

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

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

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
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

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/
(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

(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
(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

(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.gbuu.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