



**Valley Vista  
Inpatient Residential  
Treatment Program**

August 13, 2018

Confidential

VALLEY VISTA



## About Valley Vista

### Our Facility

- Founded in 2004 as a women's residential facility.
  - Added men and adolescent
- More than 7200 individuals treated since opening.
- 44 available men's beds, 22 available women's beds and soon will have 14 available young adult male beds in Bradford.
- 19 women's beds in Vergennes.
- 80+ full-time employees, 15 contract employees providing culinary and house keeping services.



## About Valley Vista

### Recognition

- Nationally recognized for providing the highest level of care, ASAM Level 3.7, for substance use disorder and co-occurring mental health conditions.
- Commission on Accreditation of Rehabilitation Facilities (CARF) accredited for the last 13+ years.
- Recognized for a high-level of performance related to Dual Diagnosis Capability in Addiction Treatment (DDCAT) by both the State of Vermont and the Dartmouth Psychiatric Research Center.

## About Valley Vista

### Program Highlights

- Valley Vista employs a patient-centered, best-practice therapeutic treatment approach using multiple evidenced-based modalities.
- Provides an Opioid Treatment Program (OTP) in Bradford
- Medical Director is a Psychiatrist that is child/adolescent board certified.
- Recently staffed prescribing Nurse Practitioners for improved co-occurring mental health treatment
- Psychiatric services are fully integrated into all residential programming.
- Valley Vista will offer the only residential young adult treatment program in Vermont and is one of a few throughout the Northeast.
- All programs are gender-specific.
- Valley Vista average length of stay (ALOS) is 26.8 days across all populations



## **For Discussion/Review:**

1. Treatment
  - a. Smart Recovery
  - b. Seven Challenges
2. Recovery Coach
3. Young Adult / Transitional Age
4. Aftercare planning barriers to sober housing options
5. Alumni Meetings
6. Tele Assessment Community Outreach (TACO)

## Treatment:

Valley Vista employs a patient-centered, best-practice therapeutic treatment approach using multiple evidenced-based modalities.

- **Smart Recovery**
  - Uses a cognitive behavioral (thinking/doing) psychotherapy called Rational Emotive Behavior Therapy. SMART Recovery emphasizes:
    - Enhancing motivation
    - Refusing to act on urges to use
    - Managing life's problems in a sensible and effective way without substances
    - Developing a positive, balanced and healthy lifestyle
- **Seven Challenges**
  - A comprehensive program incorporating work on alcohol and other drug problems. Designed to:
    - Motivate to evaluate life
    - Consider changes
    - Success in implementing changes



## Treatment

- **Role of Recovery Coach**

- Recovery coaches help remove personal and environmental obstacles to recovery, forge links the newly recovered person to the recovery community and serve as a personal guide, resource and mentor in the management of personal and family recovery.
- Valley Vista encourages all clinical support staff, Recovery Specialists, to pursue certification through the Vermont Recovery Network.

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## Young Adult / Transitional Age Program

- Replaces the Adolescent Treatment program
  - Expands bed count to accommodate population most in need
  - Overlaps programming with men's program for 18 - 22 year old patients
  - Continue with established tutorial program for school-aged population, 16 - 17 years old
- Serves young adult men aged 16 - 22 years old with consideration for 15 year old young men on a case-by-case basis.
- Will consider, case-by-case, 17-year old female for adult women's program
- Employs the Seven Challenges as the core model for recovery and treatment of co-occurring conditions
- Expected to launch in September, 2018





## **Aftercare Planning Barriers to Sober Housing Options**

- Limited access / not enough beds
- Not enough options for women, young adults and adolescents
- Limitations for those on a medication assisted treatment program
- More robust programming recommended / needed
- More locations needed throughout Vermont with easy access
- Greater affordability – average is \$400 - \$500 cost of entry
- Limitations for high-risk offenders
- High level of criminality at some locations



## Alumni Meetings

- Meets monthly at various locations around the state, typically Vermont Recovery Network Centers
- Patients are asked to provide approval for contact / follow up for involvement at time of admission
- Notification of gatherings via outbound email (new) and telephonically
- Not only alumni, but family members encouraged to attend
- Planning to hold larger annual event, such as BBQ at Bradford Campus

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## Tele Assessment Community Outreach

- Designed to provide instant, onsite access to free SUD assessments via video conference
- HIPAA compliant Mend application utilized
- Provides access to Valley Vista licensed clinician
- Treatment agnostic - clinician will provide treatment appropriate referral e.g., IOP, private counseling, group counseling, inpatient residential care
- Launched as pilot at Good Neighbor Health Clinic in White River Junction on July 26, 2018.

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**Questions**

**&**

**Answers**

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**Please visit our website:**

**[www.vvista.net](http://www.vvista.net)**

**Thank You!**

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