**ACT I/Bridge Substance Abuse Crisis Service: 802-488-6425**

Clean and safe setting for patients under the influence of alcohol and/or other drugs to regain supervised sobriety. *In case of an emergency call 911*

Address: 184 Peal Street, Burlington VT 05401

**Adults:**

1. **DayOne:** Rehabilitation program offering individualized treatments ranging from office visits to intense outpatient services. Onsite Psychiatrists available.
   a. Level I: group or individual counseling. Meet once a week for 90 minutes.
      i. Focus groups include: Women’s recovery group, Cognitive behavioral therapy relapse prevention
      ii. Self-help groups such as Alcoholics Anonymous, Narcotics anonymous, etc.
   b. Level II: meet twice per week (Tuesday and Thursday) from 9:00 to 11:15 AM. Number of sessions: 12
   c. Level III: Intense outpatient Program. 12 sessions meeting three times per week.
      i. Morning meetings: Monday/Wednesday/Friday from 8:30 AM-11:30 AM.
      ii. Afternoon meetings: Tuesday/Thursday/Friday from 12:00-3:00 PM.

Conditions treated:

- Alcohol, cocaine, benzodiazepines and opiate dependency
- Co-occurring mental health disorders

Address: 1 South Prospect Street, St. Joseph level 3, Burlington VT 05401
Phone: 802-891-4415

2. **Chittenden Clinic:** provides medication assisted treatment and medically supervised withdrawal for opioid dependent patients.
   a. Uses pharmacotherapy agents such as methadone and buprenorphine
   b. Group and individual counseling
   c. Psychiatric services and case management

Address:

- c/o University Health Care. 1 south prospect street, Burlington VT 05401
- 75 San Remo Drive, South Burlington VT 05403

Phone: 802-488-6450

3. **Pine Street Counseling Services:** provides individual and group therapy programs for adults with mental health and/or substance dependence.
   a. Works with an Intensive Outpatient Treatment program (Maple Leaf Treatment center) that offers individual and group therapy

Address: 855 Pine Street, Burlington VT 05401
4. **Safe Recovery**: provides supports for individuals in early recovery from opioid dependence. Many of the services are anonymous.
   a. Also offer services for people currently using cocaine, heroin, other opioids or drugs
   b. Syringe exchange program
   c. Counseling and case management
   d. Overdose prevention education and provides rescue kits with Naloxone (reverses the progress of opioid overdose)

   Address: 45 Clark Street, Burlington VT 05401
   Phone: 802-488-6067

5. **Turning Point**: Offers a variety of programs, including the 12-Step Recovery groups for alcohol, narcotics, and cocaine.
   a. Coaching program partners patient with peers in the recovery program to help with personal growth and life improvement.
   b. Offers Acupuncture Detoxification and Recovery Community Yoga

   Address: 191 Bank Street suite 200, Burlington VT 05401
   Phone: 802-861-3150

6. **Community Health Center of Burlington**: Offers suboxone as a medication assisted therapy, counseling, and access to physicians
   a. Treatment team for opiates include a nurse and behavioral health coordinators free of charge.
   b. Counseling is provided by licensed Alcohol and Drug Counselors.

   Address:
   - 617 Riverside Avenue, Burlington VT 05401
   - 184 South Winooski Avenue, Burlington VT 05401
   - 179 Pearl street, Burlington VT 05401
   - 789 Pine Street, Burlington VT 05401
   - 368 Dorset Street suite 1, Burlington VT 05403
   - 32B Mallets Bay Avenue, Winooski VT 05404

   Phone: 802-864-6309
Teenagers/Young Adults

1. **Centerpoint:** Offers individualized support and treatment to teens and young adults (ages 12-18), and their families, facing with substance abuse, emotional, behavioral and mental health issues.
   a. Offers outpatient service, counseling, and support groups
   b. Case management

Address:
- 1025 Airport Drive, South Burlington VT 05403
- 94 West Canal Street, Winooski VT 05404

Phone: **802-488-7711**

2. **Spectrum:** Works with patients between the ages of 12-30 and their families. Treats both mental health and substance use disorders.
   a. Helps with conditions such as depression, anxiety, traumas and substance use disorders
   b. Offers help in life transitions, family conflicts, parenting concerns

Address:
- 31 Elmwood Avenue, Burlington VT 05401 for counseling and mentoring
- 177 Pearl Street, Burlington VT 05401 for Drop-in Center/Health Center

Phone: **802-864-7423**

Pregnant Women:

1. **Lund Family Center:** Offers individualized services for pregnant women and young parents, centered around the well-fare of the mother and her children. Offers medication assisted treatment, counseling, case management, and residential treatment facility
   b. Nursing and physician services also available

Address:
- Hoehl Family Building at 50 Joy Drive, South Burlington VT 05403
- 76 Glen Road, Burlington VT 05401

Phone: **802-864-7467**

2. **Serenity House:** 2 hours away from Burlington, this program offers medically monitored detoxification. The Serenity House offers services to pregnant women and other adults.

Address: 98 Church Street, Wallingford VT 05773

Phone: **802-446-2640**
UVM Students:

Catamount Recovery Program: supports students in recovery from alcohol and other drugs disorders. Students are expected to engage in the community, participate in events, and to take a course. Opportunity for housing also offered.

Location: Dudley Davis Student Center, out of the Center for Health and Wellbeing’s Living Well Office.

For Questions: recoverycommunity@uvm.edu

Contact: Amy Boyd Austin (Program Director)

Phone: 802-656-0236

Website: www.uvm.edu/recoverycommunity