



# Vermont Peer Resources Guide

*A compilation of peer support services  
available across Vermont to individuals  
dealing with their own or a family  
member's or loved one's mental  
health and/or substance use issues.*

*Sponsored by*



***Vermont Integrated Services Initiative***  
**(a project made possible by the Co-Occurring State Infrastructure Grant from the  
Substance Abuse and Mental Health Services Administration)**

**Winter 2010**

## About this Guide

This guide was created as part of the Vermont Integrated Services Initiative (VISI), an effort of the Department of Mental Health geared toward improving services for individuals who have mental health and substance use issues. An important part of VISI has been fostering the development of peer support services across the state for individuals with co-occurring issues. This guide is intended to help spread the word about the range of peer support services currently available in Vermont and help connect individuals to services in their communities.

Our intent is to have a comprehensive guide, but it is possible that a group or service has been left out. Please notify the Department of Mental Health at (802) 241-2601 with suggestions for changes (additions, deletions, new telephone numbers, etc.).

Please note that there is an Appendix included which organizes services by county and town and another which lists a variety of self-help, mutual aid support groups (such as AA and NA). We have intentionally not included specific meeting days, dates or times as these are apt to change—rather we suggest that the sponsoring organization or contact person be consulted for specific meeting details.

We hope you find this guide useful!



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**Another Way, Inc.**

125 Barre Street  
Montpelier, VT 05601

Contact: Steven Morgan, Executive Director

Telephone: 1-802-229-0920

Email: [anotherwayvt@gmail.com](mailto:anotherwayvt@gmail.com)

Website: [www.vermontrecovery.com](http://www.vermontrecovery.com)

**Program Information**

Another Way is a daytime peer support center in Montpelier for psychiatric survivors and people at risk of psychiatric intervention. We provide peer support, advocacy, and various resources as requested. We have food, computers, telephones, showers, an extensive library of books about alternative approaches in mental health, and art supplies.

Our principles are rooted in self-determination, informed choice, and respect for individuality. Many of our community members find our informal atmosphere to be a respite from coercive environments encountered in more traditional social services. Mostly, people come to Another Way for friendship and connection with their peers.

Our formal offerings include:

- Peer support groups, including one for women only
- A weekly pancake breakfast
- A weekly community meal
- An art group

Please contact the number above for more information about each offering, including date and time. Feel free to drop us a line or stop by!



## Depression and Bipolar Support Alliance

117 River Street  
Bennington, VT 05201

Contact: Sue Hohman

Telephone: 1-802-447-3453

Email: [info@dbsabennington.org](mailto:info@dbsabennington.org)

Website: [www.dbsalliance.org](http://www.dbsalliance.org)

### Program Information

The mission of the Depression and Bipolar Support Alliance (DBSA) is to provide hope, help, and support to improve the lives of people living with depression or bipolar disorder. DBSA pursues and accomplishes this mission through peer-based, recovery-oriented, empowering services and resources **when** people want them, **where** they want them, and **how** they want them.

Please contact the number above for further information about the DBSA support group.



## **Friends of Recovery-Vermont (FOR-VT)**

43 State Street  
P.O. Box 1202  
Montpelier, VT 05601

Contact: Patty McCarthy, Executive Director

Telephone: 1-802-229 6103  
1-800-769-2798

Email: [patty@friendsofrecoveryvt.org](mailto:patty@friendsofrecoveryvt.org)

Website: [www.friendsofrecoveryvt.org](http://www.friendsofrecoveryvt.org)

### **Program Information**

Friends of Recovery – Vermont (FOR-VT) is a grassroots advocacy and education organization. We help spread the word about the value of long-term recovery from drug and alcohol addiction and the effects of addiction on individuals, families and communities. FOR-VT is a program of the Vermont Association for Mental Health.

Because we bring voices and visibility to recovery:

- We inform: We provide resources and education about recovery issues.
- We speak up: We offer forums to share personal stories. These voices need to be heard.
- We celebrate: We put on public events to showcase the possibilities of recovery.

### **Programs**

All of FOR-VT's programs are geared toward people in recovery from either mental health and/or substance use issues, their family members and providers and are available statewide (see chart on next page).



<b>Program</b>	<b>Description</b>
Training and Education	Addiction Recovery Training Series (ARTS)  Peer Group Facilitation Skills  Advocacy 101
Peer Support	Video Discussion Series  Develop peer led groups
Clearinghouse	Provide materials (print and video) on substance use, mental health and co-occurring issues
Information and Referrals	Assist callers with accessing services; refer to providers or recovery programs  List serve, e-newsletters, website, toll-free number
Parent/Family Information	FACES Network toll-free number for support and information; referrals for peer to peer support for families; refer to WIT's End
Advocacy	Legislative updates, Legislative day at the State House
Public Awareness	Events; forums (recovery walk)  Speakers Bureau

**NAMI-Vermont**  
162 South Main Street  
Waterbury, Vermont 05676-1519

Contact: Katina Cummings

Primary Phone: 1-802-244-1396

Help Line: 1-800-639-6480

Office Hours: Monday through Friday 7:00am – 5:00pm

Email Address: [info@namivt.org](mailto:info@namivt.org)

## **Program Information**

NAMI-Vermont is a statewide volunteer organization comprised of family members, friends, and individuals affected by mental illness. We have experienced the struggles and have joined together in membership to help ourselves and others by providing support, information, education and advocacy.

NAMI-Vermont began as a spontaneous, grassroots family movement in 1983, just six years after NAMI National was founded. NAMI-Vermont was incorporated as a state organization affiliated with NAMI in 1984, and today has 11 support groups. With a dedicated board, over one hundred volunteers, and four staff members, NAMI-Vermont provides education, advocacy and support to those in need.

### **NAMI Connection Recovery Support Groups**

A NAMI Connection Recovery Support Group is an alliance of individuals who have in common the experience of living with mental illness. It provides a forum to share our experiences and learn about opportunities for ourselves and others. Connection groups are a safe place to confront the challenges that all consumers face, regardless of diagnosis, low self-esteem, social isolation, dual diagnosis, stigma and discrimination. This is a peer-based, mutual support group model.

NAMI Connection Facilitators are individuals living with mental illness, and are at a point in their recovery where they are ready to “give back” to others. They are trained using a model developed and refined by NAMI’s national association. Facilitator trainings are



held in the spring and fall. Applications can be obtained by downloading from [www.namivt.org](http://www.namivt.org) or by calling the office 1-800-639-6480. Contact us if you are interested in a group in your area.

For more information on group locations and meeting times, contact the Connection program state coordinator, Ann Moore, by email at [connectionvt@myfairpoint.net](mailto:connectionvt@myfairpoint.net) or [connection@namivt.org](mailto:connection@namivt.org) or call NAMI-VT at 1-800-639-6480.

### **Family-to-Family Class**

The NAMI-VT Family-to-Family Class is a 12-week program for families and close friends of persons diagnosed with serious mental illness. The course covers information about: the major mental illnesses, such as schizophrenia, bipolar disorder and major depression; coping skills such as handling crisis and relapse; basic information about medications; listening and communication techniques; problem-solving skills; recovery and rehabilitation; and self-care. The course is taught by NAMI-VT volunteers who have intensive training in teaching the course.

This is a unique opportunity to learn more about the challenges of living with someone with mental illness while finding emotional support, improving self-care and feeling empowered.

For more information about this class, call NAMI-VT at 1-800-639-6480.

### **Family Support Groups**

Family support groups are available in many locations across the state. Please contact the numbers noted below for more detailed information.

#### **Barre-Montpelier**

Roberta Downey  
802-223-3376

#### **Bennington, Brattleboro**

Clare Munat  
802-824-3909

#### **Burlington**

Jim and Pat Johnson  
802-872-9561

#### **Middlebury**

Caryn Etherington  
802-388-9669  
Kelly Palmer  
802-877-6550

#### **Morrisville, Stowe**

Ed Kaiser  
802-253-7707



**Manchester, Londonderry**

Ann Cummins  
802-297-0199

**Springfield**

Sandy Vincent  
802-875-3036

**St. Johnsbury**

Sid Burton  
802-626-3707

**Rutland**

Joan Keefe  
802-773-7004  
Julia Gradziel  
802-438-5760

**Waterbury**

Clare Munat  
802-824-3909

**White River Junction**

Rose Hewes  
802-763-8030



## Vermont FACES NETWORK

P.O. Box 1202  
Montpelier, VT 05601

Contact: Sandi Yandow

Telephone: 1-800-769-2798

Email: [syandow@yahoo.com](mailto:syandow@yahoo.com)

Website: [www.vtfacesnetwork.org](http://www.vtfacesnetwork.org)

### **Program Information**

**Families of Addiction Consulting for Effective Services (FACES)** is a dedicated network of Vermont parents and family members whose lives have been touched by their children's substance use and/or mental health issues.

The FACES Project is designed to get parents and teens involved in helping shape teen substance use and mental health services across Vermont.

FACES members advocate on the local, state and national level, bringing awareness to the need for accessible and effective services for Vermont families. Our goal is to provide peer support (meaning 'families helping families') and participate in advocacy initiatives regardless of where the journey begins (prevention) or where it leads (treatment) or how long it takes (long-term recovery).

Please call us at the above number for more information.



## Vermont Federation of Families for Children’s Mental Health

95 Main Street  
Waterbury, VT 05676--507

Contact: Kathy Holsopple, Executive Director

Telephone: 1-802-244-1955  
1-800-639-6071 (for families only)

Email: [vffcmh@vffcmh.org](mailto:vffcmh@vffcmh.org)

Website: [www.vffcmh.org](http://www.vffcmh.org)

### **Program Information**

The Vermont Federation of Families for Children’s Mental Health exists to support families and children where a child or youth, age 0-22, is experiencing or is at risk to experience emotional, behavioral, or mental health challenges. The Federation is committed to:

- Providing families needed emotional and informational support.
- Advocating for families and children to receive needed supports and services.
- Promoting the creation of a full array of easily accessible, high quality, family-centered services needed on a state and local level.

The Federation collaborates with schools, communities, governmental, and private agencies, and other advocacy organizations to achieve these ends.

For more information about the Federation, including its Peer Navigator program, contact the number above.



# Vermont Harm Reduction Coalition/ Opiate Dependence Resource Center

147 B Greenhoe Road  
East Dummerston, VT 05346

Contact: Alice Diorio

Telephone: 1-802-387-5622

Email: [alice@vhrc.org](mailto:alice@vhrc.org)  
[alice@medication-assistedrecovery.org](mailto:alice@medication-assistedrecovery.org)

Website: [www.medicationassistedrecovery.org](http://www.medicationassistedrecovery.org)

## **Program Information**

The Vermont Harm Reduction Coalition (VHRC)/Opiate Dependence Resource Center began in 1999 as a non-profit advocacy organization committed to providing access to medication assisted treatment and syringe exchange programs in Vermont. Once these programs were started, our focus shifted to providing more individuals with access to these services and toward ways we could help them with their recovery. VHRC seeks to empower consumers and providers by fostering alternative models to traditional treatment. By focusing on individuals' strengths and the belief that everyone deserves the opportunity to recover in a safe and supportive environment, VHRC provides education to individuals and the community about medication assisted treatment and recovery. VHRC also provides peer case management and recovery support services to individuals who are primarily opiate dependent (such services could encompass HIV and Hepatitis prevention and education, access to transportation, housing, medical and mental health services, etc.).



## Vermont Psychiatric Survivors

1 Scale Avenue, Suite 52  
Rutland,VT 05701

Contact: Linda Corey, Executive Director

Telephone: 1-802-775-6834

Email: [vpsinc@sover.net](mailto:vpsinc@sover.net)

Website: [www.vermontrecovery.com/vps.html](http://www.vermontrecovery.com/vps.html)

### Program Information

Vermont Psychiatric Survivors, Inc. is an independent, statewide, survivor-run organization whose primary purpose is to:

- Empower individuals
- Assist in their recovery
- Facilitate mutual peer support
- Provide advocacy and education
- Assist in employment
- Assist in forming community peer support groups
- Provide information and referral
- Educate the public to decrease stigma

VPS is open to all psychiatric survivors/ consumers/ex-patients/ patients without bias and offers the following services:

Outreach: We have 2 outreach workers who serve the state. They provide advocacy, peer support and information to any peers who have or have in the past experienced mental health issues. There may be other issues as well such as substance abuse or physical health.

Counterpoint newspaper: Published three times a year, the publication is a compilation of news, commentary and art by psychiatric survivors, mental health consumers and their families.



Peer Initiatives: Giving technical assistance to programs which peers have developed to meet the needs of peers in their communities. These are located in Springfield, Lamoille, Rutland, Montpelier and Bennington. These have specific criteria to attend as most of them are housed in the local mental health agency.

Safe Haven: VPS provides the day-to-day operation of Safe Haven, a 6-bed house in Randolph for people with mental health issues who are homeless. The executive director of VPS also serves as the representative of Consumer Affairs on the national committee.

VPS has contracted employment positions at the Vermont State Hospital, Washington County Mental Health and the Second Spring Program in Williamstown.

VPS conducts satisfaction surveys at the Windham Center and Vermont State Hospital.

VPS has trained Wellness Recovery Action Plan facilitators on staff and also those who can be contracted out to teach in different regions.

VPS has a warmline that has an answering machine to be used to leave messages so VPS staff can call them back.

### **VPS Peer Support Groups**

For more information about support groups in the following locations, please contact the number provided:

**St. Albans:** Jim at (802) 524-1189 or Ronnie at (802) 782-3037

**Montpelier:** Brian at (802) 479-5485

**Rutland—New Life:** Mike at (802) 773-0020

**Middlebury:** (802) 345-2466

**Brattleboro—Changing Tides:** (802) 257-2375

**White River Junction—Peers:** (802) 295-5206



## Vermont Recovery Network

200 Olcott Drive  
White River Junction, VT 05001

Contact: Mark Ames

Telephone: 1-802-738-8998

Email: [vtrecoverynetwork@gmail.com](mailto:vtrecoverynetwork@gmail.com)

Website: [www.vtrecoverynetwork.org](http://www.vtrecoverynetwork.org)

### **Program Information**

The Vermont Recovery Network (VRN) provides training, collaboration, assistance and advocacy for Vermont’s Recovery Community Centers and other organizations providing recovery support services which promote long term recovery from addiction. One goal of the Vermont Recovery Center Network is to embrace varied models of peer support services which has helped advance Vermont’s recovery center movement by providing the centers with models of peer support that go well beyond AA, NA and other peer to peer groups. Our challenge now is to honor the traditions of these programs while being inclusive of other populations who don’t all necessarily view recovery as a “spiritual solution,” but who need and deserve to benefit from help and support. The members of the Vermont Recovery Center Network are not affiliated with AA, NA, or any other approach to recovery; their mission is to provide a safe, supportive, substance-free environment, which is welcoming to everyone seeking recovery.

Meetings held in centers across the state include: AA, NA, Al Anon, NarAnon, ACOA, CODA, Vet-to-Vet, dual diagnosis support groups (Double Trouble and Dual Recovery Anonymous), Gamblers Anonymous, Overeaters Anonymous, Debtors Anonymous, Making Change, Wit’s End, Drug Court support, and newly forming groups like Mothers in Recovery and “Making Recovery Easier.” The centers all hold recreational events, parties, and educational forums and provide space for recovering community events. Many of the centers host “Alcathons,” which are holiday events where people can gather, hold meetings, and experience fellowship in a sober environment. In addition, centers host chess and pool nights, book clubs, writing groups, poetry readings, art workshops, open microphone performances, dances, picnics, bike rides and various other events.



## **Kingdom Recovery Center**

297 Summer Street  
St. Johnsbury, VT 05819

Contact: Nancy Bassett or Margaret Drew, Co-Directors

Telephone: 1-802-751-8520

Email: [stjkrcc@charterinternet.com](mailto:stjkrcc@charterinternet.com)

### **Program Information**

The Kingdom Recovery Center (KRC) is a volunteer based drop-in center providing a safe and welcoming environment for people in recovery from addiction to alcohol and drugs, their friends and their families. We offer socialization, education, information and referrals. KRC is a community recovery center based on the premise of 'one person helping another,' endeavoring to enhance the lives of people in all stages of recovery. We hope our outlook will cause ripples of positive social change throughout the community, improving and elevating the lives of all the people of the Northeast Kingdom.

The Center offers space for 12 step/support meetings including Alcoholics Anonymous, Narcotics Anonymous, Dual Recovery Anonymous, Al-Anon and Wit's End.

For center hours, meeting schedules and any other information, go to [www.kingdomrecoverycenter.com](http://www.kingdomrecoverycenter.com) or contact the number above.



## Turningpoint Center of Addison County

228 Maple Street, Space 31B

P.O. Box 405

Middlebury, VT 05753

Contact: Craig Bingham, Director

Telephone: 1-802-388-4249

Email: [tcacvt@yahoo.com](mailto:tcacvt@yahoo.com)

Hours:	Sunday	1 pm – 5 pm
	Monday	10 am-7:45 pm
	Tuesday – Thursday	10 am-9 pm
	Friday	10 am-8:30 pm
	Saturday	10 am-10 pm

### Program Information

#### **Mission Statement**

The Turningpoint Center of Addison County provides a safe, substance-free, and fun environment for people in recovery, their families and friends. The center provides a space for meetings, socializing, educational workshops, mentoring, and advocacy. Together we celebrate all aspects of recovery.

Please contact the center directly for information about meeting times, our weekly pot luck dinners and movie screenings.



## Turning Point Center of Bennington

465 Main Street  
P.O. Box 454  
Bennington, VT 05201

Contact: Jake Lariviere, Director

Telephone: 1-802-442-9700

Email: [turningpointclub@comcast.net](mailto:turningpointclub@comcast.net)

### **Program Information**

The purpose of the Turning Point Center of Bennington is to provide and maintain a substance-free environment for our recovering community and to promote positive change through information and support. The Board of Directors, in collaboration with the Center's Director, will augment services and facilities already available to the recovery community, their families and the Bennington area by providing:

- A meeting location for 12-step groups, programs and meetings.
- A library and information center of recovery materials: books, meeting lists, and community resources (for example, mental health, job search materials, rehabilitation/detoxification centers, attorneys and more).
- A gathering place for enjoying substance-free recreation and for organizing substance-free events.
- A drop-in center and/or clubhouse for people in recovery, their families and friends.
- A coffee/snack bar.
- Educational programs related to addiction and recovery issues.
- Collaborative efforts among the Bennington community as they pertain to recovery.

Please contact the center directly for more detailed information about meeting times and other activities.



## Turning Point Center Of Central Vermont

489 Main Street  
Barre , VT 05641

Contact person: Debra Herbst, Director

Telephone: 1-802-479-7373

Email: [dherbsttpccv@yahoo.com](mailto:dherbsttpccv@yahoo.com) (Director)

[tpccv.barre@verizon.net](mailto:tpccv.barre@verizon.net) (Center)

Hours: Open every day, please call ahead to confirm schedule

### **Program Information**

Our Center focuses on those in recovery. Our mission is helping people seek and maintain their recovery through peer support, sober recreation and educational opportunities. We provide a safe, clean, and sober refuge for those seeking such. We serve those over the age of 18, including veterans. Most of our visitors are homeless and most have co-occurring issues. We have a meeting room for AA, NA, Wit's End, etc. We are also open every Saturday night for Pool Tournaments. We are open 7 days/week 365 days/year. We offer special holiday activities and hope to soon offer activities for the "after work" crowd.



## Turning Point Center of Chittenden County

191 Bank Street  
P.O. Box 913  
Burlington, VT 05402-0913

Contact: Mickey Wiles, Director

Telephone: 1-802-861-3150

Email: [director@turningpointcentervt.org](mailto:director@turningpointcentervt.org)

Hours: Monday, Tuesday, Wednesday	10:00 am to 9:30 pm
Thursday through Sunday	10:00 am to 11:30 pm

### **Program Information**

The Turning Point Center is a safe, substance-free environment providing recovery support, social and educational opportunities, and fellowship to anyone actively interested in recovery. The Center is located on the 2nd floor above Climb High on Bank Street. It is open 365 days of the year and is handicapped accessible. There is 2-hour free parking across the street in the public garage.

#### **What we offer**

The Turning Point Center of Chittenden County is a place where individuals who are in or seeking recovery from addictions may come for support and services. Held at the Center are approximately 25 meetings a week consisting of Alcoholics Anonymous, Narcotics Anonymous, Dual Diagnosis, Making Recovery Easier, Al-Anon, Overeaters Anonymous and other 12-step and recovery meetings. Each group is independent from the Turning Point Center and utilizes our space for their meeting.

The center also provides facilitated groups. The groups are designed to assist individuals in early recovery or to assist people in learning life skills while in recovery. Groups vary from recovery assisted groups to recreational groups such as yoga and meditation.



We offer an internet café style environment where people can come and get a fresh cup of coffee no matter what time of day it is. We have a used book library, video library (offering recovery related and non-recovery related movies), musical instruments, a pool table and other games and activities.

**Our philosophy**

The recovery community is extensive in and around Burlington. The community consists of individuals in long-term recovery, a few months to a few years, or individuals who are new or coming back into recovery. We believe that peer to peer support is the cornerstone of many successful recovery stories. In other words, those of us who have traveled the paths of recovery are in a unique position to understand and help others that are seeking recovery. The Turning Point Center fosters that unique relationship between individuals in recovery.

**Volunteer opportunities**

The center has a limited staff whose primary objective is to manage operations, coordinate volunteers, and develop and facilitate programs. Our primary face to the community is our volunteers. Our volunteers generally work in three hour shifts and work in pairs. Our goal is to have volunteers with more experience working with volunteers with less experience, thus providing volunteer opportunities for newer people in recovery. With the long hours we are open, our need for new volunteers is ongoing. We encourage the recovering community to assist us—please, volunteer to help.

Please contact the center directly for more information about meeting times and other activities.

## Turning Point Recovery Center of Rutland

141 State Street  
Rutland, VT 05701

Contact: Lisa Steckler, Director

Telephone: 1-802-773-6010

Email: [turningpointcenterrutland@yahoo.com](mailto:turningpointcenterrutland@yahoo.com)

Hours:	Monday through Friday	11:00 am – 9:00 pm
	Saturday	11:45 am – 4:00 pm
	Sunday	11:45 am – 9:00 pm

### **Program Information**

The Turning Point Center of Rutland is a safe, welcoming place to informally meet with others in the recovering community and relax, have a cup of coffee or tea, share recovery stories, play games, access the Internet, attend 12-step meetings, and give back to others seeking recovery.

The mission of the Rutland Turning Point Center is to provide a supportive, safe, substance-free space and to work to meet the needs of the recovery community in Rutland County.

Please contact the center directly for more information about meeting times and other activities.



## Turning Point Recovery Center of Springfield

7 Morgan Street  
Springfield, VT 05156

Contact: Ed Battles, Director

Telephone: 1-802-885-4668

Email: [spfturningpt@vermontel.net](mailto:spfturningpt@vermontel.net)

Hours: Monday to Friday	10:00 am – 5:00 pm
Saturday	10:00 am – 10:00 pm
Sunday	12:00 pm – 6:00 pm

### **Program Information**

The purpose of the Turning Point Recovery Center of Springfield is to enhance the spiritual, mental, physical and social growth of our community affected by any form of addiction. The Center seeks to facilitate recovery of individuals and their families in the Springfield area by providing a volunteer staff drop-in center, a meeting location, substance-free social functions and a prevention and resource center.

The following meetings are held at the Center: Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Intensive Substance Abuse Program (ISAP), Buprenorphine Group (Bupe Group), Vet-to-Vet, Debtor's Anonymous (DA), Black River Explorers, and Al-Anon.

Please contact the center directly for more information about meeting times and other activities.



## Turning Point of Windham County

14 Elm Street  
Brattleboro, VT  
(802) 257-5600

Contact: Suzie Walker, Director

Telephone: 1- 802-257-5600  
1-866-464-8792

Email: [tpwc.1@hotmail.com](mailto:tpwc.1@hotmail.com)

Hours: Monday through Friday 12:00 pm -- 6:00 pm  
Saturday and Sunday 12:00 pm – 4:00 pm

### **Program Information**

The Turning Point of Windham County (TPWC) is a safe gathering place that offers meeting space, recovery resources, and opportunities for people to socialize, serve their community, and grow.

#### **Mission**

We provide a safe and sober environment where individuals establish interpersonal connections that foster success for those whose lives have been affected by addiction and who want to begin or strengthen their recovery.

#### **Vision**

We extend the continuum of care in Windham County through peer support and community integration for those desiring recovery.

Please contact the center directly for more information about meeting times and other activities.



## Upper Valley Turning Point

200 Olcott Drive  
White River Junction, VT 05001

Contact: Mark Helijas, Director

Telephone: 1-802-295-5206

Email: [mhelijas@secondwindfound.net](mailto:mhelijas@secondwindfound.net) (Director)

[uvsaf@turningpointclub.com](mailto:uvsaf@turningpointclub.com) (Center)

Website: <http://www.secondwindfound.org/>

Hours: Open daily from 8:00 am - 9:00pm, with weekend hours that can vary due to volunteer availability.

### **Program Information**

The Upper Valley Turning Point is a community center for people in recovery. It is a safe, substance-free environment populated by people in recovery who offer peer support seven days a week.

The Upper Valley Turning Point functions as a:

- staffed drop-in center
- meeting location for a variety of recovery groups
- clearinghouse for information and referrals
- place for substance-free recreation
- resource for education and community support

"What we have at the Turning Point, where people are sober, they are our peers. They're people who can identify with us." -Linda

Programs holding meetings at the Turning Point currently include: Alcoholics

.....

Anonymous; Al Anon ; Overeaters Anonymous; Eating Disorders Anonymous; Wit's End and Making Change (a facilitated support group for high school-aged young people who are considering, or are committed to, recovery from alcohol or other drug dependency).

Our intention is to be inclusive, as we recognize that there are many paths to recovery. The Turning Point welcomes inquiries from recovery groups of all types.

Located off Route 5, one mile south of exit 13 (Norwich/Hanover) off Interstate 91.

Please contact the center directly for more information about meeting times and other activities.



**Vermont Vet-to-Vet, Inc.**

P.O. Box 471  
Northfield, VT 05663

Contact: David C. Morgan, President  
Steven R. Woodward, Vice President

Telephone: 1-877-485-4534  
1-802-485-4534

Email: [info@vtvettovet.org](mailto:info@vtvettovet.org)

Website: [www.vtvettovet.org](http://www.vtvettovet.org)

**Program Information**

Vermont Vet-to-Vet, Inc. is an organization of veterans committed to helping ourselves and other veterans achieve recovery from the issues we face. We understand that this is a process and that if we work at it, we can have a whole new outlook on life.

Vermont Vet-to-Vet, Inc. is not part of the Department of Veterans Affairs. We are a grassroots, non-profit organization whose mission is solely to assist other veterans who are struggling with mental health and substance abuse issues. We offer group discussions to learn about ourselves, our problems, and how we affect the other people in our lives. We are here to help each other deal with problems adjusting to life after having been in combat or having suffered other military trauma. We also help each other deal with problems such as anger, isolation and seclusion, anxiety and depression, and the need to use drugs or alcohol to escape from these problems. We are about helping each other re-learn how to function in society, and how to un-learn the things the military taught us that prevent us from doing that.

We use the following guidelines at all meetings for the benefit of the veterans and the meeting facility:



## Vermont Vet-to-Vet Preamble

Welcome to this meeting of Vet-to-Vet here at the \_\_\_\_\_.

Please turn off all cell phones before we start this meeting. This is not my group, or your group: this is “our” group and we will respect each other. Confidentiality is paramount; what is said and whom you see here stays here. The only exception would be if you were to make yourself a threat to yourself or others. If this should arise, we will immediately direct you to a professional who is qualified to help you with your issues. We are not professionals. We offer peer support through our own experiences, strengths, and hopes. There is no note taking so feel free to speak; all we ask is that you stay away from specific traumas as they may trigger others in the group. Vet-to-Vet is open to all eras of combat and peacetime veterans: men and women. You are all welcome here... Thank you.

For more information about support groups in the following locations, please contact the numbers provided:

<b>Barre</b> 476-8165	<b>Springfield</b> 952-8093
<b>Burlington</b> 863-3157	<b>St. Albans</b> 370-5368
<b>E. Calais</b> 456-8884	<b>St. Johnsbury</b> 751-8520
<b>Rutland</b> 775-7111	<b>White River Junction</b> 1-866-687-8387, ext. 6932
<b>Middlebury</b> 388-4249	

## **Wit's End**

Contacts: Kathy and Pat Martin

Telephone: 1-802-775-6608

Email: [colcartoy@aol.com](mailto:colcartoy@aol.com)

### **Program Information**

Wit's End is an open support group for anyone dealing with issues involving others and their use or abuse of alcohol and/or other substances. These issues can take a great toll on loved ones and we wish to provide support from those with lived experience to others in our community. This is a safe place to express concerns and frustrations while providing unconditional support, education and resources.

The Rutland group is always co-facilitated by a family member and a licensed alcohol and drug counselor. The group is confidential and there is no cost to attend.

Currently, groups are held in Barre, Bennington, Rutland, St. Johnsbury and White River Junction. Please contact the number above for information about meeting times and locations.



## Peer Resources by County and Town

*(please see next appendix for information on self-help, mutual aid groups such as AA, NA, etc.)*

### Addison County

#### Middlebury

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NAMI Connection Recovery Support Group .....	8
NAMI Family Support Group.....	8
Turningpoint Center of Addison County .....	18
VPS Peer Support Group .....	14
Vermont Vet-to-Vet Support Group .....	28
Women for Sobriety.....	18

### Bennington County

#### Bennington

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Depression Bipolar Support Alliance.....	5
NAMI Connection Recovery Support Group .....	8
NAMI Family Support Group.....	8
Turning Point Center of Bennington .....	19
Wit's End.....	30

### Caledonia County

#### St. Johnsbury

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Kingdom Recovery Center.....	17
NAMI Connection Recovery Support Group .....	8
NAMI Family Support Group.....	8



Vermont Vet-to-Vet Support Group ..... 28  
 Wit’s End ..... 30

**Chittenden County**

**Burlington**

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Making Recovery Easier Support Group ..... 21  
 NAMI Connection Recovery Support Group ..... 8  
 NAMI Family Support Group ..... 8  
 Turning Point Center of Chittenden County ..... 21  
 Vermont Vet-to-Vet Support Group ..... 28

**Essex Junction**

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NAMI Connection Recovery Support Group ..... 8

**Essex County—No services currently**

**Franklin County**

**St. Albans**

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VPS Peer Support Group ..... 14  
 Vermont Vet-to-Vet Support Group ..... 28

**Grand Isle County—No services currently**



## Lamoille County

### Morrisville

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NAMI Family Support Group..... 8

## Orange County

### Randolph

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NAMI Connection Recovery Support Group ..... 8

## Orleans County

### Newport

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NAMI Connection Recovery Support Group ..... 8

## Rutland County

### Rutland

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NAMI Connection Recovery Support Group ..... 8

NAMI Family Support Group..... 8

Turning Point Center of Rutland ..... 23

VPS (main office) ..... 14

VPS Peer Support Group ..... 14

Vermont Vet-to-Vet Support Group ..... 28



Wit’s End Support Group ..... 30

**Washington County**

**Barre**

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Turning Point Center of Central Vermont ..... 20  
Vermont Vet-to-Vet Support Group ..... 28  
Wit’s End Support Group ..... 30

**Berlin**

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NAMI Family Support Group ..... 8

**East Calais**

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Vermont Vet-to-Vet Support Group ..... 28

**Montpelier**

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Another Way ..... 3  
FOR-VT (main office) ..... 6  
NAMI Connection Recovery Support Group ..... 8  
VT FACES Network (main office) ..... 11  
VPS Peer Support Group ..... 14

**Northfield**

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Vermont Vet-to-Vet, Inc. (main office) ..... 28



**Waterbury**

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NAMI Family Support Group..... 8

**Windham County**

**Brattleboro**

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Making Recovery Easier Support Group ..... 25  
NAMI Family Support Group..... 8  
Turning Point of Windham County ..... 25  
VPS Peer Support Group ..... 14

**E. Dummerston**

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Vermont Harm Reduction Coalition/Opiate Dependence Resource Center (main office) ..... 13

**Londonderry**

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NAMI Family Support Group..... 8

**Windsor County**

**Springfield**

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NAMI Family Support Group..... 8  
Turning Point Recovery Center of Springfield..... 24



Vermont Vet-to-Vet Support Group ..... 28

**White River Junction**

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Making Change Support Group..... 26

NAMI Family Support Group..... 8

Upper Valley Turning Point ..... 26

VPS Peer Support Group ..... 14

Vermont Vet-to-Vet Support Group ..... 28

Wit’s End ..... 30

**Windsor**

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NAMI Connection Recovery Support Group ..... 8



## Self-Help, Mutual Aid Groups

### Alcoholics Anonymous (AA)

*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 recover from alcoholism. The only requirement for membership is a desire to stop drinking. Although AA is not affiliated with other organizations, it has been gracious in sharing the approach it developed for recovering from alcoholism through providing peer support and the use of twelve suggested steps. This approach has led to the development of numerous other support groups, some of which are listed in this appendix.*

Many recovery centers (listed in this guide) host AA meetings. Please contact the recovery centers, the AA website ([www.AA.org](http://www.AA.org)), or the AA telephone numbers listed below for meeting information:

Barre 229-5100	Middlebury 388-9284
Bennington 447-1285	Montpelier 229-5100
Brattleboro 257-5801	Newport 334-1213
Burlington 860-8382	Rutland 775-0402
Dorset 447-1285	Springfield 885-8281
Manchester 447-1285	White River Junction 295-7611

### Narcotics Anonymous (NA)

*Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs have become a major problem. We are recovering addicts who meet regularly to help each other stay clean. The Twelve Steps of NA are the basis of our recovery program.*

Many recovery centers (listed in this guide) host NA meetings. Please contact the recovery centers, the NA telephone numbers in Vermont (802-862-4516 or 866-580-8718), or the local NA websites listed below for meeting information:

Green Mountain Area NA (southern Vermont): [www.gmana.org](http://www.gmana.org)

Champlain Valley Area NA (northern Vermont): [www.cvana.org](http://www.cvana.org)

### Adult Children of Alcoholics (ACOA)

*Adult Children of Alcoholics (ACOA) is a Twelve Step, Twelve Tradition program of men and women who grew up in alcoholic or otherwise dysfunctional homes. We meet with each other in a mutually respectful, safe environment and acknowledge our common experiences.*

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Some recovery centers (listed in this guide) host ACOA meetings—Bennington. Please contact the recovery centers or the ACOA website ([www.adultchildren.org](http://www.adultchildren.org)) for other meeting information.

### **Co-Dependents Anonymous (CoDA)**

*Co-Dependents Anonymous (CoDA) is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We offer no definition or diagnostic criterion for codependence. CoDA has developed a set of Tools for Recovery to assist newcomers looking for more information on codependence.*

Some recovery centers (listed in this guide) host CoDA meetings—Bennington and White River Junction. Please contact the recovery centers or the CoDA website ([www.coda.org](http://www.coda.org)) for other meeting information.

### **Al Anon/Alateen**

*For over 55 years, Al-Anon (which includes Alateen for younger members) has been offering strength and hope for friends and families of problem drinkers. Al-Anon's program of recovery is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. In Al-Anon and Alateen, members share their own experiences, strengths, and hopes with each other.*

Some recovery centers (listed in this guide) host Al Anon meetings—Burlington, Springfield and St. Johnsbury. Please contact the recovery centers, the Vermont Al Anon/Alateen Information Service at 1-866-972-5266, or the Al Anon website ([www.vermontalanonalateen.org](http://www.vermontalanonalateen.org)) for other meeting information.

### **Double Trouble in Recovery (DTR)**

*Double Trouble in Recovery (DTR) is a Twelve Step fellowship of men and women who share their experiences, strengths and hopes with each other so that they may solve their common problems and help others to recover from their particular addiction(s) and manage their mental disorder(s).*

Bennington	1-802-442-9700
White River Junction	1-802-295-5206

### **Dual Recovery Anonymous (DRA)**

*Dual Recovery Anonymous is a self-help program that is based on the principles of the Twelve Steps and the experiences of men and women in recovery with a dual diagnosis. The DRA program provides a community of mutual support to help us recover from both our chemical dependency and our emotional or psychiatric illness by focusing on relapse prevention and actively improving the quality of our lives.*

Morrisville, Lamoille Valley	1-802-888-9962
St. Johnsbury	1-802-751-8520



**Women for Sobriety**

*Women For Sobriety, Inc. is a non-profit organization dedicated to helping women overcome alcoholism and other addictions, and has a New Life program to help achieve sobriety and sustain ongoing recovery.*

Middlebury

1-802-388-4249

**Making Change**

*A facilitated support group for high school-aged young people who are considering, or are committed to, recovery from alcohol or other drug dependency.*

White River Junction

1-802-295-5206



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