

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

Phone: **802-488-6100** for Pine Street Counseling Services

Address for Maple Leaf Treatment center: 10 Maple Leaf Road, Underhill VT 05489

Phone: **802-899-2911** for Maple Leaf treatment center

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
 - a. Women and children live together during treatment.
 - 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