
Resource Guide for Substance Use Disorder Treatment, Recovery & Mental Health Services

For Strafford County and Surrounding
Areas

Summer/Fall 2018

Strafford County Public Health Network

603.749.2346 x533

aciampa@goodwinch.org

NH Addiction Crisis Hotline: 1-844-711-4357

www.nhtreatment.org



Do You Or Someone You Know Struggle With Addiction or Substance Use?

Have questions about what to do next?

Your Recovery Is Our Priority!

Call the NH Statewide Addiction Crisis Line

1-844-711-HELP

hope@keystonehall.org



Confidential Judgment-free 24 Hours a day 7 Days a week

Our trained counselors are here to listen and help you take the steps that are right for you. Counselors can also assist you in finding:

- Residential Treatment • Intensive Outpatient Program
 - Outpatient Therapy • Shelters • Support Groups
- Impaired Driver Programs • Emergency Room/Services
 - Mental Health/Substance Use Evaluations
 - Medication Assisted Treatment
- Transitional Housing • Sober Housing • Family Services
 - SUD Specialized Primary Health Care
- Recovery Support Services • Adolescent Services

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844-579-0610

How to Read This Guide

This resource guide lists prevention partners, community based treatment programs, sober living, recovery community organizations and transitional living facilities located in the Greater Strafford County area & a partial list of New Hampshire, Massachusetts and Maine resources. Treatment programs are broken down by adults and adolescents.

Location, age/gender, acceptable insurance, treatment type and description will be included for most treatment programs. If we were able to gather information on detoxification services and dual diagnoses (Dx) then that will be listed as well.

Thank you for your continued support from your friends at Strafford County Public Health Network. You can always access the resource guide and print at www.scphn.org.

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PREVENTION

Strafford County Public Health Network Prevention Leadership Workgroup

Contact: Cathy Smith

Phone: (603) 953-0066

Email: csmith@GoodwinCH.org

Strafford County Public Health Network

Addiction Taskforce of Strafford County

Contact: Cathy Smith

Phone: (603) 953-0066

Email: csmith@goodwinch.org

Strafford County Public Health Network

Young Adult Prevention Strategies

Contact: Ashley Ciampa, Young Adult
Prevention Coordinator

Phone: (603) 749-2346 x533

Email: aciampa@goodwinch.org

Dover Coalition for Youth

Dover Police Department Program

Contact: Vicki Hebert, Coordinator

Phone: (603) 516-3279

Email: V.Hebert@Dover.NH.gov

Description: The Dover Coalition for Youth provides comprehensive and coordinated drug prevention efforts for the citizens of Dover.

Rochester's Bridging the Gaps Coalition

Rochester Police Department Program

Contact: Julie Perron, Coordinator

Phone: (603) 330-7160

Email: Julie.perron@RochesterNH.net

Description: A Coalition of individuals dedicated to a healthier Rochester aiming to provide comprehensive drug prevention efforts to the community through education and advocacy.

Somersworth Prevention Coalition

Contact: Coty Donohue, Coordinator

Phone: (603) 692-4450

Email: cdonohue@SAU56.org

Description: We work to reduce substance misuse in Somersworth through education,

community involvement, public policy awareness and strategic planning efforts.

Somersworth Youth Connection

Contact: Maureen Jackman, Director

Phone: 603-692-2126.

Email: mjackman@SAU56.org

Description: We provide out-of-school time social, emotional, and academic supports to students through fun, exciting, and enriching activities led by certified teachers, counselors, and other professionals.

FAMEE

Contact: Martha Whitehouse

Email: info@sau61.org

Description: Farmington and Middleton Extending Education (FAMEE) programs' focus on grades K-12th; offering a variety of homework support, enrichment activities, and health and fitness activities.

Seymour Osman Community Center

Contact: Stacey Kearns

Phone: 603-749-6692

Description: The Seymour Osman Community Center (SOCC) serves as a haven for Dover children operating daily afterschool programs. It has also become a primary source of crime prevention in the area through partnerships with the Dover Police Department.

Dover Teen Center

Contact: Steve Pappajohn

Phone: 603-516-TEEN (8336)

Description: Providing a safe, fun place for teens to gather after school and for special events, skill-based educational and social programming to support the individual growth and maturation of our participant, and connecting teens with positive role models and mentors.

STRAFFORD COUNTY

Adults

Goodwin Community Health

Location: Somersworth, NH

Ages: Adults(18+)

Insurance: All major, Medicaid, Uninsured

Detox: No Dual Dx: Yes

Treatment Type: MAT (Buprenorphine, naltrexone), Intensive Outpatient

Treatment Description: Monitored & individual regimen of appropriate opioid craving and opioid-deterrent medication; Structured IOP w/group and individual counseling for MAT patients and non-MAT patients

Phone: MAT: (603) 749-2346 ext 758

IOP/General: (603) 749-2346

Merrimack River Medical Services

Location: Newington & Somersworth

Ages: Adults (18+)

Insurance: Medicaid and private insurance

Detox: No Dual Dx: Yes

Treatment Type: Methadone maintenance with outpatient counseling

Treatment Description: Services include pharmacological treatment with methadone and other medications in combination with individual, group and family counseling.

Phone: (603) 436-0668; (603) 953-0078

GROUPS Recover Together

Location: Rochester & Portsmouth

Ages: 18+

Insurance: Self-Pay Only

Detox: No Dual Dx: Yes

Treatment Type: Buprenorphine maintenance with Group Therapy

Treatment Description: Outpatient Medically Assisted Treatment with clinically supervised groups held weekly.

Phone: 800-683-8313

Web: <http://joininggroups.com>

Southeastern NH Services

Location: Dover

Ages: Adults (18+)

Insurance: Most major & Medicaid

Stabilization: Yes

Dual Dx: Yes

Treatment Type: Intensive Outpatient; Outpatient; Residential, Impaired Driver Care Management Program

Treatment Description: Both high-intensity and low-intensity residential treatment

Phone: Crisis: (603) 516-8181

Main: (603) 516-8160

R.O.A.D to a Better Life

Location: Somersworth & Newington

Ages: 17+

Insurance: Most Major, Medicare & Medicaid Detox: No Dual Dx: Yes

Treatment Type: Buprenorphine maintenance with Intensive Outpatient/Group Therapy

Treatment Description: R.O.A.D. to a Better Life was established to help individuals free themselves from the struggles of drug abuse and addiction. The program assists those in recovery through individual counseling, group therapy, medication assisted treatment

(buprenorphine) and an Intensive Outpatient Program. R.O.A.D. helps each person reclaim their lives in a caring and supportive environment by focusing on recovery and relapse prevention.

Phone: Somersworth:(603) 841-2301;

Newington: (603) 766-8660

New Patient Phone: (603) 841- 2307

STRAFFORD COUNTY

Adults

Hope on Haven Hill

Location: Rochester

Hope on Haven Hill

Home on Haven Hill

Ages: Adults WOMEN (18+) Pregnant or Mothers with children under 5

Insurance: Medicaid/NH Health Protection Program, No insurance- out of pocket only (State funded)

Detox: Depending on extent based on screening. Dual Dx: Yes

Treatment Type: Residential

Treatment Description: Clinically managed, Long Term 8-12 Month residential treatment services

Phone: (603) 948-1230

(603) 841-5353

Web: <http://hopeonhavenhill.org>

Quick Care Clinic

Location: Rochester

Ages: 18+

Insurance: Accepts most Major Insurances, Medicaid and Medicare, Sliding Scale, Self-Pay

Detox: No Dual Dx: Yes

Treatment Type: Buprenorphine maintenance

Treatment Description: Outpatient Medically Assisted

Phone: 603-335-8001

Web: <http://terrybennettmd.com>

Recovery Housing:

Sober Sisters Recovery

Location: Somersworth

Ages: Adult WOMEN (18+)

Insurance: Self Pay

Detox: No; Dual Dx: No

Treatment Type: Residential Aftercare

Treatment Description: 12-Step-based women's sober house offering structure and guidance through early recovery. Case management, weekly groups, nightly curfew, on-site staff 7 days/wk.

Phone: (603) 703-9077

Web: www.sobersistersrecovery.org

Bonfire Recovery Services

Location: Dover, NH

Ages: Adult MEN (18+)

Insurance: Self Pay

Detox: No; Dual Dx: Yes

Treatment Type: Residential Aftercare

Treatment Description: 12-Step-based men's sober house offering structure and guidance through early recovery. Case management, weekly groups, nightly curfew, on-site staff 7 days/wk.

Phone: (603) 617-3399

Web: www.bonfirerecovery.com

NEW HAMPSHIRE & MAINE

Addiction Recovery Services

Location: Portsmouth

Ages: Adults (18+)

Insurance: Most major

Detox: Yes

Dual Dx: Yes

Treatment Type: Intensive Outpatient

Treatment Description: Intensive

Outpatient counseling 4 days per week in a private, structured setting

Phone: (814) 515-9896

Web: www.arsnh.com

Catholic Charities Substance Abuse Services

Location: Portland, ME

Ages: Adults (18+)

Insurance: Most major private insurances, MaineCare, Medicare, & Sliding Scale Available

Detox: No; Dual Dx: Yes

Treatment Type: Outpatient; Opiate treatment

Treatment Description: For persons who need treatment but do not require hospitalization, or have already completed acute withdrawal and/or inpatient treatment, we provide counseling and support in both individual and group settings

Phone: (207) 781-8550

Center for New Beginnings

Location: Littleton, NH

Ages: Adults Their Families

Insurance: Medicaid; Medicare; Private Insurance; Self Payment

Detox: No; Dual Dx: Yes

Treatment Type: Outpatient Treatment

Description: Counseling for Substance Abuse and Recovery; Treatment for Dual Diagnosis; Counseling for Family Members of Substance Users

Phone: (603) 444-6465

Concord Hospital: The Fresh Start Program

Location: Concord, NH

Ages: Adults (17+)

Insurance: Private Insurance; Self Payment; Sliding Fee Scale Available; Some State Funded Services

Detox: No Dual Dx: Yes

Treatment Type: Intensive Outpatient; Outpatient

Treatment Description: Offering an intensive outpatient program, Gender Based Continuing Care Support Groups, Individual Counseling, Inpatient Hospital Consultations, Court Evaluations, DWI Evaluations and DWI Aftercare groups

Phone: (603) 227-7000 ext. 2521

Crossroads of Maine

Location: Scarborough, ME; Kennebunk, ME; Windham, ME; & Portland, ME

Ages: Adults (18+)

Insurance: Private Insurance, MaineCare, and Self Payment

Detox: No Dual Dx: Yes

Treatment Type: Intensive Outpatient; Outpatient; Residential Living Program for WOMEN ONLY

Treatment Description: Offers gender-specific mental health and substance abuse treatment; Children & Mothers Program (CaMP) is a residential treatment program for pregnant or parenting mothers with a child 5 years or younger. Black Cove Residential Program is available to WOMEN ONLY. Offers outpatient programs for men & women

Phone: (877) 694-9062

NEW HAMPSHIRE & MAINE

Cynthia Day Family Center

Location: Nashua, NH

Ages: Pregnant and parenting women and their children

Insurance: Offer Sliding Scale (30% of Income); Medicare; Medicaid; Blue Cross Blue Shield

Detox: Yes, but will only administer, cannot prescribe; Dual Dx: Yes

Treatment Type: Residential

Treatment Description: Provides services to pregnant, postpartum and parenting women at their most vulnerable, including pregnant IV drug-using women, those transitioning back into the community from the justice system, and homeless addicted women.

Phone: (603) 881-4848

Dartmouth-Hitchcock Medical Center Addiction Treatment Program

Location: Lebanon, NH

Ages: Adults (18+)

Insurance: Most Major; Self Payment

Detox: No Dual Dx: Yes

Treatment Type: Intensive Outpatient

Treatment Description: Counseling is 3 days a week. The program is divided into three phases, intensive treatment, transition in recovery and continuing care.

Phone: (603) 653-1860

Families in Transition

Location: Manchester, NH

Ages: Women (18+)

Insurance: Self Payment; Sliding Fee Scale Available

Detox: No Dual Dx: Yes

Treatment Type: Intensive Outpatient for Women ONLY

Treatment Description: Offers a specialized 4 month Recovery Program that is broken up into 3 phases. This program is for female community members (do not have to be a participant if Families in Transition) who struggle with substance use and may also have a history of trauma.

Phone: (603) 935-7900 ext. 1711

Farnum Center

Location: Manchester, NH

Ages: Adults (18+)

Insurance: Private Insurance; Self Payment; Sliding Fee Scale; Payment Assistance

Detox: Yes; Dual Dx: Yes

Treatment Type: Intensive Outpatient 18+; Outpatient

Treatment Description: Offers an inpatient program that is a 30-day substance abuse treatment program, Intensive Outpatient, Outpatient, Suboxone Clinic, FAST Program & Medical Detoxification

Phone: (888) 840-4243

Web: www.farnumcenter.org

Green Mountain Treatment Center

Location: Effingham, NH

Ages: 18+ Men and Women

Insurance: All major that fall under PPO, In Network Anthem and Harvard Pilgrim

Detox: Yes Dual Dx: Yes if stable

Treatment Type: Medical Detox and Residential Treatment Center

Treatment Description: The program has medical detoxification and residential treatment program

Phone: 1-(877)-824-5992

Habit Opco

Location: Manchester & West Lebanon

Ages: Adults (18+)

Insurance: Medicaid and Private Insurance

Detox: No; Dual Dx: No

Treatment Type: Opiate Treatment Outpatient

Treatment Description: Methadone maintenance, buprenorphine, methadone detoxification

Phone: Manchester (603) 622-4747
West Lebanon (603) 298-2146

NEW HAMPSHIRE & MAINE

Hampstead Hospital

Location: Hampstead, NH

Ages: Adults, Disabled Individuals

Insurance: Check online or call to see if their services are covered

Detox: Yes Dual Dx: Yes

Treatment Type: Intensive Outpatient; Residential Treatment

Treatment Description: Recovery Matters: 10- bed residential treatment program offering 24

-hour care to adult men and women — Quitting Time: (Intensive Outpatient) provides intensive group treatment designed to enhance motivation toward recovery, improve personal insight and provide education

Phone: (603) 329-5311

Headrest

Location: Lebanon, NH

Ages: Adults

Insurance: Sliding Scale Fee and Payment Assistance Available

Detox: Yes Dual Dx: No

Treatment Type: Transitional Living; Intensive Outpatient; Outpatient

Treatment Description: Transitional Living Program, Outpatient Counseling, Intensive Outpatient Program, Treatment Support Groups, Drug Court Program, Men's Recovery Group and Seeking Safety Program for Women

Phone: Hotline: (603) 448-4400 or (800) 639-6095 (603) 448-4872

His Mansion

Location: Deering, NH

Ages: Adults (18-35)

Insurance: Self Payment

Detox: No Dual Dx: Yes

Treatment Type: Residential

Treatment Description: Requires patients to have sponsor. Offers Christian counseling and long-term residential

(yearlong commitment) care for men and women

Phone: (603) 464-5555

Horizons Counseling Center

Location: Gilford, NH

Ages: Adults

Insurance: Self payment, private insurance, sliding fee scale available

Detox: No Dual Dx: Yes

Treatment Type: Intensive Outpatient

Treatment Description: Nathan Brody Program — 2 phase program and includes group counseling

Phone: (603) 524-8005

Keystone Hall

Location: Nashua, NH

Ages: 18+

Insurance: Sliding Fee Scale; Self Payment

Detox: Yes Dual Dx: Yes

Treatment Type: Intensive Outpatient; Outpatient; Residential

Treatment Description: This structured program offers gender-specific group counseling that addresses relapse prevention and recovery, trauma issues and anger management. Participants meet 3 days a week for three hour.

Phone: (603) 881-4848

NEW HAMPSHIRE & MAINE

Live Free Recovery

Location: Newton, NH

Ages: Adults & Adolescent IOP

Insurance: Yes some and self pay

Treatment Type: Clinical Recovery Coaching

Treatment Description: Outpatient

Clinically Supervised Recovery Coaching

Phone: (603) 702-2461

Merrimack River Medical

Location: Hudson, NH

Ages: Adults (18+)

Insurance: Medicaid and Private Insurance

Detox: No Dual Dx: No

Treatment Type: Methadone maintenance with counseling

Treatment Description: Services include pharmacological treatment with methadone and other medications in combination with individual, group and family counseling.

Phone: (603) 595-3399

Web: www.hcrcenters.com/hudson

Metro Treatment Center of NH

Location: Manchester, Swanzey & Concord, NH

Ages: Adults (18+)

Insurance: Medicaid, Wellsense only for

Methadone patients, Self-Payment

Detox: Yes Dual Dx: No

Treatment Type: Opiate Treatment Outpatient

Treatment Description: Patients are enrolled into a comprehensive program, which includes individual and group counseling to address psychological and social needs

Phone: Manchester (603) 622-5005

Swanzey (603) 358-0050

Concord (603) 229-4260

New Patient phone: (877) 284-7074

Milestone Foundation

Location: Portland, ME

Ages: Adult Men (18+);

Detox: Yes Dual Dx: Yes

Treatment Type: Residential

Treatment Description: Provides

emergency shelter for intoxicated MEN with substance abuse issues. Residential long-term treatment program and transitional living is offered to MEN ONLY. Both men and women are offered the detox program.

Phone: (207) 775-4790

Monadnock Substance Abuse Services

Location: Keene, NH

Ages: Adults (18+) and child support services

Insurance: Most Major

Detox: No Dual Dx: Yes

Treatment Type: Outpatient

Treatment Description: Tailor a program of treatment that typically involves six to eight sessions of individual or family therapy

Phone: (603) 357-4400

New England Recovery and Wellness Place (RAW)

Location: Concord, NH

Ages: 18+ Men and Women

Dual Dx: Yes

Insurance: Private Insurance, PPO self-payment

Treatment Type: Residential, Intensive Outpatient

Treatment Description: 12-Step and clinical services

Phone: 1-855-500-8037

Office: (603) 556-8144

Hotline: (888) 261-5057

Web: <http://newenglandraw.com>

NEW HAMPSHIRE & MAINE

New Freedom Academy

Location: Canterbury, NH

Ages: Adults 18 +

Dual Dx: Yes

Insurance: Cigna, Aetna, Blue Cross, Optum, United Behavioral Health, ValueOption, self- payment

Treatment Type: Intensive inpatient, CBT,

DBT, EMDR, group and 1-1 counseling

Treatment Description: 20-bed 12-Step and clinical services designed for young men

Phone: 1-877-852-4320

Web: www.newfreedomacademy.com

New Life Center New England

Ministries

Location: Manchester, NH

Ages: Women ONLY (and their children)

insurance: No

Detox: No Dual Dx: No

Treatment Type: Sober House; Residential

Treatment Description: The program is a long term residential program that typically lasts 18

- 24 months. During this time, we cover several subjects including self-esteem, interpersonal relationships, parenting, computer skills, and job skills.

Phone: (603) 624-8444

Northern Human Services

Location: Berlin, Colebrook, Conway, Wolfeboro, NH

Ages: Adults (18+)

Insurance: Blue Cross Blue Shield, Cigna Tricare

Detox: No Dual Dx: Yes

Treatment Type: Outpatient

Treatment Description: Offers treatment for individuals who abuse or are addicted to alcohol and/or other drugs

Phone: Berlin (603) 752-7404

Colebrook (603) 237-4955

Conway (603) 447-2111

Wolfeboro (603) 569-1884

Littleton: (603) 444-5358

Phoenix Houses of New England: Dublin Center

Location: Dublin, NH

Ages: Adults (18+)

Insurance: Most Major Insurances

Detox: Yes Dual Dx: Yes

Treatment Type: Residential

Treatment Description: Treatment at Dublin Center combines individual counseling, clinical groups, educational seminars, and recreational activities

Phone: (603) 563-8501

Phoenix Houses of New England: Franklin Center

Location: Franklin, NH

Ages: Adults (18+)

Insurance: Most Major Insurance

Detox: Yes - if no health risks are associated withdrawal Dual Dx: Yes

Treatment Type: Residential

Treatment Description: Our residential programs include social detoxification for clients who have no health risks associated with the withdrawal process, short-term residential treatment, and transitional living. Phone: (603) 934-5297

Phoenix Houses of New England: Keene Center

Location: Keene, NH

Ages: Adults (18+)

Insurance: Private Insurance; Self Payment; Sliding Fee Scale Available

Detox: Yes Dual Dx: Yes

Treatment Type: Intensive Outpatient; Residential

Treatment Description: Provides a full spectrum of outpatient, intensive outpatient and residential substance abuse treatment Phone: (603) 358-4041

Phoenix Sober Living House

Location: Northfield, NH

Ages: 18+ Men ONLY

Insurance: Most Major Insurance

NEW HAMPSHIRE & MAINE

Treatment Type: Sober House
Treatment Description: provides a safe, supportive living environment for adult men who have completed treatment for substance abuse
Phone: (603) 934 5297, Ext. 3851

Plymouth House

Location: Plymouth, NH
Ages: Adults (18+)
Insurance: Self Payment
Detox: No Dual Dx: Yes, depending on severity
Treatment Type: Residential
Treatment Description: A retreat dedicated to teaching the life-changing principles and practices of the Twelve Steps while offering a safe and healthy environment for recovery from addiction.
Phone: (603) 536-5500

Portsmouth Regional Hospital

Location: Portsmouth
Ages: 18-65
Insurance: Most Major, Medicare & Medicaid
Detox: Yes, for alcohol only Dual Dx: Yes
Treatment Type: Psychiatric Program
Treatment Description: You'll meet one-on-one each day with a psychiatrist and social worker. Your program may include expressive therapy, introductory cognitive behavioral therapy, illness and medical management,
Phone: (603) 436-5110

Process Recovery Center

Location: Hudson, NH
Ages: 18+ Men and Women
Insurance: All major that fall under PPO
Detox: No; Dual Dx: Yes if stable
Treatment Type: Intensive Outpatient, Individual and Group Outpatient, Recovery Housing Program
Treatment Description: Abstinence based Intensive Outpatient and step-down outpatient clinically supervised program.

Individual counseling and medication management available for co-occurring.
Phone: 888-649-1149

Recovery Center at Mercy Hospital

Location: Portland, ME
Ages: Adults (18+)
Insurance: Most Major, Medicaid
Detox: Yes Dual Dx: Yes
Treatment Type: Outpatient; Intensive Outpatient
Treatment Description: Substance Abuse Treatment services include etoxification, group therapy, treatment of withdrawal symptoms, and long-term therapies.
Phone: (207) 857-8282

Riverbank House

Location: Laconia, NH
Ages: 18-45
Insurance: Yes most Private PPO
Detox: YES Dual Dx: Yes
Treatment Type: Residential
Treatment Description: 14 days to 18 months. Scholarships available. Transitional sober house living available after completion of the program
Phone: (603) 759-2895
Web: www.riverbankhouse.net

R.O.A.D to a Better Life

Location: Littleton, Merrimack, Plymouth, Concord, North Conway, Lebanon & Wolfeboro NH
Ages: 17+
Insurance: Most Major, Medicare & Medicaid Detox: No Dual Dx: Yes
Treatment Type: Buprenorphine treatment; Intensive Outpatient; Group Therapy
Treatment Description: R.O.A.D. to a Better Life was established to help individuals free themselves from the struggles of drug abuse and addiction. The program assists those in recovery through individual counseling, group therapy, medication assisted treatment (buprenorphine) and an Intensive

NEW HAMPSHIRE & MAINE

Outpatient Program. R.O.A.D. helps each person reclaim their lives in a caring and supportive environment by focusing on recovery and relapse prevention.

Phone:

Merrimack (603) 424-8866

Plymouth (603) 536-1008

Concord (603) 415-0330

North Conway (603) 356-5335

Somersworth: (603) 841-2301

Newington: (603) 766-8660

Lebanon: (603) 727- 9071

Serenity House

Location: Portland, ME

Ages: Adult Men (18+)

Insurance: 20% of Income

Detox: No

Dual Dx: Yes

Treatment Type: Residential

Treatment Description: Offer treatment for alcoholism, drug addiction, dual diagnosis, co-dependency & relationship issues

Phone: (207) 774-2722

Serenity Place

Location: Manchester, NH

Ages: Adults (18+)

Insurance: No insurance at this time, \$350 for the 7 day program

Detox: Yes

Dual Dx: Yes

Treatment Type: Residential

Treatment Description: Offer Intensive Outpatient program for men 18+ ONLY; Offers transitional living services for men at Tirrell House, and women at Lin's Place. Services include counseling, case management, education and self-help groups. 7 day long treatment - non medical detox

Phone: (603) 625-6980

Spring Harbor Hospital

Location: Westbrook, ME

Ages: Adults (18+)

Insurance: Most Major

Detox: Yes, depending on medical need

Dual Dx: Yes

Treatment Type: Intensive Outpatient

Treatment Description: Treatment emphasizes return-to-work strategies and cognitive therapies to help patients make the smoothest possible transition from the hospital in the shortest possible time.

Phone: (866) 857-6644

St. Francis Recovery Center

Location: Auburn, ME

Ages: Adults (18+)

Insurance: Most Major Insurances, MaineCare, Medicare, & Sliding Scale Available

Detox: No

Dual Dx: Yes

Treatment Type: Outpatient; Sober House

Treatment Description: Residential Rehabilitation is for ADULT MEN ONLY.

All adults can receive outpatient counseling services

Phone: (207) 784-2901

Tri-County Community Action Program Friendship House

Location: Bethlehem, NH

Ages: Adults (18+)

Insurance: No - Self Payment Only

Detox: Depending on extent

Dual: Dx: Depending on extent

Treatment Type: Residential

Treatment Description: This highly structured 28 day program includes educational classes, group counseling, individual counseling, work and recreational therapy and attendance at in-house and community Alcoholic Anonymous/Narcotics Anonymous meetings

Phone: (603) 869-2210

NEW HAMPSHIRE & MAINE

Webster Place Recovery Center

Location: Franklin, NH

Ages: Adults (18+)

Insurance: Self Payment

Detox: No Dual Dx: Yes

Treatment Type: Sober House

Treatment Description: Peer based recovery treatment program, process groups and didactic groups, staff are in recovery as well

Phone: (888) 840-4243

West Central Behavioral Health

Location: Claremont, NH

Ages: Adults (18+)

Insurance: Medicaid; Medicare; Private Insurance; Self Payment; Sliding Fee Scale Available; Some State Funded Services

Detox: No Dual Dx: Yes

Treatment Type: Outpatient; Residential

Treatment Description: Adult Counseling Services, Older Adult Services, Recovery Support & Residential Services

Phone: (603) 542-5128

York Hospital Cottage Program

Location: York, ME

Ages: Adults (18+)

Insurance: MaineCare, Sliding Scale Available, Call to see if other insurances are covered

Treatment Type: Intensive Outpatient; Outpatient

Treatment Description: "Phase Program" provides an intensive outpatient program for treatment of alcohol and/or other drug abuse and dependence. Phase I and Phase II are programs that together provide professional support for 6 months of the recovery process. Also offers outpatient services with a trained counselor.

Phone: (207) 351-2118

Web: <http://www.yorkhospital.com/>

NEW HAMPSHIRE & MAINE

Butterfly House

Location: Laconia, NH
Ages: Adult WOMEN (18+)
Insurance: Self Pay
Detox: No; Dual Dx: No
Treatment Type: Residential Aftercare
Treatment Description: 12-Step-based women's sober house offering structure and guidance through early recovery. Case management, weekly groups, nightly curfew, on-site staff 7 days/wk.
Phone: (603)527-8682
Web: <http://butterflyhouseforwomen.org>

Costas House

Location: Portland, ME
Ages: 18+ Men only
Insurance: Self Pay
Detox: No; Dual Dx: Yes if stable
Treatment Type: Recovery Housing
Treatment Description: Men's Sober Living
Phone:
Lester Gilkey (207) 409-6671
Gabriel Carter (207) 521-4101

Foundation House

Location: Portland, ME
Ages: 18+ Men only
Insurance: Self Pay
Detox: No; Dual Dx: Yes if stable
Treatment Type: Recovery Housing
Treatment Description: Men's Sober Living
Phone: Patrick (207) 791-2002

Friendship House

Location: South Portland, ME
Ages: 18+ Men only
Insurance: Self Pay
Detox: No; Dual Dx: Yes if stable
Treatment Type: Recovery Housing
Treatment Description: Men's Sober Living
Phone: (207) 767-7403

Gate House Sober Community

Location: Nashua, NH
Ages: 18+ Men only
Insurance: Self Pay
Detox: No; Dual Dx: Yes if stable
Treatment Type: Recovery Housing
Treatment Description: The program features three distinct tiers to address all the needs of an individual in recovery.
Phone: (855) GHT-3638

Gingers House for Women

Location: Portland, ME
Ages: 18+ / Women Only
Insurance: Self Pay
Detox: No; Dual Dx: Yes if stable
Treatment Type: Sober House
Treatment Description: Structured Sober Recovery Housing for Women
Phone: (207) 329-5615

Grace House for Women

Location: Portland, ME
Ages: 18+ / Women Only
Insurance: Self Pay
Detox: No; Dual Dx: Yes if stable
Treatment Type: Sober House
Treatment Description: Structured Sober Recovery Housing for Women
Phone: (207) 615-4356

RECOVERY HOUSING

Granite House

Location: Derry, NH
Ages: 18-35/ Men only
Insurance: All major that fall under PPO
Detox: No; Dual Dx: Yes if stable
Treatment Type: Sober House
Treatment Description: The program features three distinct phases to address all the needs of an individual in recovery.
Phone: 1-(877) 308-8338

Granite House for Women

Location: Derry, NH
Ages: 18-35/ Women Only
Insurance: All major that fall under PPO
Detox: No; Dual Dx: Yes if stable
Treatment Type: Sober House
Treatment Description: The program features three distinct phases to address all the needs of an individual in recovery.
Phone: 1-(877) 353-5020

Green House for Women

Location: Portland, ME
Ages: 18+ / Women Only
Insurance: Self Pay
Detox: No; Dual Dx: Yes if stable
Treatment Type: Sober House
Treatment Description: Structured Sober Recovery Housing for Women
Phone: (207) 899-8187

Helping Hands Outreach Center

Location: Manchester, NH
Ages: Men
Insurance: Self Payment
Detox: No Dual Dx: Yes
Treatment Type: Sober House
Treatment Description: Transitional living for men in recovery
Phone: (603) 623-8778

Lin's Place

Location: Manchester, NH
Ages: Adult Women (18+)
Insurance: No
Treatment Type: Residential
Treatment Description: Transitional Living Facility
Phone: (603) 625-6980

Live Free Structured Sober Living

Location: Manchester, NH
Ages: 18+ (Men only)
Insurance: No (self-pay)
Detox: No; Dual Dx: Yes if stable
Treatment Type: Sober House
Treatment Description: High accountability structured residential program with 12 step focus.
Phone: 1-(877) 932-6757

Marguerite's Place

Location: Nashua, NH
Ages: Single women under 45 with children under 12
Insurance: No
Detox: No Dual Dx: No
Treatment Type: Sober House
Treatment Description: Transitional living for women and children; help with job search; 2 years- own apartment; independent living; working 30 hours a week; service fees- portion of income
Phone: (603) 598-1582

Mary's Place

Location: Nashua, NH
Ages: Homeless Adult Women
Treatment Type: Sober House
Treatment Description: Transitional living for women — offers permanent housing for homeless women
Phone: (603) 866-3562

RECOVERY HOUSING

Monarch Place for Women

Location: Portland, ME
Ages: 18+ / Women Only
Insurance: Self Pay
Detox: No; Dual Dx: Yes if stable
Treatment Type: Sober House
Treatment Description: Structured Sober Recovery Housing for Women
Phone: (207) 274-3939

Myrtle Street Sober Living

Location: Portland, ME
Ages: 18+ Men only
Insurance: Self Pay
Detox: No; Dual Dx: Yes if stable
Treatment Type: Recovery Housing
Treatment Description: Men's Sober Living
Phone: (917) 650-0803

Ocean House Sober Living for Men & Women

Location: Portland, ME
Ages: 18+ Men & Women
Insurance: Self Pay
Detox: No; Dual Dx: Yes if stable
Treatment Type: Recovery Housing
Treatment Description: Men's & Women's Sober Living
Phone: (207) 618-2129

Providence Place

Location: Portland, ME
Ages: 18+ Men only
Insurance: Self Pay
Detox: No; Dual Dx: Yes if stable
Treatment Type: Recovery Housing
Treatment Description: Men's Sober Living
Phone: (207) 835-0682

Queen City Sober Living for Men

Location: Manchester, NH
Ages: 18+ Men only
Insurance: Self Pay
Detox: No; Dual Dx: Yes if stable
Treatment Type: Recovery Housing
Treatment Description: Men's Sober Living
Phone: 877-855-4941

Riverbank House

Location: Laconia, NH
Ages: 18-45
Insurance: Yes most Private PPO
Detox: YES Dual Dx: Yes
Treatment Type: Residential
Treatment Description: 14 days to 18 months. Scholarships available. Transitional sober house living available after completion of the program
Phone: (603) 505-7912
Web: www.riverbankhouse.net

Robinson Home Southern NH Services

Location: Manchester, NH
Ages: 18+ Men
Treatment Type: Sober House
Treatment Description: Subsidized substance-free single apartments for men experiencing homelessness who have successfully completed substance abuse treatment programs.
Phone: (603) 627-9188

RECOVERY HOUSING

Skip Murphy's

Location: Portland, ME

Ages: 18+ Men only

Insurance: Self Pay

Detox: No; Dual Dx: Yes if stable

Treatment Type: Recovery Housing

Treatment Description: Men's Sober

Living

Phone: (207) 245-1867

Tirrell House

Location: Manchester, NH

Ages: Adult Men (18+)

Insurance: No

Detox: Yes Dual Dx: Yes

Treatment Type: Residential

Treatment Description: Transitional Living

Facility

Phone: (603) 836-5145

MASSACHUSETTS

Adults

Banyan Treatment Center

Location: Wilmington, MA

Ages: Adults (18+) Male/Female

Insurance: Most major insurances accepted PPO; cash pay option

Detox: Yes Dual Dx: Yes (Primary diagnosis must be substance abuse)

Treatment Type: Medical & holistic detox & residential treatment center

Treatment Description: Partial Hospitalization Program with Structured Recovery Housing, Intensive Outpatient and Outpatient Programs.

Phone: (978) 737-7272

Web: <http://banyanmass.com>

Recovery Centers of America

Location: Danvers & Westminster, MA

Ages: Adults (18+) Male/Female

Insurance: Most major insurances accepted PPO; cash pay option

Detox: Yes Dual Dx: Yes (Primary diagnosis must be substance abuse)

Treatment Type: Medical & holistic detox & residential treatment center

Treatment Description: Medical Detox, Residential Treatment Center, Partial Hospitalization Program with Structured Recovery Housing, Intensive Outpatient and Outpatient Programs.

Phone: (888) RECOVERY- NOW

New England Recovery Center

Location: Westborough, MA

Ages: Adults (18+) Male/Female

Insurance: Most major insurances accepted PPO, In Network Anthem PPO & HMO, cash pay option

Detox: Yes Dual Dx: Yes (Primary diagnosis must be substance abuse)

Treatment Type: Medical & holistic detox & residential treatment center

Treatment Description: Medical Detox, Residential Treatment Center, personalized addiction treatment focused on sustained recovery and long term support.

Phone: (844) 500-6372

Web:

<http://newenglandtreatmentcenter.com>

Serenity at Summit New England

Location: Haverhill, MA

Ages: Adults (18+) Male/Female

Insurance: Most major insurances accepted with out-of-network benefits; cash pay option

Detox: Yes Dual Dx: Yes (Primary diagnosis must be substance abuse)

Treatment Type: Medical & holistic detox & residential treatment center

Treatment Description: Our program utilizes the latest research-based pharmacological and psychotherapeutic techniques to alleviate detoxification symptoms and address the complex emotional issues of recovery

Phone: (978) 641-3001

NEW HAMPSHIRE & MAINE

Licensed Drug and Alcohol Counselors (LADC's)

Barry Timmerman

Private Practice
Newmarket, NH
Phone: (603) 440-3482

Christine Lanoix

Stonewall Counseling
Rochester, NH
Phone: (603) 332-8887

Courtney Atherton

WDP Great Bay Mental Health Associates
Dover, NH
Phone: (603) 742-9200

Janet Bragg

Private Practice
Dover, NH
Phone: (603) 742-0566

Sue Gordon

Goodwin Community Health
Somersworth, NH
Phone: (603) 749-2346

Karin Goscinski

Seacoast Mental Health Center
Portsmouth, NH
Phone: (603) 431-6703

Kevin O'Connell

Goodwin Community Health
Somersworth, NH
Phone: (603) 749-2346

Linda Tremblay

Private Practice
Portsmouth, NH
Phone: (603) 661-7345

Lisa Caplette

Merrimack River Medical Services
Somersworth, NH
Phone: (239) 280-0487

Lucia Savage-Reeder

Chestnut Hill Counseling
Dover, NH
Phone: (603) 749-4462 x113

Margaret Correia

Greenleaf Woods Counseling
Portsmouth, NH
Phone: (603) 427-5392

Meredith Hamel

Hamel Substance Abuse Services
Rochester, NH
Phone: (603) 335-7070

Meredith Orchard

Private Practice
Portsmouth, NH
Phone: (603) 793-6402

Michael Torch

Reentry Resources
Manchester, NH
Phone: (603) 623-5052

Micki West

West Counseling
Somersworth, NH
Phone: (603) 692-0071

Paul Spack

Paul Spack Counseling
Dover, NH
Phone: (603) 742-3222

Peter Fifield

Families First
Portsmouth, NH
Phone: (603) 422-8208

Sally Keck

Cottage Program - York Hospital
York, ME
Phone: (207) 351-2430

NEW HAMPSHIRE & MAINE

Licensed Drug and Alcohol Counselors (LADC's)

Sally Wool

Greenleaf Woods Counseling
Portsmouth, NH
Phone: (603) 427-5392

Sheila Jenkins

Private Practice
Portsmouth, NH
Phone: (603) 988-6239

Southeastern NH Services

Dover, NH
Phone: (603)516-8160

Timothy Runk

Chestnut Hill Counseling
Dover, NH
Phone: (603) 749-4462

Wendy Quinn

Private Practice
Portsmouth, NH
Phone: (603) 969-5681

William Kohut

Kohut Counseling Services
Dover, NH
Phone: (603) 749-1050

Licensed Clinical Mental Health Counselor (LCMHC)

Ryan Chandler, LCMHC, MLADC

Cochecho Falls Counseling, LLC
Dover, NH
Phone: (603) 343-4678

Tristram Dashti-Gibson

Southeastern NH Services
Dover, NH
(603) 516-8160

FAMILY SUPPORT

Adults

Families Hoping and Coping

Tuesday Location: Frisbie Memorial Hospital, main building, 1st floor conference room 7-8:30pm

Wednesday Location: Safe Harbor Recovery Center 865 Islington St. Portsmouth, NH 7-8:30pm

Thursdays Location: Wentworth Douglass Hosp. Dover, Auditorium A Time: 7pm-8:30pm

Open to: Family members of people in addiction or recovery

Format: Guest speakers, open discussion w/ facilitator

Contact: familieshoping@gmail.com

Phone: (603) 969-1305

Circle of Hope

Location: St Peters Catholic Church, 88 Central St. Farmington

When: 1st and 3rd Wednesday of each month 7 pm-8:30 PM

Open to: Family members of people in addiction or recovery

Format: Facilitator-led group discussion

Contact: circleofhope603@yahoo.com

Ala-Teen

Location: Community Campus Library, 100 Campus Dr, Portsmouth

When: Fridays 7:30pm-8:30pm

Open to: Youths suffering from another's substance use disorder

Web: <http://al-anon.org/for-alateen>

The Addict's Mom

(New Hampshire Chapter)

Location: Online Time: Any

Open to: Parents of people in active addiction or recovery

Format: Facebook group

Acronyms used: AS—"Addicted Son" AD—"Addicted Daughter" RAS—"Recovering Addicted Son"

RAD—"Recovering Addicted Daughter"

Join: [facebook.com/groups/TAMNewHampshire](https://www.facebook.com/groups/TAMNewHampshire)

Al-Anon

(New Hampshire Chapter)

Locations: Rochester, Dover, Portsmouth, others out of region

Open to: Anyone suffering from another's substance use disorder

Hotline: 603 -369 -6930

Web: nhal-anon.org

ONLINE MEETINGS: al-anon.org/electronic-meetings

MUTUAL AID GROUP

Adults and Adolescence

Heroin Anonymous (12-Step/Mutual Aid)

Location: Triangle Club, 120 Broadway, Dover

Open to: Anyone with a desire to stop using heroin or other mind-altering substances

Cost: Free

Meeting times:

Sunday: 3:00pm-4:00pm

Monday: 12:00pm-1:00pm

Tuesday: 8:00pm-9:00pm

Wednesday: 12:00pm-1:00pm

Thursday: 8:00pm-9:00pm

Friday: 12:00pm-1:00pm

Saturday: 8:00pm-9:00pm

Web: heroinanonymous.org/HANH.html

Narcotics Anonymous (12-Step/Mutual Aid)

Locations: Rochester, Dover, Farmington, others out of region

Open to: Anyone with a desire to stop using mind-altering substances

Cost: Free

Hotline: 1-888-624-3578

Web: gsana.org

Gamblers Anonymous (12-Step/Mutual Aid)

Location: York Hospital, 16 Hospital Dr, York. Hall House, basement conference room

When: Saturdays 9:00am

Open to: Anyone with a desire to stop gambling

Cost: Free

Hotline: 855-222-5542

Alcoholics Anonymous (12-Step/Mutual Aid)

Locations: Dover, Rochester, Gonic, Lee, Milton, Farmington, Strafford

Open to: Anyone with a desire to stop using alcohol

Cost: Free

Hotline: 800-593-3330

Web: nhaadistrict15.org

Cocaine Anonymous (12-Step/Mutual Aid)

Location: Dover Baptist Church, 151 Washington St, Dover

When: Fridays 7:30pm-8:45pm

Open to: Anyone with a desire to stop using cocaine or other mind-altering substances

Cost: Free

Web: dovernhca.wordpress.com

Nicotine Anonymous (Mutual Aid)

Location: Triangle Club, 120 Broadway, Dover

When: Mondays 10am-11am;

Fridays 7pm-8pm

Open to: Anyone with a desire to stop using nicotine

Hotline: 1-877-879-6422

Web: nicotine-anonymous.org

ADOLESCENT

Keystone Hall

Location: Nashua, NH

Ages: Adolescents ages 12-18

Insurance: Sliding Fee Scale Available

Detox: Yes Dual Dx: Yes

Treatment Type: Outpatient; Residential

Treatment Description: CHOICES is a Youth Diversion Program designed to provide outpatient treatment and aftercare specifically for at-risk youth ages 12-18 and their families. The program works closely with the court system, DCYF, the school system, mental health and primary care physicians, hospitals, parents, guardians and other social service agencies.

Phone: (603) 881-4848

Child Family Youth Services: Adolescent Substance Abuse Treatment Program

Location: Manchester, NH

Ages: Adolescents ages 12-24

Insurance: Most Major; Sliding Scale Available

Detox: No Dual Dx: Yes

Treatment Type: Intensive Outpatient for those 21 or younger

Treatment Description: Offering assessment, outpatient counseling, and recovery support to youth ages 12-24, and their families. Intensive Outpatient Program provides expert, high intensity group treatment tailored to the individual needs of young people up to age 21

Phone: (800) 640-6486 or (603) 518-4001

Horizons Counseling Center

Location: Gilford, NH

Ages: Adolescents

Insurance: Medicare, Self-Payment, Private Insurance, Sliding Fee Scale Available

Detox: No Dual Dx: Yes

Treatment Type: Outpatient

Treatment Description: Offers outpatient counseling

Phone: (603) 524-8005

Meredith Hamel LADC

Location: Rochester, NH

Ages: Adolescents

Treatment Type: LADC Services

Treatment Description: Offers substance abuse programs and services to adolescents including DWI aftercare, individual and group counseling.

Phone: (603) 335-7070

Monadnock Substance Abuse Services

Location: Keene, NH

Ages: Adolescents

Insurance: Most Major

Detox: No Dual Dx: Yes

Treatment Type: Outpatient

Phone: (603) 357-4400

Northern Human Services

Location: Berlin, Colebrook, Conway, Wolfeboro, NH

Ages: Adolescents

Insurance: Blue Cross Blue Shield, Cigna, Tricare

Detox: No Dual Dx: Yes

Treatment Type: Outpatient

Treatment Description: Offers parenting education and mental health services to infants through age 5

Phone: Berlin (603) 752-7404

Colebrook (603) 237-4955

Conway (603) 447-2111

Wolfeboro (603) 569-1884

Orion House

Location: Newport, NH

Ages: Adolescents

Insurance: Medicaid; Private Insurance; Self Payment; Sliding Fee Scale Available, Some State Funded Services

Detox: No Dual Dx: Yes

Treatment Type: Residential

Treatment Description: Individual and group therapy opportunities are provided that focus on themes such as Mental Health Management; Anger Management;

ADOLESCENT

Grief, Social Skills Training, Adventure Programming and Drug & Alcohol Counseling.
Phone: (603) 863-4918

Phoenix Academy

Location: Dublin, NH
Ages: Adolescents ages 13- 18
Insurance: Most Major
Detox: No Dual Dx: Yes
Treatment Type: Residential
Treatment Description: The Academy's three- to six-month program offers each resident a wide range of services, including: individual, group, and family therapy; training in sober living skills and sustaining recovery; drug and alcohol education; and positive and healthy recreational activities.
Phone: (603) 563-8501
Hotline: (877) 769-9698

Phoenix Houses of New England: Keene Center

Location: Keene, NH
Ages: Adolescents
Insurance: Most Major
Detox: Yes Dual Dx: Yes
Treatment Type: Intensive Outpatient; Residential
Treatment Description: Self-Assessment Saturdays for Youth (SASY) is an eight-hour outpatient course at Phoenix House Keene Center. The course serves youth ages 13 to 21 who have violated school and legal drinking regulations or have been experimenting with alcohol and other drugs.
Phone: (603) 358-4041 x6400

The Mental Health Center of Greater Manchester

Location: Manchester, NH
Ages: Adolescents and their Families
Insurance: All major, Medicaid

Detox: No Dual Dx: Yes
Treatment Type: Outpatient
Treatment Description: Services for children and teens experiencing more serious emotional/ behavioral issues. Treatment is provided by teams consisting of several mental health professionals, including child therapists, a child psychiatrist and others.
Phone: (603) 668-4111

The Youth Council

Location: Nashua, NH
Ages: Adolescents Ages 5-22 and Their Families
Insurance: All Major, Sliding Scale Available
Detox: No Dual Dx: Yes
Treatment Type: Outpatient
Treatment Description: Based on assessment, options include participating in the Challenge Program or Prime for Life education sessions individually or with a small group and enrolling in individual/family counseling
Phone: (603) 889-1090

West Central Behavioral Health

Location: Claremont, NH
Ages: Adolescents
Insurance: Medicaid; Medicare; private insurance; self-payment; sliding fee scale available; some state funded services
Detox: No Dual Dx: Yes
Treatment Type: Outpatient; Residential
Treatment Description: Child & Family Services, Recovery Support & Residential Services
Phone: (603) 542-5128

York Hospital Cottage Program

Location: York, ME
Ages: Adolescents
Insurance: MaineCare, Sliding Scale Available, Call to see if other insurances are covered

ADOLESCENT

Treatment Type: Outpatient

Treatment Description: One-on-one sessions with a trained counselor, usually on a weekly basis. The client and counselor together to create an individualized treatment plan for meeting the client's treatment goal

Phone: (207) 351-2118

Spring Harbor Hospital

Location: Westbrook, ME

Ages: Adolescents

Insurance: Most Major

Detox: Yes, depending on medical need

Dual Dx: Yes

Treatment Type: Intensive Outpatient

Treatment Description: Programming includes comprehensive psychiatric evaluation, individual and family therapy, recreational and group therapy, medication management, parent education, and on-site academic instruction

Phone: (207) 661-6100

Seacoast Youth Services

Location: Rochester, NH

Ages: Adolescents and their families, Intensive Outpatient is for ages 14-21

Insurance: Anthem, Medicaid, most private

Treatment Type: Outpatient, Intensive Outpatient

Treatment Description: Adolescent Substance Abuse Program (ASAP) is for young people with early and mid-level substance abuse issues who are not in need of inpatient or residential treatment. Using a 12-session Motivational Enhancement Therapy/ Cognitive Behavioral Therapy and individual and group sessions. IOP program provides structured,

intensive, hands on, educational treatment experience for young people, with family therapy and recovery skills

Phone: (603)-474-3332

Day One Residential Treatment Center

Location: Portland & Bar Mills, ME

Ages: Adolescents ages 13-18, Intensive Outpatient is for ages 14-21

Insurance: All Major, MaineCare

Treatment Type: Intensive Outpatient; Residential

Treatment Description: Intensive outpatient program runs for 6-8 weeks, and meets 3 times a week for 3 hours each visit. The residential program has two locations that house girls and boys separately. The program is open to Maine girls and boys ages 13-18. Clients complete treatment in 6 months

Phone: (207) 767-0991

Live Free Recovery Adolescent Program

Location: Rochester & Newton, NH

Ages: Adolescents and their families, Intensive Outpatient is for ages 13-17, 18 if still in school.

Insurance: Anthem, Medicaid, most private

Treatment Type: Outpatient, Intensive Outpatient, Adolescent

Treatment Description: The IOP meets four nights a week for four weeks. After for weeks clients can continue with group as part of our mentoring program at no cost. Those who complete the 3-6 month mentoring portion have the option of working with us in The IOP as Peer leaders. We are the only adolescent IOP programs in NH that have same age Peer Leaders who are recovery present in group. All clients assigned CRSW who they have contact with on off days. 24 hour access to the clinician. Families assigned a family coach at no cost

Phone: (603)-474-3332

ADOLESCENT

STUDENT ASSISTANCE PROGRAMS

Nute Middle/High School

Contact: Scott Currier

Phone: 603-652-4591

Rochester Middle School

Contact: Christina LeMaitre

Phone: 603-332-4090

MENTAL HEALTH SERVICES

Strafford County

Community Partners

Location: Dover, NH; Rochester, NH

Ages: All Ages

Insurance: Most Major, Medicaid, Medicare, Sliding-Scale Fee, Self-Payments

Phone: (603) 516-9300

Goodwin Community Health

Location: Somersworth, NH

Ages: Adults 18+

Insurance: Most Major, Medicaid, Medicare, Sliding-Scale Fee, Self-Payments

Phone: (603) 749-2346

Great Bay Mental Health

Location: Dover, NH

Ages: All Ages, Families, Couples

Insurance Type: Most Major

Phone: (603) 742-9200

Salmon Falls Behavioral Health

Location: Rochester, NH

Ages: All Ages, Families, Couples

Insurance Type: Most Major

Phone: (603) 335-2444

Mill House Counseling Center

Location: Dover, NH

Ages: All Ages, Families, Couples

Insurance Type: Most Major, Medicaid, Medicare, Self-Payment

Phone: (603) 742-1373

New Hampshire Center For Cognitive and Behavioral Therapies

Location: Barrington, NH

Ages: All Ages, Families, Group, Couples

Insurance Type: Most Major, Medicaid, Medicare, Self-Payment

Phone: (603) 659-0202

Wentworth Douglass Behavioral Health Services

Location: Dover, NH

Ages: All Ages

Insurance Type: Most Major, Medicaid, Medicare, Self-Payment

Phone: (603) 742-9200

MENTAL HEALTH SERVICES

NH/ME

Concord Hospital Behavioral and Mental Health Services

Location: Concord, NH

Ages: All Ages

Insurance Type: Most Major, Medicaid, Medicare, Self-Payment

Phone: (603) 225-2711

Riverbend Community Mental Health

Location: Concord, NH; Franklin, NH; Boscawen, NH

Ages: All Ages

Insurance Type: Most Major, Medicaid, Medicare, Self-Payment

Phone: (603) 228-1600

Manchester VAMC Mental Health Services

Location: Manchester, NH

Ages: Adults

Insurance Type: Most Major, Medicare, Military Insurance, Self-Payment

Phone: (603)-624-4366 x2779;

Criss Hotline: 1-800-273-8255;

Confidential Chat: VeteransCrissLine.net

Mental Health Center of Greater Manchester

Location: Manchester, NH

Ages: All Ages

Insurance Type: Most Major, Medicaid, Medicare, Self-Payment

Phone: (603)-668-4111

Elliot Hospital Behavioral Health Services

Location: Manchester, NH

Ages: All Ages

Insurance Type: Most Major, Medicare, Medicaid, Self-Payment

Phone: (603) 668-4079

Spaulding Youth Center

Location: Tilton, NH

Ages: Children, Adolescents

Insurance Type: Most Major, Medicaid, Medicare, Self-Payment

Phone: (603) 286-8901 x105

Franklin Regional Hospital Mental Health Services

Location: Franklin, NH

Ages: All Ages

Insurance Type: Most Major, Medicaid, Medicare, Self-Payment

Phone: (603) 930-2060 x8800

Lakes Region General Hospital Mental Health Services

Location: Laconia, NH

Ages: All Ages

Insurance Type: Most Major, Medicaid, Medicare, Self-Payment

Phone: (603) 527-7100

Center for Life Management

Location: Derry, NH; Salem, NH

Ages: All Ages

Insurance Type: Most Major, Medicare, Medicaid, Self-Payment

Phone: (603) 434-1577

24/7 Crisis Hotline (603) 434-1577 Option 1

Southern New Hampshire Medical Center

Location: Nashua, NH

Ages: All Ages

Insurance Type: Most Major, Medicare, Medicaid, Self-Payment

Phone: (603) 577-5721

24/7 Emergency Hotline: (603) 577-2728

Harbor Homes Inc.

Location: Nashua, NH

Ages: Adults

MENTAL HEALTH SERVICES

NH/ME

Insurance Type: Medicaid, Medicare, Most Major

Phone: (603) 595-8601

Seacoast Mental Health Center

Location: Exeter, NH; Portsmouth, NH

Kennebunk Counseling Center

Location: Kennebunk, ME

Ages: Adults

Insurance Type: Medicaid, Medicare, Most Major, Self-Payment

Phone: (207) 467-3369

Maine Behavioral Healthcare

Location: Springvale, ME; Biddeford, ME

Ages: All Ages

Insurance Type: Most Major, Medicaid, Medicare, Self-Payment

Phone: Kennebunk: (207) 324-1500

Biddeford: (207) 282-1500

Pathways of Maine Inc.

Location: Springvale, ME

Ages: All Ages

Insurance Type: Most Major, Medicaid

SMART Child and Family Services

Location: Biddeford, ME

Ages: All Ages

Insurance: Medicaid, Medicare, Self-Payment, Sliding-Scale Fee

Phone: (207) 894-3111

Spurwink Services

Location: York, ME

Ages: All Ages

Insurance Type: Medicaid, Medicare, Most Major

Phone: (207) 283-0587

Oceanside Community Services

Location: Saco, ME

Ages: All Ages

Insurance Type: Most Major, Medicaid, Medicare

Phone: (207) 571-9923

Ages: All Ages

Insurance Type: Most Major, Medicaid, Medicare, Self-Payment

Phone: Exeter: (603) 772-2710

Portsmouth: (603) 431-6703

MENTAL HEALTH SERVICES

Massachusetts

Mclean Hospital

Location: Belmont, MA

Ages: All Ages

Insurance Type: Most Major, Medicare, Medicaid, Self-Payment

Phone: (617) 855-2000

Lahey Health Behavioral Health Services

Location: Lawrence, MA

Ages: All Ages

Insurance Type: Medicare, Medicaid, Most Major, Self-Payment

Phone: (978) 683-3128

Walden Behavioral Care

Location: Waltham, MA

Ages: All Ages

Insurance Type: Most Major, Medicaid, Medicare, Self-Payment

Phone: (781) 647-6700

Psychiatric Treatment and Recovery

Center of Massachusetts

Location: Worcester, MA

Ages: All Ages

Insurance Type: Most Major, Medicare, Medicaid, Self-Payment

Phone: (508) 334-2670

CHD Adolescent Treatment Program

Location: Springfield, MA

Ages: Children/Adolescents

Insurance Type: Most Major, Medicare, Medicaid, Self-Payment

Phone: (413) 742-3470

NH Warm Lines

A warm line is a number where trained volunteers who are in recovery themselves provide support and sympathy.

Keene Area Warmline

Phone: (866) 352-5093; Locally: (603) 357-4400

Available Time: 7pm-10pm, 7 days a week

Stepping Stone Warmline

Phone: (603) 543-0920

Available Time: 5pm-10pm, 7 days a week

Claremont/Lebanon Warmline

Phone: (800) 582-0920

Available Time: 5pm-10pm, 7 days a week

Laconia/Concord Warmline

Phone: (800) 306-4334;

Locally: Laconia: (603) 524-1100;

Concord: (603) 934-3400

Available Time: 5pm-10pm, 7 days a week

Peer Support Warmline

Phone: 1(800) 809-6262

Available Time: 5pm-10pm, 7 days a week

Concord Area Hotline

NH Suicide Prevention Hotlines

Phone: (603) 226-0817

Available Time: 24 Hours/Day, 7 days a week

Keene Area Hotline

Phone: (603) 357-5505; (603) 924-7000

Teen Hotline: 1(877) 583-8336

Available Time: 24 Hours/Day, 7 days a week

Lebanon Area Hotline

Phone: (603) 448-4400

Teen Hotline: 1(800) 639-6095

Available Time: 24 Hours/Day, 7 days a week

Manchester Area Hotline

Phone: (603) 668-4111

Available Time: 24 Hours/Day, 7 days a week

Nashua Area Hotline

Phone: 1(800) 762-8191; 1(800) 735-2964

Available Time: 24 Hours/Day, 7 days a week

NH Addiction Prevention Hotlines

New Hampshire Addiction Crisis
Hotline

Phone: 1(844) 711-4357

Available Time: 24 Hours/Day, 7 days a
week



Quality, Integrated Care – All Under One Roof!

Goodwin Community Health is the only nonprofit Community Health Center serving the Greater Strafford County Area of New Hampshire and Maine. Goodwin provides an array of health care services that focus on treating the whole person from infancy through adulthood. Goodwin Community Health is a one-stop health care facility that makes quality care affordable for all.

Goodwin accepts private insurance, Medicaid (both NH & ME) and a sliding scale fee is available to those without insurance.

Some of the services we provide include:

Primary Care
Pediatrics
Prenatal Care
Dental Care
Behavioral Health
Pharmacy and 340b Program
Family Planning
Women, Infants & Children (WIC)
Commodity Supplemental Food Program (CSFP)
Substance Abuse Recovery Services
Insurance Enrollment Assistance
Nutrition Education
Chronic Disease Management
Social Support Services
On-site NorDx Lab



311 Route 108
Somersworth, NH
(603) 749-2346
www.GoodwinCH.org



SOS is pleased to offer Telephone and Text Recovery Support!

This FREE service provides weekly peer to peer “check ins”.
Trained coaches with personal experience in recovery!
Available to ALL forms, pathways and members in recovery!
Individuals are given support and encouragement along with updates of programming for the organization and at our centers!

For more information visit us at www.sosrco.org



SOS RECOVERY COMMUNITY CENTER:

ROCHESTER

@SOSROCHESTER
63 S. MAIN ST
ROCHESTER NH 03867
ELIZABETH@SOSRCO.ORG
(603)841-2350



SOS RECOVERY COMMUNITY CENTER:

DOVER

4 BROADWAY DOVER NH
JOHN@SOSRCO.ORG or LAINA@SOSRCO.ORG
(603)841-2350

NH Addiction Crisis Hotline 1.877.711.4357

NH Treatment Locator www.nhtreatment.org



Goodwin
Community Health



If there are any needed edits, additions or deletions to this resource guide please notify Corinna Moskal at: cmoskal@goodwinch.org or (603) 994-6357
