



# Treatment Works. Recovery Is Possible.

Consumer's Guide for Substance Use Treatment  
in the Upper Connecticut River Valley  
**2020 Edition**

# 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 Doorways	Dial 211
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

### The Center for Recovery Resources

Supportive recovery community center  
196 Main Street  
Claremont, NH 03743  
(603) 552-7253

**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

### 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

### Savida Health-Windsor VT Office

Dr. Clifton Lord  
141 Etta Frasier Dr  
Windsor, VT 05089  
802-674-9400/ 833-356-4080  
Adults/ All Insurances

### Savida Health-White River Junction VT

**Office** 222 Holiday Dr Building 2, Suite 27  
White River Jct, VT 05001  
802-674-9400 /833-356-4080  
Adults/All Insurances

### Savida Health- Springfield VT Office

368 River St Suite  
160 Springfield, VT 05156  
Adults/All Insurances

#### KEY

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

### 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  
(802) 295-3032  
All Ages/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

### HIV/HCV Resource Center ●

Located at Good Neighbor Health  
Clinic  
(603) 448-8887  
(802) 295-1868 (Syringe Exchange) 2  
Black Smith Street  
Lebanon NH 03766  
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 ●

20 West Park Street  
Lebanon, NH 03766  
Ages 13+/Medicaid/Medicare  
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/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  
Mailing: P.O. Box 206, Hanover,  
NH (802) 295-9800  
Anti-Vaping, Ages 10+  
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  
ONLY Military Insurance

# 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 / Public Inebriation Program  
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/ ST Crisis / Detox for Adults  
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  
Residential for Ages 5-17 ONLY

## **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**

35 Washington Street  
Rutland, VT 05701  
(802) 775-3476  
Co-Occurring Mental Health  
State of VT Funded

## **Recovery House Inc. - Serenity House**

Nels Klouster, MD  
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  
Females/Self-Pay/Sliding Fee Scale  
Mothers with Children

## **Valley Vista**

Medical Detox/Res. Treatment 23  
Upper Plain  
Bradford, VT 05033  
(802) 222-5201  
Pregnant Females/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale/Co-Occurring Mental Health/Opioid Treatment with Buprenorphine / Age 18  
Vergennes location Women Only

## **Ideal Primary Care**

Suzanne Carlisle Stebenne, APRN  
212 Holiday Dr, Suite 4  
802-698-8028

## **Savida Health-White River Junction VT Office**

222 Holiday Dr Building 2, Suite 27  
White River Jct, VT 05001  
802-674-9400 /833-356-4080  
Adults/All Insurances

## **Savida Health- Springfield VT Office**

368 River St Suite 160  
Springfield, VT 05156  
Adults/All Insurances



# Vermont

Northeast Kingdom Human Services ————— **St. Johnsbury**



Central Vermont Substance Abuse Services ————— **Berlin**

Clara Martin Center  
Pamela Ashton  
Valley Vista |————— **Bradford**

Clara Martin Center ————— **Randolph**

Clara Martin Center  
Willow Grove |————— **Wilder**

Ben Fox ————— **South Pomfret**

Linda Mullestein ————— **Woodstock**

HCRS of SE VT ————— **Hartford**  
**WRJ**

Eileen Lanza  
Good Neighbor Health Clinic  
HIV/HCV Resource Center  
Kimberly Knowlton-Young  
Peter Collier  
Second Growth  
Veteran's Administration Medical Center |————— **Windsor**

C. F. Lord



**Springfield**

HCRS of SE VT  
Phoenix House Rise Program  
Richard Root |————— **Bellows Falls**

Rockingham Medical Group

Brattleboro Retreat  
Habit OPCO |————— **Brattleboro**

# New Hampshire



**For information on  
Treatment and Recovery  
resources contact your  
local NH Doorways Program**

**DIAL 211 or visit  
[www.thedoorway.nh.gov](http://www.thedoorway.nh.gov)**

# 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

Dick's House  
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/Medicaid/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 / NO Harvard Pilgrim

### KEY

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

## Groups: Recover Together ●

5 Dunning Street  
Claremont, NH 03743  
31 Hanover Street  
Lebanon, NH 03766  
(844) 637-6237  
Adults/Self-Pay/ Anthem/ HP/UHC / NH Healthy Families

## Habit OPCO ●

254 Plainfield Road  
West Lebanon, NH 03784  
(603) 298-2146  
Adults/Medicaid-VT&NH/Anthem/HP/BCBS/MVP/Most Marketplace Ins \*Soon Medicare

## HALO Educational Systems ● Elena Van

Zandt, MEd, MLADC 41 Roberts Road  
Canaan, NH 03741  
(603) 359-3321  
IOP & Smart Recovery  
Licensed Mental Health Counselor MAT  
Clinic / All ages /Medicare/Medicaid/Private Ins./Self-Pay/VA Approved / IOP & Smart Recovery

## Headrest ●

Alice Peck Day Hospital  
141 Mascoma 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 ●

6 South Park Street  
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  
Additional Manchester IOC

## Better Life Partners (Multiple Locations)

MAT Services  
Call/ Text: 1 (866) 679-0831

## Town of Hanover

41 South Main Street  
Hanover, NH 03755

## Franklin Lodge #6

25 Green Street  
Lebanon, NH 03766

## Counseling Associates

35 Newport Road  
New London, NH 03251

## Claremont Learning Partnership

169 Main Street  
Claremont, NH 03743

## TLC Center for Recovery / REMIX

1 Pleasant Street  
Claremont, NH 03743

## 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 ●

5 Locations  
255 Route 108  
Somersworth, NH 03878

603-841-2301

Mound Court

Merrimack, NH 03754

603-423-0207

2299 Woodbury Ave

Newington, NH 03801

603-766-8660

245 South Main St

Wolfboro, NH 03894

603-515-2240

22 Bridge St, Suite 2

Concord, NH 03301

603-727-9071

Adults/Medicare/Medicaid/Private

Insurance/ 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

## Farnum Center Outpatient

700 Lake Ave

Manchester, NH 03103

603-263-6200

Adults/Medicaid/Private Ins/Self-Pay/

Sliding Fee Scale/Opioid treatment with

Buprenorphine



# 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 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

367 Shaker Rd

Canterbury, NH 03224

(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

## **Granite Recovery Centers: Vision House**

Res. Treatment for Women  
Manchester, NH 03103

877-824-5992

[www.graniterecoverycenters.com](http://www.graniterecoverycenters.com)

## **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/Separate Male &

Female Programs/Suggested

Sponsorship of \$50-\$75/monthly for  
personal items

Year Long program/Non-Profit

Organization

## **Keystone Hall**

Short- and Long-Term (28D/90D)

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

Medicare/VT & NH Medicaid/  
Private Ins/Self-pay

## **Phoenix House Dublin Center**

Residential Treatment /IOP/  
Outpatient/MAT

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

## **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

## **Halo Educational Systems**

Elena Van Zandt

IOP & Smart Recovery

Licensed Mental Health Counselor

& MAT Clinic

44 Roberts Rd

Canaan, NH 03741

603-359-3321

All ages/Medicare/Medicaid/  
Private Ins/Self-Pay/VA Approved

## **New England Medicine Counseling Associates**

912 Union St,

Manchester, NH 03104

603-836-1876



# 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

**NH Doorways - statewide** Dial 211

# 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>GSC 360</b>	Sullivan County, NH region <a href="http://GSCPHN.org">GSCPHN.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.

# Case Management Services

Care coordination and case management—many people struggling with substance misuse also face tremendous pressures from debt, housing instability, medical, dental and emotional neglect. Nurses, counselors, case managers and practices are ready to help them address and resolve these issues.

As you contact treatment providers ask if there is a case manager staff that works with the practice. They can make a tremendous difference. They want to help you!

## 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:

