



Treatment Works. Recovery Is Possible.

Consumer's Guide for Substance Use Treatment
in the Upper Connecticut River Valley
2022 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.

Seek Help.....	1
Peer Support Recovery Programs.....	1
Vermont Treatment Services.....	2
Outpatient Services Location Map	4
New Hampshire Treatment Services.....	6
Treatment of Heroin, Opioids, and Prescription Pain Medication Use.....	8
Prevention and Early Intervention Services	9

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 www.nhtreatment.org coveringnewhampshire.org
(Health Care Coverage)

Vermont healthvermont.gov/adap/adap.aspx info.healthconnect.vermont.gov
(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

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

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

Vermont
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
62 Pleasant Street
Claremont, NH 03743
(603) 287-7127

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

Vermont
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
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) 653-6861 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 Service

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

Non-medical Detox/ST Crisis/
Anna Marsh Lane
Brattleboro, VT 05301
(802) 258-3700

All Ages/Medicare/Medicaid/Private Ins./Self-Pay/ Sliding Fee Scale

Residential for Ages 5-17 ONLY

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, VT05060
(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 FeeScale

Savida Health-Windsor •

Windsor, VT 05089
802-674-9400/ 833-356-4080
Adults/ All Insurances

Savida Health-WRJ •

222 Holiday Dr Building 2, Suite 27 White
River Jct, VT 05001
802-674-9400 /833-356-4080
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
All Ages/Medicare/Medicaid/Private
Ins./Self-Pay/Sliding Fee Scale

HIV/HCV Resource Center •

(603) 276-9698
(802) 295-1868 (Syringe Exchange)
2 Black Smith Street
Lebanon NH 03766
Offering free Naloxone (Narcan) nasal
spray and syringe exchange services

Kimberly Knowlton-Young, LICSW •

20 West Park St
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

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

Res. Treatment
98 Church Street
Wallingford, VT 05773
(802) 446-2640
Adults/Medicaid/PrivateIns./Self-Pay/Sliding Fee Scale/Co-Occurring Mental Health

Second Wind Foundation Willow Grove, Jack's House

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

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

Spring Lake Ranch

Res. Treatment
1169 Spring Lake Road
Cuttingsville, VT 05738
Main: (802) 492-3322
Admissions: (802) 772-8350
Adults/Private pay

Spruce Mountain Inn

Res. Treatment
155 Towne Ave
Plainfield, VT 05667
(802) 454-8353
Young adults (18-28)
Mental Health/Co-occurring substance use or addiction-related compulsive behaviors.



Outpatient Services

Bronwen Ballou, 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 Hitchcock Addiction Treatment Program ●●

Rivermill Commercial Center
85 Mechanic Street
Lebanon, NH 03766
(603) 653-1860
All Ages/Medicare/Medicaid/Private Ins./Self-Pay/Sliding Fee Scale

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

Groups: Recover Together ●

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

KEY

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

HALO Educational Systems ●●●●

44 Roberts Road. Canaan, NH 03741
1 School Street. Lebanon NH 03766
(603) 523-8804
IOP & Smart Recovery
Licensed Mental Health Counselor/
MAT Clinic / All ages / Medicare/
Medicaid/ Private Ins/ Self-Pay/ VA
Approved / IOP & Smart Recovery

Headrest ●●

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

HIV/HCV Resource Center ●

(603) 276-9698
(802) 295-1868 (Syringe Exchange) 2
Black Smith Street
Lebanon NH 03766
Offering free Naloxone (Narcan) nasal spray and syringe exchange services

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

Counseling Associates ●●

(Multiple Locations)
(603) 865-1321

Claremont Learning Partnership

169 Main Street
Claremont, NH 03743
(603) 287-7120

The Center for Recovery Resources ●

62 Pleasant Street
Claremont, NH 03743
(603) 287-7127

REMIX ●

1 Pleasant Street, Suite 102
Claremont, NH 03743
(603) 504-4231

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

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

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

Residential Treatment Services

Farnum Center

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

Granite Recovery Centers: Green Mountain Treatment Center

Effingham, NH
(877) 824-5992
Adults/Self-Pay/Private Ins./Co-Occurring Mental Health

Granite Recovery Centers: GraniteHouse 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: NewFreedom Academy

Res. Treatment - 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: QueenCity Sober Living

Sober Living Environment for Men
Manchester, NH
(877) 855-4944
Adults/Males/Self-Pay/Co-Occurring Mental Health

Granite Recovery Centers: VisionHouse

Res. Treatment for Women
Manchester, NH 03103
877-824-5992
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

Liberty Health Services

Acute Medical Detox (5-10 days)
29 Ashleigh Drive
Derry, NH 03038
(603) 216-0277
Adults/Self-Pay/Private Ins.

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

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

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

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 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
GSC 360	Sullivan County, NH region GSCPHN.org
Hartford Prevention Coalition	Hartford, VT region www.hartfordcommunitycoalition.org
Mount Ascutney Prevention Partnership	Windsor, VT region www.mappvt.org
NAMI New Hampshire Upper Valley Resources	www.uvmentalhealth.org
North Country Prevention Network	Littleton, NH region www.nchcnh.org
New Hampshire Regional Public Health Networks	Across New Hampshire nhphn.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; 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:

