



Levels of Care:

Insuring successful transitions and positive outcomes for young people and their families



Educational & School Programs



Assessment & Evaluation



Welcome to Centerpoint
We're glad you're here!

Please explore our website and let us know
how we can be of most help to you!

Centerpoint's parenting and caregiver
support services have expanded to
include...

Grandparenting Connections

...for grandparents
raising adolescents

Bring grandparents together to increase social skills,
enhance existing supports and assist with daily living
concerns through our online support group and in-person
workshops.

Wednesdays 3:30 - 5:00

at Centerpoint South Burlington
1025 Airport Drive

For more information, contact our Family Support
Coordinator at 802.488.7711 or
family.support@centerpointvt.org



A little bit about us

Centerpoint provides a full array of treatment & educational supports and
services to teens, young adults, and their families faced with emotional,
behavioral, mental health, substance abuse, or special learning needs. At
Centerpoint, we believe in the strengths and assets of the teens and families
with whom we work. We recognize that our clients bring with them the
capacity to improve their lives, and we offer our skill, dedication, creativity, &
flexibility to assist our clients as they make these life changes.



Centerpoint Adolescent Treatment Services
802 488 7711 • information@centerpointvt.org
1025 Airport Drive South Burlington, VT 05403 94 West Canal Street
Winooski, VT 05404



Our Services

Centerpoint provides a full array of treatment & educational supports and programs to teens, young adults, and their families faced
with emotional, behavioral, mental health, substance abuse, or special learning needs. Centerpoint clients receive a
comprehensive plan of services that may include:

- Psychiatric and mental health evaluation
- Immediate Access substance abuse screening and assessment
- Integrated special education and mental health day treatment services through the Centerpoint School
- Outpatient counseling for mental health and substance abuse concerns
- Family counseling and parent support
- Group therapy
- Intensive outpatient (IOP) treatment programs and plans
- Gender-affirmative treatment services
- Art Therapy, music, and body-based treatment services
- Trauma-focused treatment and support
- School-based substance abuse and mental health services
- Trajectory intervention services
- Screening, brief intervention, and access to services and supports (SBIRT) through CHECKPOINT
- Life skills training and proficiency-based education plans through the Centerpoint Cooperative
- Therapeutic Driver Education and Training
- Community wellness and recovery support
- Services for youth involved through juvenile justice and the legal system
- Counseling services for the college and transition-aged student
- Prevention and early intervention programs
- Training and Consultation

Centerpoint's services are provided on-site and within community settings throughout Northwestern Vermont,
with centrally-located clinic and school campus locations in Chittenden County:

Centerpoint's South Burlington Campus
[1025 Airport Drive, South Burlington, VT 05403](https://www.google.com/maps/place/1025+Airport+Drive,+South+Burlington,+VT+05403)

Centerpoint's Winooski Campus
[94 West Canal St, Winooski, VT 05404](https://www.google.com/maps/place/94+West+Canal+St,+Winooski,+VT+05404)

[Edit](#)

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- Art Therapy, limbic, and body-based treatment services
- Trauma-focused treatment and support
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Centerpoint's South Burlington Campus
1025 Airport Drive, South Burlington, VT 05403

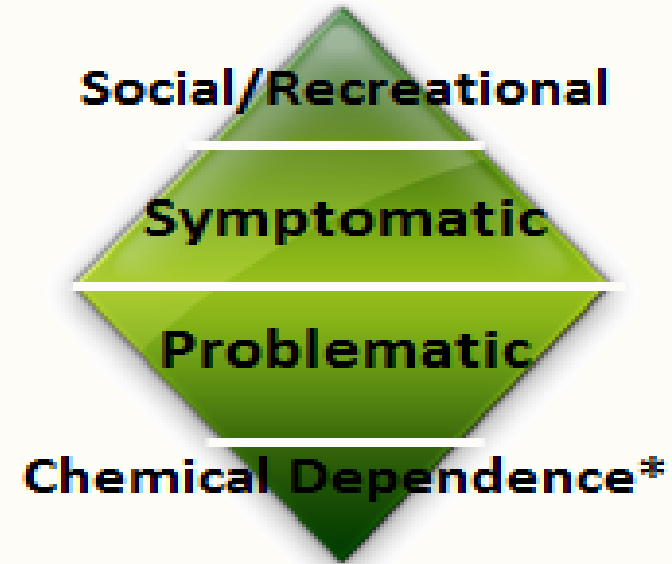
Centerpoint's Winooski Campus
94 West Canal St. Winooski, VT 05404

Severity of Substance Use in the Lives of our Clients

Diagnostic

Functional Significance

	DSM V Diagnostic Criteria Mild: 2-3 items Moderate: 4-5 items Severe: 6 or more items
	A problematic pattern of use leading to distress, as manifested by:
1 -	taken in larger amounts or over longer period than intended
2 -	persistent desire or unsuccessful efforts to cut down
3 -	great deal of time spent to obtain, use, or recover from effects
4 -	craving, strong desire, urge to use
5 -	failure to fulfill major role obligations
6 -	causing or exacerbating recurrent/persistent social/interpersonal problems
7 -	abandoned or reduced social/occupational/recreational activities
8 -	creating physical hazards, recurrent
9 -	causing or exacerbating persistent or recurrent physical/psychological problems
10 -	tolerance: increased amount or diminished effect
11 -	Withdrawal: symptoms, or use to alleviate symptoms



Levels-of-Care and ASAM Patient Placement Criteria: Developmental Considerations

ASAM's criteria uses six dimensions to create a holistic, biopsychosocial assessment of an individual to be used for service planning and treatment across all services and levels of care. The six dimensions are:

1	DIMENSION 1	Acute Intoxication and/or Withdrawal Potential Exploring an individual's past and current experiences of substance use and withdrawal
2	DIMENSION 2	Biomedical Conditions and Complications Exploring an individual's health history and current physical condition
3	DIMENSION 3	Emotional, Behavioral, or Cognitive Conditions and Complications Exploring an individual's thoughts, emotions, and mental health issues
4	DIMENSION 4	Readiness to Change Exploring an individual's readiness and interest in changing
5	DIMENSION 5	Relapse, Continued Use, or Continued Problem Potential Exploring an individual's unique relationship with relapse or continued use or problems
6	DIMENSION 6	Recovery/Living Environment Exploring an individual's recovery or living situation, and the surrounding people, places, and things

TABLE Summary of the American Society of Addiction Medicine Patient Placement Criteria²¹

Recommended treatment level	Matching patient
0.5—Early intervention: Explore and address risk factors related to substance use and help patient identify harmful consequences of use	Requires intervention
I—Standard outpatient services: Regular scheduled sessions to help achieve permanent change; lifestyle, behavioral, and attitude issues can undermine goal of treatment	Requires less than 9 hours a week of care
II.1—Intensive outpatient: Provide education and treatment programs while patient applies new skills in real-world environment; program can offer psychiatric, medical, and psychopharmacological consultation as well as 24-hour crisis line service	Requires 9 to 19 hours a week of care
II.5—Partial hospitalization: Provide education and treatment programs while patient applies new skills in real-world environment; program can offer psychiatric, medical, and psychopharmacological consultation as well as 24-hour crisis line service	Requires more than 20 hours a week of care
III—Residential/inpatient services: Provide organized live-in care, 24 hours; services aimed at preventing imminent danger and developing sufficient recovery skills to be transitioned to less intensive levels	Imminent risk of relapse or continued use
IV—Medically managed intensive inpatient services: 24-hour medically supervised care staffed by physicians with credentials in treating addiction; treatment is specific to mental and substance use disorders	Imminent risk of intoxication; withdrawal; or biomedical, emotional, behavioral, or cognitive changes

This client would benefit from the ASAM Level-of-Care Treatment Services identified below:

- Level 0.5: **Early Intervention services in a school or community setting:** appropriate for young people with “risk factors” related to unhealthy behaviors or substance use but with “no identifiable mental-health or substance-related disorder.”
- Level 1: **Individual Counseling in a community setting:** appropriate for young people who are “cooperative with treatment but may need monitoring and motivating strategies.” They are able to “maintain healthy choices and behaviors with minimal support” between weekly counseling sessions. They spend their time in home, school, work, and social settings that offer a “supportive and healthy environment.” These youth have “skills to cope” with the stress in their lives.
- Level 1: **Group Counseling in a community setting:** appropriate for youth who benefit from community-based outpatient counseling, but designed for those who are more responsive to peer group influence, peer relations, and experiential learning styles.
- Level 2: **Intensive Treatment (IOP) in a community setting:** appropriate for youth with co-existing emotional, behavioral, or mental health challenges that have “the potential to distract from treatment, recovery, and efforts to achieve health.” Their “resistance to treatment requires structured programming” and there is a “high likelihood of continued unhealthy choices and behaviors without close monitoring and support.” These youth often live, work, and attend school in “environments that are unsupportive of healthy choices, but with structure and support, [they] can cope” with the stress in their lives.
- Level 3: **Intensive Treatment (RT) in a residential setting:** appropriate for youth with “moderately severe” co-existing emotional, behavioral, and mental health concerns that may require stabilization in a “24 hour structured setting.” These youth have “high resistance” to treatment and need “intensive, 24 hour” intervention to support treatment. They are “unable to control their emotions and behaviors despite participation in less intensive services.” Their home or community environment may be “compromise their recovery or well-being, necessitating removal from their environment.”
- Level 4: **Intensive Treatment in a hospital or secure setting:** appropriate for youth with mental health, emotional, or behavioral needs that place themselves or others at risk. Facility or staff security is necessary to maintain safety of the client or the community. While these safety concerns may be primary, treatment needs remain indicated.

(The information in quotations is derived from the American Society of Addiction Medicine Level-of-Care Criteria)




- ◆ Improving Access
- ◆ Increasing Efficiency
- ◆ Enhancing Quality
- ◆ Expanding Partnerships

Vermont Association of Addiction Treatment Providers

Who We Are - Find Help in Your Area - How We Help - News & Information - Vermont System of Care

VAATP represents the Addiction Treatment System of Care in the State of Vermont. Our organization helps to educate the public about addiction and the effectiveness of treatment at transforming lives and helping people find lasting recovery. Our member agencies provide effective, evidence-based treatment to many thousands of adults, adolescents, and families each year. The VAATP engages in advocacy to improve the care delivery system, so that all people can get help when they need it most.



Addiction Treatment: Transforming Lives

FIND HELP

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Integrated Treatment & Support

Developmentally-designed for adolescence,
young adulthood, and family systems

including

varying levels of care matched to strengths & needs

and

multiple modalities

with

specialized models

based on an

integrative and compensatory understanding
of the process of growth and change



Multiple Modalities & Models: Promoting Health & Wellness

Group Services and Supports are an evidence-based and effective approach for counseling teens *and* parents.. Skillful use of peer influence and group dynamics allows change to occur more quickly and sets the stage for longer-lasting progress through the establishment of natural peer-based supports. Specialty groups are developed based on emerging needs and trends, and are offered within clinics and a variety of school/community sites.

Ready to take the next step toward a well life?

Creative Expressions

...an Art Therapist group for teens coping with social and emotional issues.

Is this you? Or someone you know? Come discover your strengths and the healing power of creating art with others. This art experience is necessary, but do be prepared for those huge feelings.

To learn more about Creative Expressions, contact Centerpoint at 488-7712 or visit www.CenterpointServices.org. The members of this group are a part of Centerpoint's Counseling Services. Centerpoint's Counseling Services are located at 1025 Airport Drive, South Burlington, VT 05403. For more information, please contact Centerpoint at 488-7712 or visit www.CenterpointServices.org.

Centerpoint
1025 Airport Drive, South Burlington, VT 05403 | 488-7712 | www.CenterpointServices.org

PARENT CIRCLE: FOR PARENTS OF YOUNGER ADOLESCENTS

Wednesdays, 5-6pm
1025 Airport Drive, South Burlington

PARENT CIRCLE is a biweekly group for parents who want to connect with other parents, learn skills and strategies, and explore adolescent-specific parenting topics to get ahead of the curve as children are entering the adolescent years.

The group focuses on:

- Adolescent development
- Handling difficult conversations
- Monitoring and safety
- Keeping kids busy and entertained
- Mental health screening
- Coping skills and strategies
- Healthy family development
- Emotional

To learn more about this group, please contact Centerpoint at 488-7712 or visit www.CenterpointServices.org. For more information, please contact Centerpoint at 488-7712 or visit www.CenterpointServices.org.

Centerpoint
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Overwhelmed?
Uncomfortable in your own skin?
Wish you could relax and enjoy life?

JUST BREATHE

Beginner Yoga and Mindfulness for Teen Girls

Tuesdays, 5:00-6:00pm
94 West Canal Street, Winooski

at the
CENTERPOINT STUDIO

Yoga Mats Provided • Comfortable Clothing Recommended • Open Hearts Encouraged

To learn more about this group, please contact Centerpoint at 488-7712 or visit www.CenterpointServices.org. For more information, please contact Centerpoint at 488-7712 or visit www.CenterpointServices.org.

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On a search for adventure and friendship? Check out...

ROLL, PLAY, D AND D FOR TEENS

Roll, Play is a tabletop gaming group where teens can develop social connection, problem solve through challenges, and be creative.

MONDAYS 4-5:30
CENTERPOINT
1025 AIRPORT DRIVE, SOUTH BURLINGTON

For more information, please contact Art Therapist Sarah Kullig, LCMHC ATR at 488-7712 or SarahK@CenterpointServices.org or visit www.CenterpointServices.org.

Centerpoint
1025 Airport Drive, South Burlington, Vermont 05403 | 488-7712 | www.CenterpointServices.org

IN-MOTION

SELF-EXPRESSION THROUGH MOVEMENT

A Movement Therapy support group for students who may be coping with issues that are impacting their social and emotional well-being.

To join this group or for more information, you can contact Centerpoint Clinician Sarah Kullig, LCMHC ATR at 488-7712 or at SarahK@CenterpointServices.org.

DANCE ENABLES YOU TO FIND YOURSELF AND LOSE YOURSELF AT THE SAME TIME!

Centerpoint's Substance Abuse & Mental Health Services provide a full array of counseling options for teenagers, young adults, and families struggling with a broad range of emotional, mental, and physical health concerns. To learn more, visit www.CenterpointServices.org or call 488-7712.

Centerpoint
1025 Airport Drive, South Burlington, Vermont 05403 | 488-7712 | www.CenterpointServices.org

Grandparenting Connections

...for grandparents raising adolescents

bringing grandparent caregivers together to increase specialized skills, enhance existing supports, and focus on self-care while building connection with one another as they raise their adolescent grandchildren

Wednesdays 3:30 - 5:00
at Centerpoint South Burlington
1025 Airport Drive

To learn more about this group, please contact Centerpoint Substance Abuse & Mental Health Services at 488-7712 or visit www.CenterpointServices.org. For more information, please contact Centerpoint at 488-7712 or visit www.CenterpointServices.org.

Centerpoint
1025 Airport Drive, South Burlington, Vermont 05403 | 488-7712 | www.CenterpointServices.org

Skill Set

A weekly group for young adults (18-24) developing skills to succeed.

- Intense emotions
- Drug or alcohol use
- Self-harm
- Relationship conflict
- Depression, anxiety, PTSD

We spend each week learning about and practicing real life skills that help us through difficult experiences and increase wellness in our lives and relationships.

Skill Set meets Fridays from 3:30-5pm

To learn more about this group, please contact Centerpoint at 488-7712 or visit www.CenterpointServices.org. For more information, please contact Centerpoint at 488-7712 or visit www.CenterpointServices.org.

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VENTURE... Into healthy living

Recovering from substance abuse, self-harm, anxiety, or unhealthy relationships?

Venture Group helps you with just what you need!

Through Venture, we...

- become self-empowered
- increase our support from and to others
- establish and maintain healthy boundaries
- build a positive sense of self

This group is active, experiential, and engaged in the community to help you build the skills and connections you need to stay on the path of Healthy Living

To learn more about Venture Group, call Abby at 488-7712 or Abby@CenterpointServices.org.

For enrollment in this group or any of Centerpoint's counseling services, see at South with Michael at 488-7712, Michael@CenterpointServices.org

Centerpoint
1025 Airport Drive, South Burlington, Vermont 05403 | 488-7712 | www.CenterpointServices.org

Peaceful Parenting

Caregivers come together in a group setting to learn and practice mindful parenting skills, manage stress, re-energize, and parent with a calm presence.

2ND 64TH WEDNESDAY OF THE MONTH
5:15-6:30PM
CENTERPOINT STUDIO
94 WEST CANAL ST
WINOOSKI

To learn more about this parent support service contact Beth Hunk, LCMHC ATR at 488-7712 or BethH@CenterpointServices.org. To learn more about Centerpoint's range of counseling & support services contact Addictions Coordinator Sarah Kullig, LCMHC ATR at 488-7712 or SarahK@CenterpointServices.org.

Centerpoint
1025 Airport Drive, South Burlington, Vermont 05403 | 488-7712 | www.CenterpointServices.org

CHANGES

Colchester High School

Growing from the success of Centerpoint is now offering the CHANGES program on-site at Colchester High School.

As a screening and brief intervention program, CHANGES is helpful for students identified with challenges related to drug or alcohol use, and through weekly group and individualized counseling services...

CHANGES provides ongoing support for any student who is struggling with substance use or any issue of emotional well-being, mental health & wellness, or life stressors that come through the high school years.

CHANGES helps students to make healthier decisions and address the challenges in their lives by:

- Increasing their awareness of their thoughts, feelings, and behaviors
- Building new skills and strategies for managing life transitions
- Becoming more informed, active, and responsible in their own decision making

CHANGES is led by Olivia Sanders, LCMHC ATR. Olivia is a skilled and talented mental health clinician and substance abuse counselor, with special expertise in working with teens, young adults, and families.

CHANGES includes the Seven Challenges® model, a well-proven program designed specifically for teens with substance use or related social, emotional, and mental health issues. This program helps motivate the decision and commitment to change, and supports success in implementing the desired change. Seven Challenges® is listed in the SAMHSA National Registry of Evidence-Based Programs and Practices.

For more information, please contact Centerpoint at 488-7712 or visit www.CenterpointServices.org.

How do I get involved? Many students seek out support for themselves to help with the stress in their lives or to address issues that are feeling too complicated to figure out on their own. Some students access services based on their family's concerns. And all others are referred to school staff based on needs or issues that become apparent within a student's school day.

If you'd like help with these issues, to access support through the CHANGES program, or for more info... You can contact Olivia Sanders directly by calling 488-7712 or by email at OliviaS@CenterpointServices.org. You can also speak with Assistant Principal Tim Emery, with Director of Student Support Services Jean Sheu, or with your guidance counselor.

You can make CHANGES! And we'll help you get there.

Centerpoint
1025 Airport Drive, South Burlington, Vermont 05403 | 488-7712 | www.CenterpointServices.org

Jiu Jitsu Group

Becoming Black Belts in Life...

The Jiu Jitsu Group is a therapeutic and experiential martial arts group for middle and high school students. The group works participants to learn healthy coping, improve emotional regulation, and develop better communication skills while working toward becoming martial artists.

Groups occur on-site at the Winooski Educational Center Thursdays, 4:30pm to 5:30pm

Jiu Jitsu is led by Erik Castagnou 488-7712 or ErikC@CenterpointServices.org

To learn more about Centerpoint's range of counseling & support services, please contact Centerpoint at 488-7712 or visit www.CenterpointServices.org.

Centerpoint
1025 Airport Drive, South Burlington, Vermont 05403 | 488-7712 | www.CenterpointServices.org



CENTERPOINT

YOUTH. FAMILIES. COMMUNITY HEALTH.


Mitchell Barron, LICSW LADC

802-488-7721

MitchB@CenterpointServices.org

www.CenterpointServices.org

Building the Bridge: Effective Referral to Treatment & Support

 **CENTERPOINT**
SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES

1000 Airport Centre
South Ferrisburgh
Vermont 05475
802-882-7732

securely email this form to: Referral@CenterpointServices.org

Referral for Services & Support

Please complete both sides of this form

Today's Date: [Click here to enter a date.](#)

Client's Name: [Click here to enter text.](#) DOB: [Click here to enter text.](#)

Age: [Click here to enter text.](#) Grade: [Click here to enter text.](#) Client's School: [Click here to enter text.](#)

Parent/Guardian Name: [Click here to enter text.](#)

Preferred Contact Info: [Click here to enter text.](#)

Additional Parent/Guardian Name: [Click here to enter text.](#)

Preferred Contact Info: [Click here to enter text.](#)

Client's Legal Address: [Click here to enter text.](#)

Is this the Client's primary residence? Yes No Unknown

Referral Source: Who are you?

Your Name: [Click here to enter text.](#)

Your phone: [Click here to enter text.](#) Your email: [Click here to enter text.](#)

What is your role/title? [Click here to enter text.](#)

Others contributing to or supporting this referral? [Click here to enter text.](#)

Insurance and Funding

Client's Social Security Number: [Click here to enter text.](#)

This client has active Medicaid insurance coverage.

This client is covered by Commercial Insurance: Blue Cross Cigna MVP

Other: [Click here to enter text.](#)

Policy Number: [Click here to enter text.](#) Group Number: [Click here to enter text.](#)


Policy Subscriber's Name: [Click here to enter text.](#) Relationship to Client: [Click here to enter text.](#)

This client has no insurance or financial coverage for services.

Other: [Click here to enter text.](#)

PLEASE COMPLETE Page 2
with

Reason for Referral Disposition: Next Steps

 **CENTERPOINT**

- page 2 -

Please briefly describe the Reason for Referral,
including your concerns, identified needs, and hopes or goals for this client:
[Click here to enter text.](#)

If regarding truancy, the Truancy Response Service Screening & Priority Access form may also be completed

Now What? What do I do next?

I supported an *in-person* connection between this client and a Centerpoint Counselor. Date: [Click here to enter text.](#)

I informed the client to *call centerpoint* to schedule an appointment or provide additional information

I informed the parent/guardian to *call centerpoint* to schedule an appointment or provide additional information

I informed the client that they will *receive a call from Centerpoint*

I informed the parent/guardian that they will *receive a call from Centerpoint*

This occurred via: live conversation email/text

voicemail/phone message other means of communication: [Click here to enter text.](#)

Date message delivered: [Click here to enter a date.](#) Confirmation that message was received

And...

I faxed this referral form to Centerpoint's secure fax at 802-488-7732. Date: [Click here to enter text.](#)

I sent this as a secure email to Referral@CenterpointServices.org. Date: [Click here to enter a date.](#)

I hand delivered this to Centerpoint Staff: [Click here to enter text.](#) Date: [Click here to enter a date.](#)

Centerpoint Administration

Referral Received (Date): [Click here to enter a date.](#) Phone email Hardcopy/in-person

Initial Client Contact with Centerpoint (Date/Time): [Click here to enter a date.](#)

Assessment/Service Appt (Date/Time): [Click here to enter a date.](#) Clinician: [Click here to enter text.](#)

Initial Assessment/Service Appt offered, if different (Date/Time): [Click here to enter a date.](#)

Assessment/Service Disposition:

Service Provided Client No Show

Service Cancelled/Rescheduled - New Appt Date: [Click here to enter a date.](#)

HC EHR?

No Yes: ID [Click here to enter text.](#) Active Inactive

Medical-Clinical
Rev. 02/2017



An Integrative & Compensatory Model of Change

Developmentally-matched to
adolescence and young adulthood

An Integrative & Compensatory Model of Change

