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 housekeeping 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.
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
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
Please visit our website:
www.vvista.net

Thank You!