

# Appendix H: Upper Valley Area Resource Guide

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## **Addiction**

Consumer's Guide to Substance Use Treatment

<http://www.uvalltogether.org/resources/>

Lists additional providers and resources for those seeking substance abuse treatment

Upper Valley Mental Health Resource Guide

<http://www.uvmentalhealth.org>

## **New Hampshire**

The Doorway

[www.thedoorway.nh.gov](http://www.thedoorway.nh.gov)

phone: dial 211

Through the Doorway NH, you will be connected to support, guidance, and community, and access treatment, recovery, and self-sufficiency services. Whether you are seeking help for yourself or a loved one, or are simply looking for information on resources related to substance misuse, you've come to the right place. The Doorway NH will direct you to the help you need, from screening and evaluation, to treatment including medication-assisted treatment, to long-term recovery supports.

### **Dartmouth-Hitchcock Medical Center Addiction Treatment Program**

Rivermill Complex. Suite 3-B1

Lebanon, NH 03766

(603) 653-1860 M-F, 8-5

(800) 556-6249 24 hours, 7 days a week

### **Headrest**

<http://www.headrest.org/>

14 Church Street

Lebanon, NH 03766

(603) 448-4400

Emergency (800) 639-6095 or (800) 784-7433

West Central Behavioral Health

<http://www.wcbh.org/home.php?msg=RS>

Dartmouth-Hitchcock Counseling Center of Lebanon

20 W. Park Street, Suite 416

Lebanon, NH 03766

(603) 448-1101

Emergency (800) 556-6249

## **Vermont**

Vermont Department of Health  
Substance Abuse Treatment and Recovery Directory,  
[http://healthvermont.gov/adap/treatment/treatment\\_county.aspx](http://healthvermont.gov/adap/treatment/treatment_county.aspx)

**Healthcare and Rehabilitation Services of Southeastern Vermont**  
<http://www.hcrs.org/adult-services/substance-abuse-and-addictions.php>

49 School Street  
P.O. Box 709  
Hartford, VT 05047  
(802) 295-3031  
Emergency (800) 622-4235  
First Stop for Children's Services: (855) 220-9430

Second Growth  
<http://www.secondgrowth.org>  
205 Billings Farm Rd., Building 1  
White River Junction, VT 05001  
(802) 295-9800

Upper Valley Turning Point  
<http://www.secondwindfound.org/upper-valley-turning-point>  
200 Olcott Dr  
Hartford, VT 05001  
(802) 295-5206

## **Aging Resources**

### **New Hampshire**

Upper Valley Community Nursing Project  
<https://www.uvcnp.org/about.html>

ServiceLink  
<http://www.servicelink.nh.gov/>  
(866) 634-9412

Dartmouth Hitchcock Aging Resource Center  
[http://www.dartmouth-hitchcock.org/aging\\_resource\\_center.html](http://www.dartmouth-hitchcock.org/aging_resource_center.html)  
46 Centerra Parkway, 2nd Floor, Lebanon, NH  
(603) 653-3460

Grafton County Senior Citizens Council

<http://www.gcsc.org/>

10 Campbell Street

PO Box 433

Lebanon, NH 03766

(603) 448-4897

## **Vermont**

Senior Solutions

<http://www.seniorsolutionsvt.org/>

38 Pleasant Street

Springfield, VT 05156

1 (800) 642-5119

**SASH (Support And Services at Home)**

<http://www.sashvt.org/>

(802) 863-2224

## **Dental Care Safety Net**

## **New Hampshire**

New Hampshire Department of Health and Human Services

NH Smiles Program

<http://www.dhhs.nh.gov/ombp/medicaid/children/dental.htm>

Mascoma Community Health Center

18 Roberts Road

Canaan, NH 03741

(603) 523 4343

## **Vermont**

Red Logan Dental Clinic

<http://www.goodneighborhealthclinic.org>

70 North Main Street

White River Junction, VT 05001

(802) 295-7573

## **Emergency Medical Care**

Alice Peck Day Memorial Hospital

<http://www.alicepeckday.org/>

10 Alice Peck Day Drive, Lebanon, NH 03766

(603) 448-3121

Dartmouth Hitchcock Medical Center

<http://www.dartmouth-hitchcock.org/>

One Medical Center Drive

Lebanon, NH 03756

(603) 650-5000

Dial 911 to connect to your local Fire, EMS or FAST squad for emergency assistance

## **Mental Health Care**

Upper Valley Mental Health Resource Guide

<http://www.uvmentalhealth.org>

## **New Hampshire**

Counseling Associates Upper Valley

2 Buck Road, Hanover NH

<https://ca-mh.com/>

(603) 865-1321

Dartmouth Hitchcock Psychiatric Associates

One Medical Center Drive

Lebanon, NH 03756

(603) 650-7075

Emergency (800) 556-6249

National Alliance on Mental Illness – New Hampshire

<http://www.naminh.org/>

1 (800) 242-6264

West Central Behavioral Health

<http://www.wcbh.org/home.php?msg=RS>

Dartmouth-Hitchcock Counseling Center of Lebanon

20 W. Park Street, Suite 416

Lebanon, NH 03766

(603) 448-1101 (Lebanon Children's counseling)

(603) 448-0126 (Main Office)

(603) 448-5610 (Counseling & Recovery Center Adults)

## **Vermont**

### **Healthcare and Rehabilitation Services of Southeastern Vermont**

<http://www.hcrs.org/adult-services/substance-abuse-and-addictions.php>

49 School Street

P.O. Box 709

Hartford, VT 05047

(802) 295-3031

Emergency (800) 622-4235.

First Stop for Children's Services: (855) 220-9430

Clara Martin Center

<http://www.claramartin.org>

11 North Main Street

Randolph, VT 05060

(802) 728-4466

Emergency (800) 639-6360

National Alliance on Mental Illness – VT

<http://namivt.org/>

(802) 876-7949

## **Prescription Assistance**

GoodRx

<https://www.goodrx.com/>

Helps patients locate discount pharmacy programs

NeedyMed

<http://www.needymeds.org/>

Helps patients locate and apply for drug company prescription assistance programs

Rx Assist

<http://www.rxassist.org/patients>

Helps patients locate and apply for drug company prescription assistance programs

If you have a primary care doctor, ask them for assistance finding affordable medications or medication coverage plans.

## **New Hampshire**

Foundation for Healthy Communities

Medication Bridge Program

<http://www.healthynh.com/index.php/medication-bridge.html>

(603) 415-4297

Alice Peck Day Memorial Hospital  
Prescription Assistance- Call your APD provider for assistance  
(603) 448-3122

Dartmouth Hitchcock Medical Center Medication Assistance Program  
(603) 650-5400

NH Rx Card  
[www.nhrxcard.com](http://www.nhrxcard.com)

## **Vermont**

Vermont Department for Children and Families  
Healthy Vermonters and VPharm  
<http://www.greenmountaincare.org>  
1-(800)-250-8427

Good Neighbor Health Clinics  
<http://www.goodneighborhealthclinic.org/index.html>  
70 North Main Street  
White River Junction, VT 05001  
(802)-295-1868  
Helps patients apply for drug company assistance programs and provides some medication vouchers

## **Primary Care**

### **New Hampshire**

Dartmouth Hitchcock Primary Care-Heater Road Lebanon NH  
18 Old Etna Road, Lebanon NH  
Find a Provider (800) 653-0776

Alice Peck Day Memorial Hospital  
Multi-Specialty Clinic, Level 2  
Find a Provider [http://www.alicepeckday.org/providers/find\\_a\\_provider/](http://www.alicepeckday.org/providers/find_a_provider/)  
(603) 448 3122

Family Health Center  
252 Mechanic St, Lebanon NH 03766  
(603) 448-1941

Mascoma Community Health Center  
18 Roberts Road  
Canaan, NH 03741  
(603) 523 4343

## **Vermont**

Vermont Medicaid Provider Lookup  
<http://www.vtmedicaid.com/secure/providerLookUp.do>  
1 (800) 250-8427

Good Neighbor Health Clinics  
<http://www.goodneighborhealthclinic.org/index.html>  
70 North Main Street  
White River Junction, VT 05001  
(802)-295-1868  
Provides free care for low income and uninsured individuals in their service area

Little Rivers Health Care  
<http://www.littlerivers.org/>  
146 Mill St.  
Bradford, VT  
(802) 222-4637  
Provides free or reduced cost care for low income and uninsured individuals in their service area

White River Family Practice  
331 Olcott Dr # U3  
White River Junction, VT 05001  
(802) 295-6132

## **Special Needs Services**

### **New Hampshire**

Pathways of the River Valley  
<http://www.pathwaysnh.org>  
**654 Main Street**  
**Claremont, NH 03743**  
**(603) 542-8706**



Special Needs Support Center

<http://snsc-uv.org/>

12 Flynn St.

Lebanon, NH 03766

(603) 448-6311

Provides links to many other local resources at

<http://snsc-uv.org/links-to-local-and-regional-resouces/>

## **Vermont**

### **Healthcare and Rehabilitation Services of Southeastern Vermont**

<http://www.hcrs.org/adult-services/developmental-services.php>

49 School Street

P.O. Box 709

Hartford, VT 05047

(802) 295-3031

Provides home services, employment assistances and other supports for individuals with developmental disabilities

Lincoln Street, Inc.

<http://www.lincolnstreetinc.org>

374 River Street

Springfield, Vermont 05156

(802) 886-1833

## **Basic Needs**

### **Care Coordination**

#### **New Hampshire**

LISTEN Community Services

<http://www.listencommunityservices.org/>

60 Hanover Street

Lebanon, NH 03766

(603) 448-4553

Office of Care Management

Dartmouth Hitchcock Medical Center

[http://www.dartmouth-hitchcock.org/supportive-services/care\\_coordination.html](http://www.dartmouth-hitchcock.org/supportive-services/care_coordination.html)

(603) 650-5789

Women's Information Service of the Upper Valley

<http://www.wiseuv.org>

38 Bank Street

Lebanon, NH 03766

Offices: (603) 448-5922, Hotline: 866-348-WISE

Crisis support and advocacy for survivors of domestic abuse, sexual assault and stalking

## **Vermont**

Southeastern Vermont Community Action

<http://www.sevca.org/family-services/crisis-resolution>

220 Holiday drive, Suite 30

White River Junction, VT 05001

(802) 295-5215

07 Park Street, Suite 2

Springfield, VT 05156

(802) 885-6153

Upper Valley Haven

<https://uppervalleyhaven.org/>

712 Hartford Ave

White River Junction, VT 05001

(802) 295-6500

## **Financial Assistance**

### **New Hampshire**

Tri County Community Action Program

<http://www.tccap.org/>

(800) 552-4617

LISTEN Community Services

<http://www.listencommunityservices.org/>

60 Hanover Street

Lebanon, NH 03766

(603) 448-4553

Southwestern Community Services

<http://www.scshehelps.org>

96-102 Main Street

PO Box 1338

Claremont, NH 03743  
(603) 542-9528

## **Vermont**

Department for Children and Families  
Economic Services Division  
<http://dcf.vermont.gov/benefits>  
Hartford District Office  
118 Prospect Street, White River Junction, VT 05001  
(802) 295-8820

Capstone Community Action  
<http://www.capstonevt.org>  
(802) 479-1053

Southeastern Vermont Community Action  
[www.sevca.org](http://www.sevca.org)  
(802) 722-4575

## **Food Services**

### **New Hampshire**

Community Action Program Belknap-Merrimack Counties (Includes Grafton County)  
<http://www.bm-cap.org/wic.htm>  
2 Industrial Park Drive  
Concord, NH 03302  
(603) 225-2050  
Provides WIC and CSFP programs

Southwestern Community Services (Includes Sullivan County)  
<http://www.scshehelps.org/wic.htm>  
PO Box 603, 63 Community Way  
Keene, NH 03431  
(603) 352-7512  
Provides WIC and CSFP programs

Grafton County Senior Citizens Council  
<http://www.gcsc.org/>  
10 Campbell Street  
PO Box 433

Lebanon, NH 03766

(603) 448-4897

Provides information about various congregate meals for seniors throughout the week, and about Meals on Wheels Programs

## **Vermont**

Vermont Department of Health

<http://dcf.vermont.gov/benefits>

Hartford District Office

118 Prospect Street, White River Junction, VT 05001

(802) 295-8820

Provides WIC and CSFP programs

Listen Community Services

<http://www.listencommunityservices.org/>

Community Dinner Hall

42 Maple Street

White River Junction, VT 05001

(603) 448-4553

Provides daily congregate meals

Upper Valley Haven

<https://uppervalleyhaven.org/>

712 Hartford Ave

White River Junction, VT 05001

(802) 295-6500

Provides daily congregate meals, food shelf, and nutrition services

## **Legal Services**

### **New Hampshire**

Legal Advice and Referral Center

<http://www.larcnh.org/>

15 Green Street

Concord, NH 03301

(800) 639-5290

New Hampshire Legal Assistance

<http://www.nhla.org>

24 Opera House Square, Suite 206

Claremont, NH 03743

(800) 562-3994

## **Vermont**

Vermont Legal Aid

<http://www.vtlegalaid.org>

56 Main Street, Suite 301

Springfield, VT 05156

(802) 885-5181

Disability Rights Vermont

<http://www.disabilityrightsvt.org>

1 Scale Ave., Suite 23

Howe Center, Bldg. 14

Rutland, VT 05701

(802) 773-3944

Provides a variety of legal services for crime victims, aging, disabled, and mentally ill persons, among other programs

## **Parenting Resources**

Molly's Place at the Children's Hospital at Dartmouth-Hitchcock

[chadfamlycenter@hitchcock.org](mailto:chadfamlycenter@hitchcock.org)

(603) 653 9899

Planned Parenthood

<https://www.plannedparenthood.org>

136 Pleasant St

Claremont, NH 03743

(603) 542-4568

79 South Main Street

White River Junction, VT 05001

(802) 281-6056

## **New Hampshire**

Good Beginnings of the Upper Valley

<http://www.gbu.org/>

PO Box 5054

West Lebanon, NH 03784

(603) 298-9524

TLC Family Resource Center

<http://www.tlcfamilyrc.org>

109 Pleasant St. PO Box 1098  
Claremont, NH 03743  
(603) 542-1848

## **Vermont**

The Family Place  
<http://www.familyplacevt.org/>  
319 US Rte 5 South  
Norwich, Vermont 05055  
(802) 649-3268

## **Physical Activity Resources**

CCBA (Lebanon Recreation Center)  
<http://www.joinccbba.org/>

Witherell Recreation Center  
Pool/Fitness Center  
1 Taylor Street  
Lebanon, NH  
(603) 448-6477

Carter Community Building  
Youth Drop-In Center/ Preschool  
1 Campbell Street  
Lebanon, NH  
(603) 448-3055

Grafton County Senior Citizens Council  
<http://www.gcsc.org/>  
10 Campbell Street  
PO Box 433  
Lebanon, NH 03766  
(603) 448-4897

Provides information about various recreational opportunities for older adults, including falls prevention programs

Upper Valley Aquatic Center  
<http://uvacswim.org>  
PO Box 1198  
White River Junction, VT 05001  
(802) 296-2850

Upper Valley Trails Alliance

<http://www.uvtrails.org/>

PO Box 1215

Norwich, VT 05501

(802) 649-9075

## **Transportation**

Advance Transit

<http://www.advancetransit.com/>

(800) 571-9779

Grafton County Senior Citizens Council

<http://www.gcsc.org/>

10 Campbell Street

PO Box 433

Lebanon, NH 03766

(603) 448-4897

Provides scheduled transportation for seniors

Stagecoach

<http://www.stagecoach-rides.org/>

(802) 728-3773

Provides scheduled transportation for seniors

## **Shelter**

### **New Hampshire**

New Hampshire Helpline

(800) 852-3388

24/7 October – April, 8:30 am – 8:30 pm April – October. Connects the caller to local shelter coordinators

LISTEN Community Services

<http://www.listencommunityservices.org/>

60 Hanover Street

Lebanon, NH 03766

(603) 448-4553

Provides rent, fuel payment assistance, and loans for housing

Southwestern Community Services  
<http://www.scshehelps.org/homeless.htm>  
(603) 542-3160

Tri County CAP Homeless Programs  
<http://www.tccap.org/>  
(603) 443-6150, after hours and on weekends call: Headrest at (603) 448-4400

## **Vermont**

United Ways of Vermont 211  
<http://www.vermont211.org/>  
Dial 2-1-1

Upper Valley Haven  
<https://uppervalleyhaven.org/>  
712 Hartford Ave  
White River Junction, VT 05001  
(802) 295-6500

Provides supportive housing for adults and families in transition as well as temporary, seasonal sheltering

## **Other Resources**

DailyUV  
<https://dailyuv.com/>  
Provides listing of physical activity and social engagement opportunities in the Upper Valley

Valley News Calendar  
<http://calendar.vnews.com/>  
Provides listing of physical activity and social engagement opportunities in the Upper Valley