

## Treatment & Recovery Centers

### Windham County

#### Health Care & Rehabilitation Services of Southeastern Vermont

1 Hospital Court Bellows Falls, VT  
(802) 463-3947

O

#### Health Care & Rehabilitation Services of Southeastern Vermont

51 Fairview Street Brattleboro, VT  
(802) 254-6028

A, O

#### Rise I

435 Western Avenue Brattleboro, VT  
(844)-388-6249

HH

#### Rise II

11 Underhill Avenue Bellows Falls, VT  
(844)-396-5068

HH

#### Rise III

178 Linden Street Brattleboro, VT  
(844)-396-5068

H, W

#### Starting Now

1 Anna Marsh Lane Brattleboro, VT  
(802) 258-3700

I

#### Turning Point of Windham County

39 Elm Street Brattleboro, VT  
(802) 257-5600

RC

## Statewide Residential Programs

#### Howard Center Act One/Bridge Program

184 Pearl Street Burlington, VT (802) 488-6425  
D, PIP, R

#### Recovery House

98 Church Street Wallingford, VT (802) 446-2640  
D, HH, PIP, R

#### Phoenix House

3 Pierce Road Dublin, NH 1-888-671-9392  
A, R

#### Valley Vista

23 Upper Plain Road Bradford, VT (802) 222-5201  
A, D, R

1 Alden Place Vergennes, VT (802) 222-5201  
R, RC

## Opioid Treatment Hubs

#### BAART Behavioral Health Services

475 Union Street Newport, VT (802) 334-0110  
1097 Hospital Drive St. Johnsbury, VT (802) 748-6166  
242 South Main Street St. Albans, VT (802) 370-3545

#### Habit OpCo

16 Town Crier Drive Brattleboro, VT (802) 349-1880  
254 Plainfield Road West Lebanon, NH (603) 298-2146

#### West Ridge Center for Addiction Recovery

1 Scale Avenue, Building 10 Rutland, VT (802) 776-5800

#### Brattleboro Retreat

1 Anna Marsh Lane Brattleboro, VT (802) 257-7785

#### Central Vermont Addiction Medicine

300 Granger Road Berlin, VT (802) 223-2003

#### Howard Center Chittenden Clinic

1 South Prospect Street Burlington, VT (802) 488-6450  
75 San Remo Drive South Burlington, VT (802) 488-6450  
Toll Free (800) 413-2272

#### KEY TO AVAILABLE SERVICES

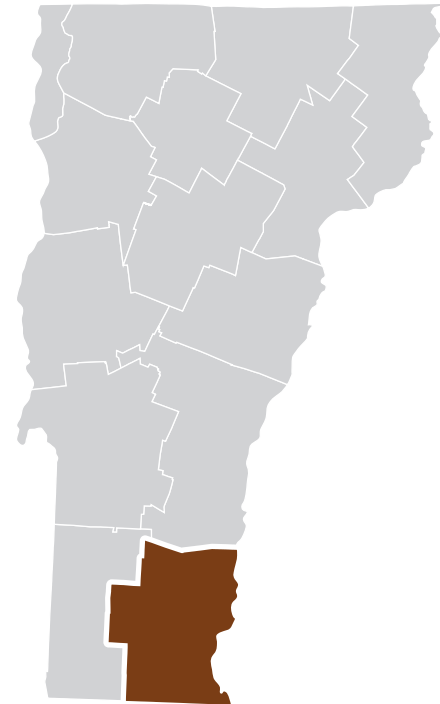
<b>A</b>	Adolescents	<b>O</b>	Outpatient
<b>D</b>	Detox	<b>PIP</b>	Public Inebriate Program
<b>HH</b>	Halfway House	<b>R</b>	Residential
<b>I</b>	Intensive Outpatient	<b>RC</b>	Recovery Center
<b>IDRP</b>	Impaired Driver Rehabilitation Program	<b>W</b>	Women Only

# Alcohol & Drug Treatment Resource Guide

## Thinking about treatment?

This guide addresses commonly asked questions for people trying to get help.

## Windham County



Division of Alcohol & Drug Abuse Programs  
108 Cherry Street, Burlington, VT 05401  
(800) 464-4343 (802) 651-1550

# Do you or someone you know need help with alcohol, marijuana, prescription drugs, or other drugs?

## What are the different ways I can get help?

There are a few ways you can begin treatment. You can contact a counselor or treatment center directly, or someone you are already working with (for example, your doctor, nurse or social worker) can help you contact one.

### Different Types of Help

**Outpatient Programs** provide assessment and counseling services while you live at home. This may include meeting with a counselor one-on-one or going to a group meeting one or two times a week.

**Intensive Outpatient Programs** usually last for about 2-3 hours a day, 3 days a week, for several weeks while you live at home.

**Residential Programs** offer counseling and group services while you live at a treatment center for a few weeks at a time.

**The Care Alliance for Opioid Addiction** is a team of health professionals (called “Spokes”) and treatment centers (called “Hubs”) who provide Medication Assisted Treatment, like methadone, buprenorphine, or Vivitrol to Vermonters addicted to prescription opioids or heroin.

### What is a Recovery Center?

Recovery Centers provide welcoming, safe and supportive environments for those interested in recovery. Recovery Centers offer peer supports, substance-free recreation activities, volunteer opportunities and community education and recovery supporting services such as Alcoholics Anonymous or Narcotics Anonymous.

For more information and to find a Recovery Center, visit: [VTRecoveryNetwork.org](http://VTRecoveryNetwork.org)

## What type of substance use disorder treatment is right for me?

### How do I know where to go?

If you are not sure what type of treatment is right for you, call your local counselor or treatment center (listed on the back of this guide) and they will help you get started. You can also Dial 211 in Vermont or visit [Vermont211.org](http://Vermont211.org) for referral help to treatment programs. 211 is free, confidential, and available 24/7.

## Commonly Asked Questions

### What can I expect?

Calling a counselor or treatment center to get help can be hard, but is a huge first step toward a healthier life.

During the call, the counselor or treatment center staff may want to ask you about alcohol, marijuana, prescription drug, or other drug use. They may ask questions like “how much?” and “how often?” so be sure to call from a quiet place where you feel comfortable talking.

The counselor or treatment center staff may schedule an appointment with you for an assessment or may refer you to another treatment center. After you have the assessment, your counselor or treatment provider will talk about the next steps for you in treatment.

### What if I am worried about...?

- Leaving my family to go to a residential program.
- Fitting treatment in my schedule due to work, family responsibilities, or other reasons.
- Traveling to get treatment.
- Paying for treatment.

Talk about these things with your counselor or treatment center and they can help you.

### How soon can I get help?

The amount of time it takes between when you call and when you can start treatment can vary. The program will work with you so that you get help as quickly as possible. If you are pregnant you will be considered a priority for treatment.

## Connecting Youth to Services

### How do I know if my child needs help?

Drug and alcohol use could cause changes in social activity, physical or mental health, or problems at school or at home. If you notice changes in your child's mood or behavior, and suspect or know your child is using drugs or alcohol, there are resources to help you have a conversation with your child and get them treatment if needed.

Visit [ParentUpVT.org](http://ParentUpVT.org) for more information on risks, warning signs, tips for talking with your child, and how to get help.

### How can I find help?

If you are concerned your child may be using drugs or alcohol, a good place to start is with your child's doctor or school staff like Student Assistance Professionals (SAP), school-based clinicians, or guidance counselors.

For a list of preferred treatment providers, see the back of this brochure. When choosing treatment for your child, ask for a treatment provider who specializes in treating youth.

### What are Substance Free and Recovery Resources for youth?

Taking part in substance-free activities can help prevent youth substance use and support youth recovery. These activities can include youth mentoring programs, Boys and Girls Clubs, teen and community recreation centers, school sports, groups and activities, summer and school vacation camps, and adolescent support provided through faith-based organizations.

Prevention and recovery services can be found through school health staff or your child's doctor. Your local mental health and substance use disorder treatment agency may have resources for you as well. Some Recovery or Turning Point Centers have programming specifically for youth, such as Alateen.