. 1
White River Jct, VT 05001
802-295-9800

TURNING POINT CLUB

Community center offering recovery coaching for people in recovery from substance abuse, addiction and addictive behavior
secondwindfound.org
Second Wind Foundation
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

WITS END FOR PARENTS

Peer support for parents with children who are using drugs
Wilder, VT 05088
802-295-5206



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 Jct, VT 05001
 802-649-8949. Adults/ Private Ins./
 Self Pay

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.
 All Ages/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/ Sliding
 Fee Scale

EILEEN LANZA, LCMHC, LADAC

144 Palmer Court
 White River Jct, VT 05001
 802-649-3045. Ages 12+/ Medicaid/ Pri-
 vate 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 Ins.

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, ■ ■

Mt. Ascutney
 Hospital and Health Center
 289 County Road
 Windsor, VT 05089
 802-674-7382. Adults/
 Medicare/Medicaid/ Private Ins./
 Self Pay/Sliding Fee Scale

HEALTH CARE AND REHABILITATIVE SERV. of SE VT ■ ■

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 ■

49 School Street
 Hartford, VT 05047, 802-295-3031.

 14 River Street
 Windsor, VT 05089
 802-674-5971. 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 Jct, VT 05001
 603-448-8887.
 Mondays & Thursdays only,
 2:30 – 4:30 ask for Laura.
 Offering free Naloxone (Narcan) nasal
 spray and syringe exchange services.

KIMBERLY KNOWLTON-YOUNG, LICSW

144 Palmer Court
 White River Jct, VT 05001
 339-440-1103. Ages 17+/Medicaid/Pri-
 vate Ins.

LINDA MULLESTEIN, LCMHC, LADAC

Simmons House, Route 4
 Woodstock, VT 05091
 802-457-4110. All Ages/ Private Ins./
 Self Pay/ Sliding Fee Scale

NORI BOKUM, MA

VT Lic. Psychologist
 Norwich, VT 05055
 802-295-7500. All Ages/ 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/ Medicare/
Medicaid/ Private Ins./ Self Pay/ Sliding
Fee Scale

PAMELA ASHTON, Med, LADC

Better Mind Solutions, LLC
35 Bank Street
Bradford, VT 05033
802-449-3123. All Ages/ Medicaid/
Private Ins./ Self Pay/ Sliding Fee Scale

PETER COLLIER, LCSW

144 Palmer Court
White River Jct, VT 05001
802-649-8925. Adults/ Private Ins./
Self Pay

RICHARD ROOT, Ed.D

Twin State Psychological Services
29 Ridgewood Road
Springfield, VT 05156
802-885-5719. All Ages/ Medicare/ Med-
icaid/ 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
White River Jct, VT 05001
802-885-1904. All Ages/ Medicaid/
Private Ins./ Self Pay/ Sliding Fee Scale

SECOND GROWTH

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

TURNING POINT RECOVERY CENTER

OF SPRINGFIELD, VT 802-885-4668

7 Morgan Street
Springfield, VT 05156
802-885-4668. Substance free drop-
in, support group, & referral center for
people in recovery

UPPER VALLEY TURNING POINT

Second Wind Foundation
200 Olcott Drive
Wilder, VT 05088
802-295-5206.

VETERAN'S ADMINISTRATION Med. Ctr.

163 Veterans Drive
White River Jct, VT 05001
802-295-9363. All Ages/ 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

Social 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

Medical Detox / Res. Treatment
Anna Marsh Lane
Brattleboro, VT 05301
802-258-3700. All Ages/ Medicare/ Med-
icaid/ 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

MAPLE LEAF FARM

Clinical Detox / Res. Treatment
10 Maple Leaf Road
Underhill, VT 05489
802-899-2911. Adults/ Medicaid/ Private
Ins./ Self Pay/
Co-Occurring Mental Health/
Opioid Treatment with Buprenorphine

PHOENIX HOUSE RISE PROGRAM

Trans. Living
435 Western Avenue
Brattleboro, VT 05301
802-463-9851. Adults/ 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
Trans. Living
35 Washington Street
Rutland, VT 05701
802-775-3476. Adults/ Self Pay/
Co-Occurring Mental Health

RECOVERY HOUSE INC

SERENITY HOUSE
Res. Treatment
98 Church Street
Wallingford, VT 05773
802-446-2640. Adults/ Medicare/ Med-
icaid/ Private Ins./ Self Pay/ Sliding Fee
Scale/ Co-Occurring Mental Health

SECOND WIND FOUNDATION/

WILLOW GROVE

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

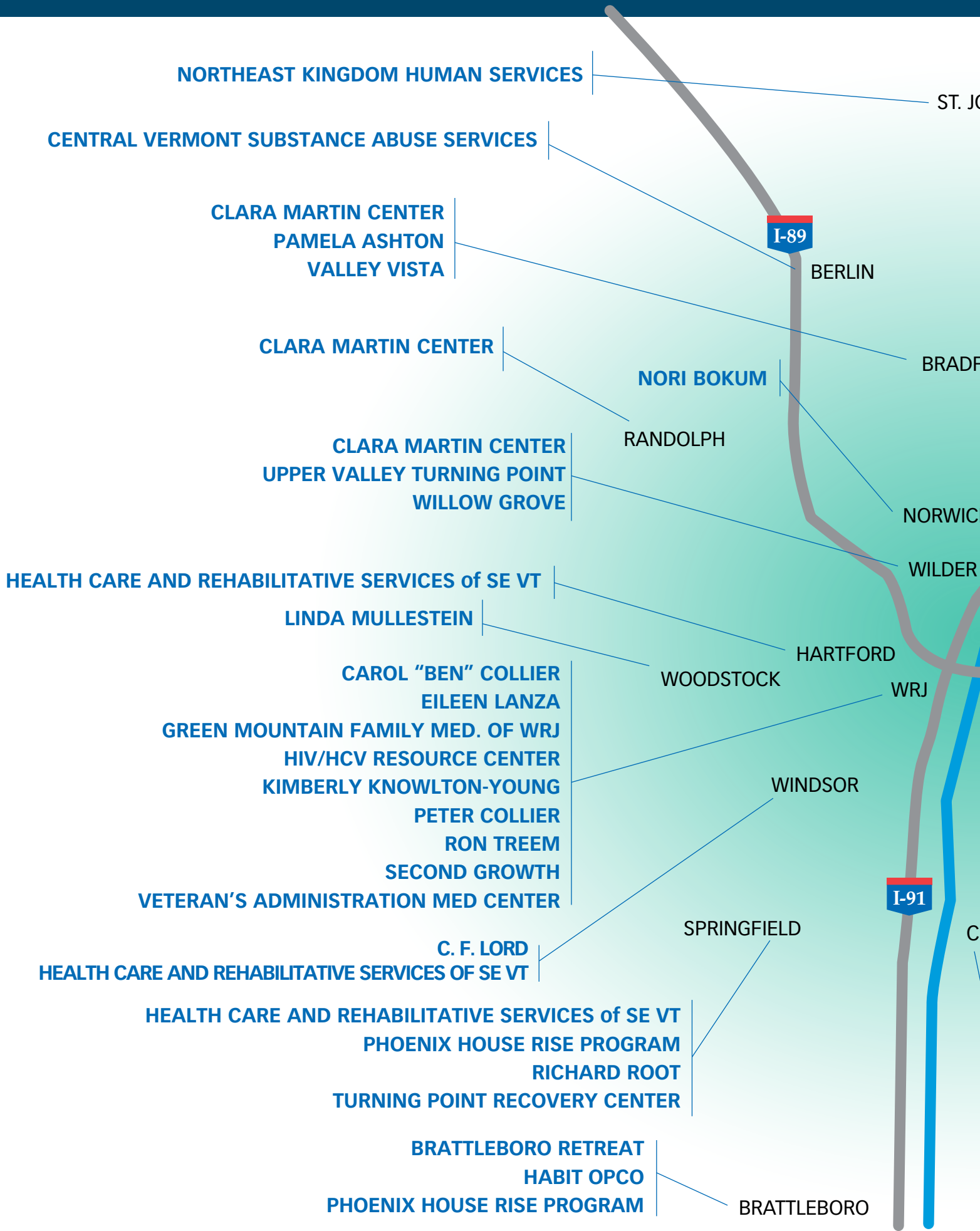
SPRUCE MOUNTAIN INN

Res. Treatment/Trans. Living
155 Towne Ave
Plainfield, VT 05667
802-454-8353. Ages 17-30/ Self Pay/
Co-Occurring Mental Health

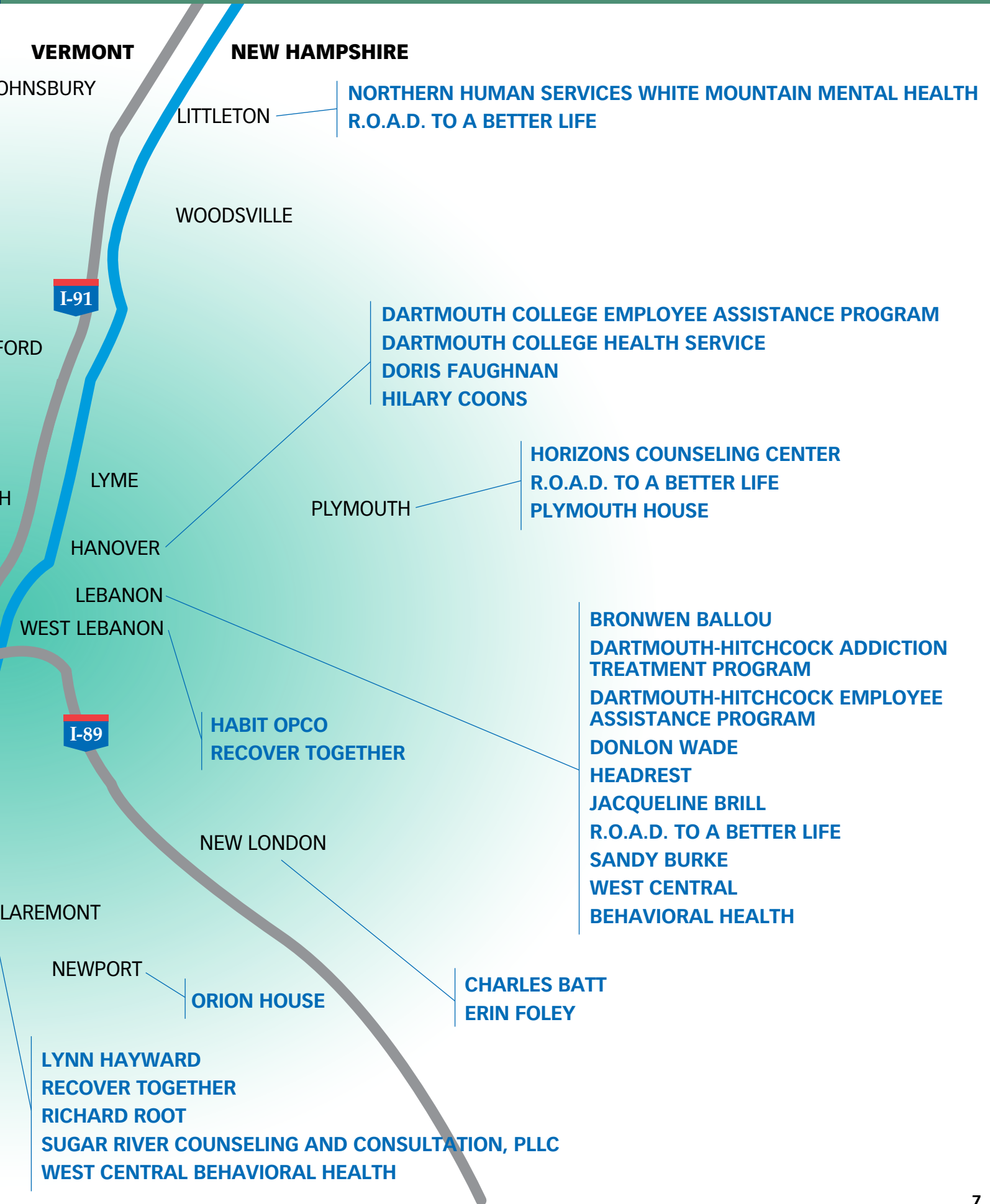
VALLEY VISTA

Medical Detox./Res. Treatment
23 Upper Plain Road
Bradford, VT 05033
802-222-5201. Ages 13+/ Medicare/
Medicaid/ Private Ins./ Self Pay/ Sliding
Fee Scale/ Co-Occurring Mental Health/
Opioid Treatment with Buprenorphine
and Methadone

VERMONT SERVICES MAP



NEW HAMPSHIRE SERVICES MAP



NEW HAMPSHIRE OUTPATIENT SERVICES

BRONWEN BALLOU, LCMHC, LICSW

Hanover Road Professional Center
367 Route 120, Suite B8
Lebanon, NH 03766
603-653-0199. Adults/ Private Ins./
Self Pay/ Sliding Fee Scale

CHARLES BATT, MD, Psychiatrist

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

DARTMOUTH COLLEGE EMPLOYEE ASSISTANCE PROGRAM

53 South Main Street, Suite 204
Hanover, NH 03755
603-646-1165. Adults/
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
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 03756
603-650-5819. Adults/
Employees Only/ No Fee

DONLON WADE, LADC

2 South Park Street
Lebanon, NH 03766
603-448-9994. All Ages/ Medicaid/
Private Ins./ Self Pay/ Sliding Fee Scale

DORIS FAUGHNAN, MLADC

Reach for the Stars Coaching
50 Greensboro Road, Suite 109
Hanover, NH 03755
603-306-6574.

ELENA VAN ZANDT, Med, MLADC

HALO Educational Systems
44 Roberts Road
Canaan, NH 03741
603-359-3321. All Ages/ Medicare/
Medicaid/ Private Ins./ Self Pay

ERIN FOLEY, MLADC

370 Main Street
New London, NH 03257
603-526-2256. Adults/ Medicaid/
Private Ins./ Self Pay

FRIENDSHIP HOUSE (Tri-County CAP)

6 Church Street
Woodsville, NH 03785
603-747-2535. Adults/ Self Pay/
Sliding Fee Scale

HABIT OPCO

254 Plainfield Road
West Lebanon, NH 03748
603-298-2146. Adults/ Medicare/
Medicaid/ Private Ins.

HEADREST

14 Church Street
Lebanon, NH 03766
603-448-4872. All Ages/ Medicaid/
Private Ins./ Self Pay/ Sliding Fee Scale

HILARY COONS, PhD

7 Allen Street #303
Hanover, NH 03755
603-643-9717. Adults/ Private Ins./
Self Pay/ Sliding Fee Scale

HORIZONS COUNSELING CENTER

258 Highland Street #13
Plymouth, NH 03264
603-536-2010. Ages 13+/ Medicaid/
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

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

NORTHERN HUMAN SERVICES

WHITE MOUNTAIN MENTAL HEALTH

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

RECOVER TOGETHER

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

1 Glen Road Plaza
West Lebanon, NH 03784
603-252-1675. Adults/Self Pay

RICHARD ROOT, Ed.D

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 B8
Plymouth, NH 03264
603-536-1008. Adults/ Medicare/ Med-
icaid/ Private Ins./ Self Pay/
Sliding Fee Scale

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 ■

Adult Services and Recovery Center
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

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
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/Trans. Living
2957 Main Street
Bethlehem, NH 03574
603-869-2210. Adults/ Self Pay/
Sliding Fee Scale/
Co-Occurring Mental Health

HEADREST

Non-medical Detox/Sobriety Maint./
Trans. Living
14 Church Street
Lebanon, NH 03766
603-448-4872. Adults/ Medicaid/
Private Ins./ Self Pay/ Sliding Fee Scale

KEYSTONE HALL

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

PHOENIX HOUSE DUBLIN CENTER

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

PHOENIX HOUSE KEENE CENTER

Res. Treatment/Intensive Outpatient with
Boarding
106 Roxbury Street
Keene, NH 03431
603-358-4041. Adults/ Private Ins./
Self Pay/ Sliding Fee Scale/
Co-Occurring Mental Health

PHOENIX HOUSE FRANKLIN CENTER

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

SERENITY PLACE

Non-medical Detox/ Sobriety Maint.
101 Manchester Street
Manchester, NH 03101
603-625-6980. Adults/ Medicaid/
Private Ins./ 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/ Sliding Fee Scale

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.
Ages 18-35/ 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 Ins./ Self Pay

PLYMOUTH HOUSE

12-Step Based Res.
Community
446 Main Street
Plymouth, NH 03264
800-428-8459.
Adults/ 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)

Brattleboro Retreat (Brattleboro, VT)
Habit OpCo (West Lebanon, NH and Brattleboro, VT)
Valley Vista (Bradford, VT)

Suboxone (Buprenorphine)-Assisted Treatment

(See listings for contact information)

Brattleboro Retreat (Brattleboro, VT)
Central Vermont Substance Abuse Services (Berlin, VT)
Clara Martin Center/Quitting Time (Wilder, VT)
Dartmouth-Hitchcock Addiction Treatment Program (Lebanon, NH)
Farnum Center (Manchester, NH)
Green Mountain Family Medicine (White River Jct, VT)
Habit OpCo (West Lebanon, NH and Brattleboro, VT)
Recover Together (Claremont and Lebanon, NH)
Rockingham Medical Group (Bellows Falls, VT)

Treatment Services for Pregnant Women

Dartmouth-Hitchcock Perinatal Addiction Treatment Program (Lebanon, NH)
Lund Family Center (Burlington, VT)
Valley Vista (Bradford, VT)

Peer Recovery Services

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

Needle Exchange and Narcan

HIV/HCV Resource Center (Upper Connecticut River Valley region)
603-448-8887. Call for day, time, and locations of needle exchange and Narcan distribution programs in your area.

Safe Disposal of Unused 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.

ALL Together (Lebanon, NH region) www.UVALLTogether.org

Communities United of Sullivan County (Sullivan County, NH region) PreventionWorksNH.org

Hartford Prevention Coalition (Hartford, VT region) www.hartfordcommunitycoalition.org

Mount Ascutney Prevention Partnership (Windsor, VT region) www.mappvt.org

North Country Prevention Network (Littleton, NH region) www.nchcnh.org

NAMI New Hampshire Upper Valley Resources (Lebanon, NH region) www.uvmentalhealth.org

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
AND HEALTH CENTER