

RECOVERY TREATMENT DECISION AID

Revised January 2020

This substance abuse treatment decision aid provides the most up-to-date information for adults in Chittenden County, VT. Our hope is that all persons seeking recovery will find what they need easily, to reduce the time searching for the appropriate resources, and increase the time receiving treatment services. Addiction is a treatable disease.

Name	Location	Contact	Additional Information
Inpatient Detoxification Services:			
Howard Center Act 1	184 Pearl St. Burlington, VT	(802) 488-6425	Typical length of stay is 3-7 days. Provides a clean, safe, supervised setting to regain sobriety from substance abuse.
Inpatient & Residential Services			
Valley Vista	23 Upper Plain Bradford, VT	(802) 222-5201	These traditional inpatient treatment programs offer a variety of services from medically supervised detoxification to discharge and comprehensive aftercare planning. They provide safe physical withdrawal from alcohol and/or other drugs in a medical monitored setting and a therapeutic, chemical-free supportive environment for an intensive educational and treatment experience.
Serenity House	98 Church St, Wallingford, VT	(802) 446-2640	
Conifer Park	79 Glenridge Rd. Glensville, NY	(800) 989-6446	
Phoenix House	106 Roxbury St. Keene, NH	(888) 671-9392	
Plymouth 12 & 12 House	446 Main St. Plymouth, NH	(603) 536-5500	This 12-step based recovery retreat. Guests are fully immersed in the Twelve Steps, the best known and most consistently effective model for the successful treatment of alcoholism and drug addiction. This program is self-pay and does not accept insurance.
Intensive Outpatient Services (IOP):			
Howard Center	Burlington, VT * Several locations available	(802) 488-6140 (802) 488-6000	Group and individual therapy for those requiring an enhanced level of care. Generally multiple days per week with reduction in days as levels of program are completed.
UVMMC Day One	1 South Prospect St. Burlington, VT	(802) 847-333	Concentration on group therapy with each group meeting for a minimum of 12 sessions. Three levels of care based on individual needs.
Recovery Housing:			
Oxford House - Women	Bright Street Burlington, VT	(802) 495-9111	Each recovery house has its own set of rules and entry requirements. Most require 30-days of continuous sobriety before being considered, require attendance at 12-step meetings, require certain hours volunteer or paid work, and have varying costs for weekly rent. Some are monitored by individual owners or organizations, and others are peer-run.
Oxford House - Men	North Street Burlington, VT	(802) 355-0010	
1st Step Recovery House – Men	Walnut Street Burlington, VT	(802) 488-4842	
Evolution House – Men	King Street Burlington, VT	(802) 355-0010	
Stonecrop – Women	Manhattan Drive Burlington, VT	(802) 999-6422	
VFOR – Men & Women	Multiple locations divided by sex	(802) 735-4340	There are additional recovery houses not listed for adults coming directly from incarceration and pregnant women. See the Turning Point of Chittenden County’s website listed below.

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Medication Assisted Recovery			
Howard Center Chittenden Clinic	75 San Remo Dr. South Burlington, VT	(802) 488-6450 option # 1	An Opioid Treatment Program (OTP) known as a Hub in the Vermont Hub and Spoke system. Provides medication assisted treatment (MAT) to people with Opioid Use Disorder (methadone, buprenorphine and naltrexone). Initiation of treatment through the Hub allows for transition of care to the Spoke, or office-based setting.
Peer Support Services:			
Narcotics Anonymous	Champlain Valley Area Multiple locations	(802) 862-4516 (866) 580-8718	Narcotics Anonymous is a non-profit fellowship of men and women for whom drugs have become a major problem. We are recovering addicts who meet regularly to help each other live drug-free. Free services with multiple meeting locations and times available on website, www.cvana.org .
Alcoholics Anonymous	District 2, 11, and 9; Area 70 Multiple locations	(802) 864-1212	Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Free services with multiple meeting locations and times available on website, http://www.aavt.org/home.html .
Additional resources:			
Turning Point Center of Chittenden County	179 S. Winooski Ave Burlington, VT	(802) 861-3150	The Turning Point Center of Chittenden County provides space for peer-to-peer recovery activities, fellowship, events, games, fitness, stress management, recovery related programs, various 12 step meetings, and 1-on-1 Recovery Coaching. The Turning Point Center respects all paths to recovery. Additional information can be found on website, https://turningpointcentervt.org/ .