

Treatment and support options for substance-use and co-occurring disorders

CVMC and Turning Point Center do not endorse these services or guarantee admission to programs. Treatment programs require an intake, and waitlists are common. We would like to help you make the initial contact, and to support you as you wait for admission. **For help contact CVMC's confidential phone line, 802-371-4190, or your recovery coach:**

INPATIENT and RESIDENTIAL services and treatment:

Bridge Program, Burlington, VT ○ 802-488-6425

Supervised detox from alcohol and other substances; stay up to 4 nights/5 days. Coordination with treatment programs provided. Call 24/7 for screening, decision and intake scheduling in 1-2 days.

Brattleboro Retreat, Brattleboro, VT ⌘ 802-258-3700, 800-738-7328

Inpatient treatment for acute mental health and co-occurring crises. Call 24/7.

Serenity House, Wallingford, VT ○ 802-446-2640

Medically assisted withdrawal from alcohol and other substances; residential rehabilitation for substance-use and co-occurring disorders. Call during business hours.

Valley Vista, Bradford and Vergennes, VT ⌘ ○ 802-222-5201

Medically assisted withdrawal from alcohol and other substances; residential rehabilitation for substance-use and co-occurring disorders. Call during business hours.

Lund Family Center, Burlington, VT ○ 802-864-7467

Residential treatment for pregnant and parenting women. Medication-assisted treatment coordinated with Chittenden Clinic; individual and group counseling, family therapy, case management, children's developmental screening and assessment. Call during business hours.

Spruce Mountain Inn, Plainfield, VT 802-454-8353

Long-term residential and transitional-living for young adults with mental health and co-occurring disorders. Call during business hours. Private pay only.

Teen Challenge Vermont (males age 17 and up), Johnson, VT ⌘ 802-635-7807

Faith-based, 15-month residential program. Call during business hours. Private pay or sponsorship.

SANA at Stowe, VT 802-780-2132

Residential treatment for those with substance use disorder. Private insurance only; does not accept Medicaid.

Local overnight safe support

The Lighthouse, Berlin, VT 802-229-0591

Supervised environment to regain sobriety from alcohol intoxication, usually overnight. Assistance provided to locate treatment for substance-use disorders and mental health counseling services.

(see other side)

KEY: ○ = Opiate treatment available ⌘ = Adolescent treatment available

OUTPATIENT services:

Washington County Mental Health Counseling and Psychological Services, Berlin, VT 802-229-0591
Individual counseling for adults with co-occurring mental health issues, including trauma. Services available to residents of Washington County, plus the towns of Orange, Washington, and Williamstown. Call Monday–Friday 8 AM – 4:30 PM and ask to schedule a screening.

Central Vermont Addiction Medicine (CVAM), Berlin, VT ○ 802-223-2003
Medication-assisted treatment for opioid dependence, plus individual and group counseling. Call to schedule an intake Mon–Fri, 5:30 am – 2 pm to initiate treatment. Urine sample and valid photo ID required.

Gifford Addiction Medicine, Randolph, VT ○ 802-728-7713
Medication-assisted treatment of opioid and alcohol dependence, plus individual and group counseling.

Central Vermont Medical Center’s Medication-Assisted Treatment (MAT) Team ○ 802-371-4875
Counseling and care coordination with healthcare providers who prescribe medication for opioid dependence.

Treatment Associates, Montpelier, VT; Morrisville, VT ○ 802-225-8355; 802-888-0079
Medication-assisted treatment for opioid dependence and alcohol use disorder, plus individual and group counseling for all substances.

Elevate Youth, Healthy Youth Program, Berlin, VT ☿ 802-229-9151
Substance abuse education, prevention, intervention, and treatment, for individuals 12-24 years old.

RECOVERY SUPPORTS (not treatment programs):

Turning Point Center of Central Vermont, Barre 802-479-7373

Turning Point Center-Chittenden, Burlington 802-861-3150

Peer-based recovery services, coaching and community center for people seeking support or in recovery.

Alcoholics Anonymous Vermont, with in-person and online meetings list www.aavt.org

Narcotics Anonymous, Champlain Valley area, with meetings list www.cvana.org/meetings

Recovery Dharma, meetings in Montpelier and Morrisville <https://www.refugerecovery.org>

SMART Recovery New England, support materials and in-person meetings list <http://www.smartne.org>

SMART Recovery Online, online meetings <https://www.smartrecovery.org/community>

Online forums/support <http://www.recovery.org/forums>

In The Rooms, global social network and online meetings www.intherooms.com

Sober Grid, Facebook-like online community for people in recovery www.sobergrid.com

Local AA hotline, ask questions, get support, arrange for a ride to a meeting 802-229-5100

The Phoenix Vermont, no-cost group exercise (crossfit, yoga) and support in Barre, Berlin and Burlington for anyone with at least 48 hours of sobriety chris@thephoenix.org

To find a private therapist: www.psychologytoday.com

(see other side)

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