



# Treatment Works. Recovery Is Possible.

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

# 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.

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# Seek Help

## CRISIS PHONE NUMBERS

Suicide Prevention Lifeline	(800) 273-TALK (8255)
NH Statewide Addiction Crisis Line	(844) 711-HELP (4357)
Clara Martin Center	(802) 295-1311
Health Care & Rehabilitation Services of Southeast Vermont	(802) 295-3031
West Central Behavioral Health	(800) 564-2578
Poison Control	(800) 222-1222

## ONLINE RESOURCES

New Hampshire	<a href="http://www.nhtreatment.org">www.nhtreatment.org</a>	<a href="http://coveringnewhampshire.org">coveringnewhampshire.org</a> (Health Care Coverage)
Vermont	<a href="http://healthvermont.gov/adap/adap.aspx">healthvermont.gov/adap/adap.aspx</a>	<a href="http://info.healthconnect.vermont.gov">info.healthconnect.vermont.gov</a> (Health Care Coverage)

**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](http://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.al-anon.alateen.org](http://www.al-anon.alateen.org)

#### New Hampshire

[www.nhal-anon.org](http://www.nhal-anon.org)  
(603) 369-6930

#### Vermont

[www.vermontalananonlateen.org](http://www.vermontalananonlateen.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](http://www.nar-anon.org)  
(800) 477-6291

### Narcotics Anonymous (NA)

Peer support for recovery

#### New Hampshire

[www.gsana.org](http://www.gsana.org)  
(888) 624-3578

#### Vermont

[www.gmana.org](http://www.gmana.org)  
(802) 773-5575

### Second Growth

Provides groups for teen and young adults in recovery and recovery coaching services for all ages  
[www.secondgrowth.org](http://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](http://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) 653-6861 or email [info@uvalltogether.org](mailto: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

#### KEY

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

### Eileen Lanza, LCMHC, LADC ●

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, LADC ●

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/Medicaid/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

### 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.



# 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. - Grace House**

Transitional 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/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale/Co-Occurring Mental Health

## **Second Wind Foundation/Willow Grove**

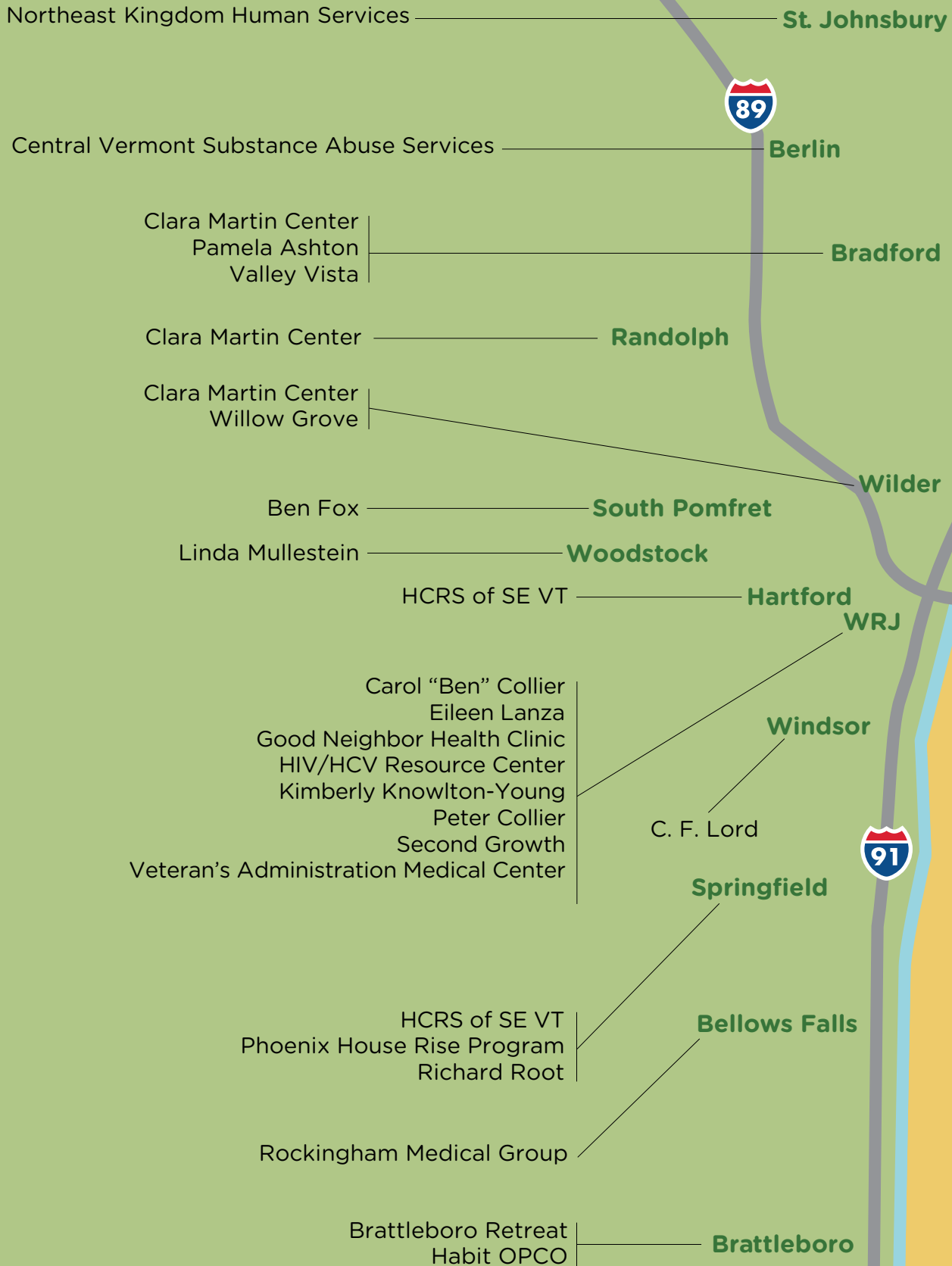
Transitional Living  
200 Olcott Drive  
White River Junction, VT 05001  
(802) 295-5206  
Adults/Females/Self-Pay/Sliding Fee Scale

## **Valley Vista**

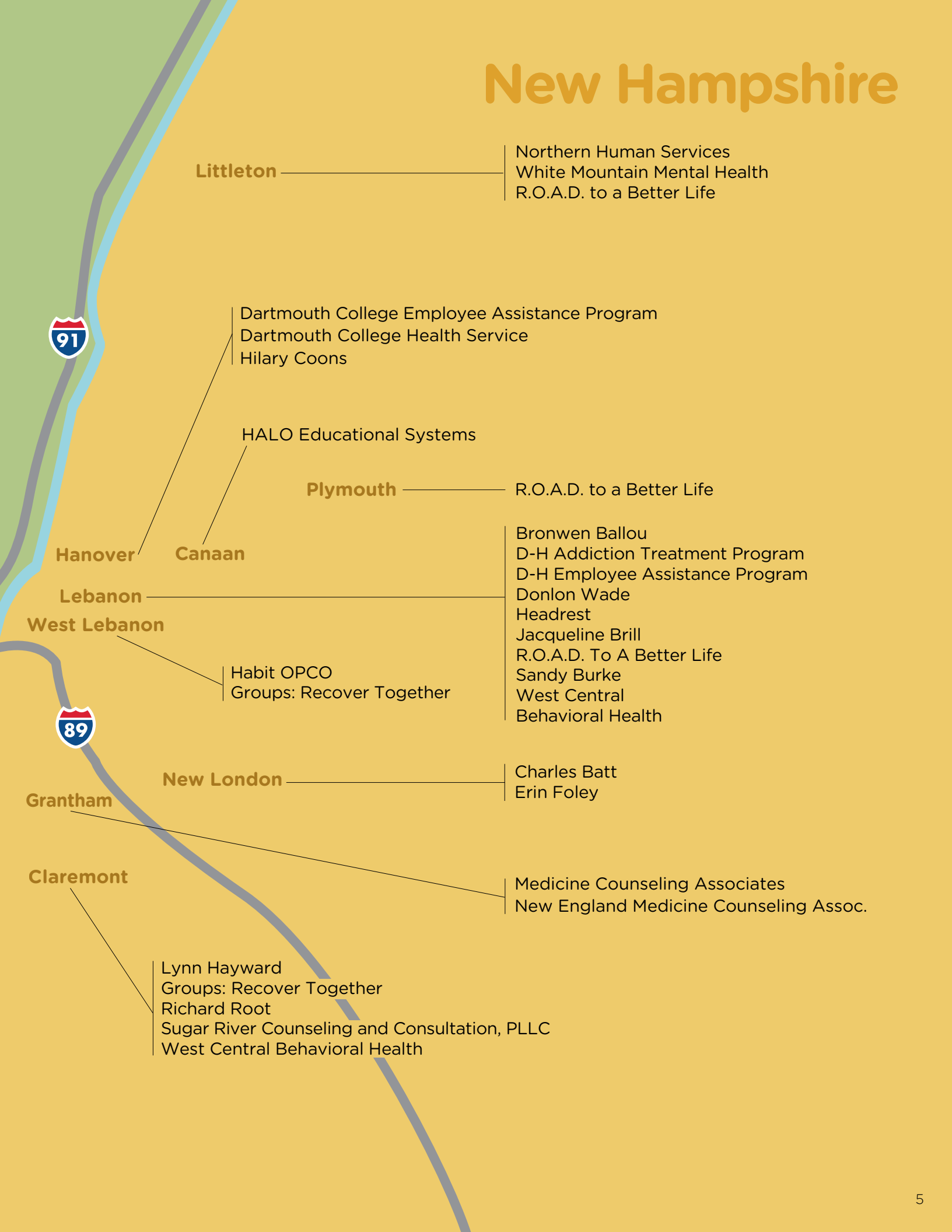
Medical Detox/Res. Treatment  
23 Upper Plain  
Bradford, VT 05033  
(802) 222-5201  
Ages 13+/Pregnant Females/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale/Co-Occurring Mental Health/Opioid Treatment with Buprenorphine



# Vermont



# New Hampshire



**Littleton**

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

Dartmouth College Employee Assistance Program  
Dartmouth College Health Service  
Hilary Coons

HALO Educational Systems

**Plymouth**

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

**Hanover**

**Canaan**

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

**Lebanon**

**West Lebanon**

Habit OPCO  
Groups: Recover Together



**Grantham**

**New London**

Charles Batt  
Erin Foley

**Claremont**

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

# 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 03756  
(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/Medicaid/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/Medicaid/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-Occurring 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/Self-Pay/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/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) 464-5555  
Ages 18-35/Sponsorship Required

## **Keystone Hall**

Short- and Long-Term  
Res. Treatment for Adults and  
Women with Children  
615 Amherst Street  
Nashua, NH 03060  
(603) 881-4848  
Adults/Pregnant and Postpartum  
Females/Self-Pay/Sliding Fee Scale/  
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

## **Phoenix House Dublin Center**

Res. Treatment  
3 Pierce Road  
Dublin, NH 03444  
(603) 563-8501  
Adults/Medicaid/Private Ins./Self-  
Pay/Sliding Fee Scale/Co-Occurring  
Mental Health

## **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



# 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 (See listings for contact information)

**Brattleboro Retreat** Brattleboro, VT

**Habit OPCO** West Lebanon, NH  
Brattleboro, VT

**Valley Vista** Bradford, VT

## BUPRENORPHINE - ASSISTED TREATMENT (See listings for contact information)

**Brattleboro Retreat** Brattleboro, VT

**Central Vermont Substance Abuse Services** Berlin, VT

**Clara Martin Center** Wilder, VT

**Dartmouth-Hitchcock Addiction Treatment Program** Lebanon, NH

**Groups: Recover Together** Claremont and Lebanon, NH

**Habit OPCO** West Lebanon, NH  
Brattleboro, VT

**Rockingham Medical Group** Bellows Falls, VT

**Valley Vista** Bradford, VT

## TREATMENT SERVICES FOR PREGNANT WOMEN

**Dartmouth-Hitchcock Perinatal Addiction Treatment Program** Lebanon, NH

**Keystone Hall** Nashua, NH

**Lund Family Center** Burlington, VT

**Valley Vista** Bradford, VT

## NEEDLE EXCHANGE AND NARCAN

**HIV/HCV Resource Center**  
(603) 448-8887

Call for day, time, and locations of needle exchange and Narcan distribution programs in your area.

Upper Connecticut River Valley region

# Prevention and Early Intervention Services

## 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](http://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.

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

## 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:

