



Substances and Substance Use Education and Resources

Prevention Works...Treatment is Effective...People Recover



Emergency Departments

Rutland Regional Medical Center
802.747.3602

Southwestern Vermont Medical Center
(Bennington) 802.442.6361

Porter Medical Center
(Middlebury) 802.388.4701

Mental Health Resources

988 Suicide & Crisis Lifeline: 988
988lifeline.org

Rutland Mental Health Crisis Line
802.775.1000

Crisis Text Line
741741

National Resources

Centers for Disease Control (CDC)
www.cdc.gov
800-232-4636

Substance Use and Mental Health Services
Administration (SAMHSA)
www.samhsa.gov
877-726-4727

National Institutes on Drug Use (NIDA)
www.druguse.gov
800-662-HELP (4357)

U.S. Department of Human Services (HHS)
www.hhs.gov
877-696-6775

National Institute on Alcohol Use
and Alcoholism (NIAAA)
www.niaaa.nih.gov
301-443-3860

Vermont Department of Health
www.healthvermont.gov
802-863-7200



What is Substance Use Disorder?

Substance use disorder, also called drug addiction, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. Substances such as alcohol, marijuana and nicotine also are considered drugs. When you're addicted, you may continue using the drug despite the harm it causes.

Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.

Substance Use Disorders Symptoms or Behaviors May Include:

- ▶ Feeling that you have to use the drug regularly - daily or even several times a day
- ▶ Having intense urges for the drug that block out any other thoughts
- ▶ Over time, needing more of the drug to get the same effect
- ▶ Taking larger amounts of the drug over a longer period of time than you intended
- ▶ Making certain that you maintain a supply of the drug
- ▶ Spending money on the drug, even though you can't afford it
- ▶ Not meeting obligations and work responsibilities, or cutting back on social or recreational activities because of drug use
- ▶ Continuing to use the drug, even though you know it's causing problems in your life or causing you physical or psychological harm
- ▶ Doing things to get the drug that you normally wouldn't do, such as stealing
- ▶ Driving or doing other risky activities when you're under the influence of the drug
- ▶ Spending a good deal of time getting the drug, using the drug or recovering from the effects of the drug
- ▶ Unsuccessful attempts to stop using the drug
- ▶ Experiencing withdrawal symptoms when you attempt to stop taking the drug



Addiction happens to anyone. Addiction is not a sign of weakness or a reflection of moral character. Addiction does not discriminate. Stigma, secrecy, shame and blame related to addiction can decrease the chances of recovery.

Recognizing Unhealthy Substance Use In Family Members

Sometimes it's difficult to distinguish normal moodiness or angst from signs of drug use. Possible indications that any family member is using drugs may include:

- ▶ **Problems at school or work** – frequently missing school or work, a sudden disinterest in school activities or work, or a drop in grades or work performance
- ▶ **Physical health issues** – lack of energy and motivation, weight loss or gain, or red eyes
- ▶ **Neglected appearance** – lack of interest in clothing, grooming or looks
- ▶ **Changes in behavior** – exaggerated efforts to bar family members from entering his or her room or being secretive about where he or she goes with friends; or drastic changes in behavior and in relationships with family and friends
- ▶ **Money issues** – sudden requests for money without a reasonable explanation; or your discovery that money is missing or has been stolen or that items have disappeared from your home, indicating maybe they're being sold to support drug use

Teen Substance Use Prevention

The adolescent brain is still developing and is vulnerable to the harmful effects of substances like alcohol, marijuana and other drugs. The younger an individual is the first time they use alcohol or drugs, the more likely they are to struggle with addiction later in life.

It is important to begin substance use prevention education as early as possible. If young people live in a safe and supportive neighborhood, understand the harms caused by substance use, are given the tools to make healthy decisions, and feel a sense of self-worth, dignity, and hope, their risk of substance use and use is reduced. Not only does prevention help individuals, but it also plays a role in promoting healthy communities, positive family relationships, and more promising futures.

Harmful Consequences of Teenage Substance Use

Young people who persistently use substances often experience an array of problems, and although some of these consequences may be temporary, their effects can last a lifetime. Such examples may include, but are not limited to:

- ▶ Academic difficulties (declining grades, absenteeism from school and other activities, and increased potential for dropping out of school)
- ▶ Physical health (injuries due to accidents (such as car accidents), physical disabilities and diseases, and the effects of possible overdoses)
- ▶ Mental health (depression, anxiety, developmental lags, lack of interest and withdrawal)
- ▶ Peers (being alienated from and stigmatized by their peers)
- ▶ Families (family crises and family dysfunction)
- ▶ Social and economic consequences (financial losses, drug-related crime, greater demands for medical and other treatment services)



What is CAGE?

CAGE is an acronym formed from the red words in the questionnaire above (Cut, Annoy, Guilt, Eye).

The CAGE is a simple screening questionnaire to ID potential problems with substances.

Two “yes” responses is considered positive for males, one “yes” is considered positive for females.

Substance Use Screening Test for All Ages

Have you ever felt you needed to **Cut** down on your substance use?

No Yes

Have people **Annoyed** you by criticizing your substance use?

No Yes

Have you ever felt bad or **Guilty** about your substance use?

No Yes

Have you ever used a substance's first thing in the morning to steady your nerves or to get rid of a hangover (**Eye**-opener)?

No Yes

DRUG	SIGNS & SYMPTOMS	SHORT-TERM HEALTH AFFECTS
<p>ALCOHOL</p> <p>Beer, Wine, Hard Cider, Hard Liquor</p>	<ul style="list-style-type: none"> • Slurred speech • Delayed reaction time • Physical injuries from fighting or falling • Changes in behaviors • Drinking to cope or feel normal • Loss of consciousness 	<ul style="list-style-type: none"> • Injuries • Motor vehicle accidents • Violence • Alcohol poisoning • Risky sexual behavior, including pregnancy and sexually transmitted diseases
<p>COCAINE</p> <p>Fine white powder, mixed with fillers and heated to make rocks to form crack cocaine</p>	<ul style="list-style-type: none"> • Dilated pupils • Runny nose • Overexcited, talkative, over-confident • Mood swings • Long periods of wakefulness • Irritability • Depression • Financial Problems 	<ul style="list-style-type: none"> • Headaches • High Blood pressure • Seizures • Difficulty sleeping • Sweating • Confusion
<p>STIMULANTS</p> <p>Meth, Speed, Crystal Commonly Prescribed: Adderall and Ritalin</p>	<ul style="list-style-type: none"> • Mood swings • Fast talking • Loss of appetite • Aggressiveness • Dilated pupils • Faster breathing • Paranoia • Hallucinations 	<ul style="list-style-type: none"> • Paranoid hostility • Worsening mental illness • Inability to function at work or school • Strained relationships
<p>CANNABIS</p> <p>Marijuana, Weed, THC</p>	<ul style="list-style-type: none"> • Acting relaxed • Laughter • Increased appetite • Anxiety, fear, panic • Self-medicating for anxiety or sleep related issues 	<ul style="list-style-type: none"> • Cough • Sluggish • Decreased mental health • Strained relationships
<p>MDMA</p> <p>Molly or Ecstasy</p>	<ul style="list-style-type: none"> • Very dilated pupils • Increased energy • Pleasure focus • Changes perception of surroundings and time 	<ul style="list-style-type: none"> • Nausea • Muscle cramps • Blurred vision • Irritability • Depression • Actions without thought • Trouble sleeping
<p>INHALANTS</p> <p>Fumes & gases from pressurized tanks, bottles, aerosol cans</p>	<ul style="list-style-type: none"> • Dizziness • Involuntary eye movement • Lack of coordination • Dilated pupils • Rash around nose or mouth 	<ul style="list-style-type: none"> • Memory loss • Emotional instability • Headaches • Weight loss • Trembling • Sleepiness

LONG-TERM HEALTH AFFECTS

TREATMENT OPTIONS

RECOVERY

<ul style="list-style-type: none"> • Chronic health issues like high blood pressure, heart disease, stroke, & cirrhosis of the liver • Learning & memory problems, dementia, depression • Social & family problems, unemployment, legal problems • Addiction 	<ul style="list-style-type: none"> • Person must want to get better • Support groups like Alcohol Anonymous • In patient treatment; severe alcoholism needs doctor support for withdraw • Medications can be used to help alleviate withdraw symptoms 	<ul style="list-style-type: none"> • Daily care and lifetime commitment • Support groups like Alcohol Anonymous, S.O.S. (Secular Organizations for Sobriety) and Smart Recovery • Keeping strong ties of connection to community, family, and recovery support can last a lifetime
<ul style="list-style-type: none"> • Hallucinations • Seizures • Heart disease, stroke, respiratory failure and death by heart attack and/or overdose. 	<ul style="list-style-type: none"> • There are currently no medications approved to treat cocaine addiction • Behavioral Therapies • Community-based recovery groups 	<ul style="list-style-type: none"> • Daily care and lifetime commitment • Support groups like Cocaine Anonymous • Strong ties of connection to community, family, and recovery support can last a lifetime
<ul style="list-style-type: none"> • Malnutrition • Heart Failure • Depression • Seizures • Death 	<ul style="list-style-type: none"> • There are currently no medications approved to treat stimulant addiction • Cognitive Behavioral Therapy • Motivational Interviewing • Dialectical Behavior Therapy • Peer support 	<ul style="list-style-type: none"> • Support groups • Ongoing counseling • Treatment of mental illnesses
<ul style="list-style-type: none"> • Lack of motivation • Increased mental health issues • Cough • Insomnia • Not participating in activities that used to bring them joy • Social isolation 	<ul style="list-style-type: none"> • There are currently no medications approved to treat Cannabis addiction • Counseling • Learning life skills and coping strategies 	<ul style="list-style-type: none"> • Daily care and lifetime commitment • Strong ties of connection to community, family, and recovery support can last a lifetime • Use of healthy coping skills to deal with stress
<p>Large Doses:</p> <ul style="list-style-type: none"> • Liver, kidney, or heart failure • Death <p>Long Term Use:</p> <ul style="list-style-type: none"> • Depression • Anxiety 	<ul style="list-style-type: none"> • There are currently no medications approved to treat MDMA addiction • Counseling • Learning life skills and coping strategies 	<ul style="list-style-type: none"> • Daily care and lifetime commitment • Recovery support groups may be helpful • Long term counseling to support recovery
<ul style="list-style-type: none"> • Permanent brain damage • Lung & liver damage • Emotional challenges • Change in intellectual functioning, working memory, focus, attention, plan, problem solve, and emotional control 	<ul style="list-style-type: none"> • There are currently no medications approved to treat Inhalant addiction • Cognitive Behavioral Therapy • Rewards for staying drug free 	<ul style="list-style-type: none"> • Daily care and lifetime commitment • Long term counseling to support recovery

What is Treatment?

Substance use disorder treatment is designed to help individuals stop or reduce harmful substance use, improve their health and social function, and manage their risk for relapse. In this regard, substance use disorder treatment is effective and has a positive economic impact. It doesn't matter how old you are, it is never too late to seek help.

Types of Treatment Programs Available

Several types of treatment programs are available including outpatient and intensive outpatient programs, residential treatment programs, opioid treatment programs (also known as MAT), and inpatient treatment.

- ▶ **Residential Programs** – provide a living environment with treatment services. Several models of residential treatment exist, and treatment in these programs lasts from a month to 1 year or more. Residential programs often have phases of treatment, with different expectations and activities during each phase. Some residential programs are designed to enable women who need treatment to bring their children with them. These programs offer child care and parenting classes. Residential treatment is often helpful to people with very serious substance use disorders who have been unable to get and stay sober or drug free with other treatment methods. Some residential programs offer detoxification services as well.
- ▶ **Outpatient Treatment Programs** – vary in terms of their intensity. Some programs require daily attendance; others meet only one to three times per week. Intensive outpatient treatment programs require a person to attend 9 to 20 hours of treatment activities per week. Outpatient programs can last from about 2 months to 1 year. People who do best in an outpatient program are willing to attend counseling sessions regularly, have supportive friends or family members, have a place to live, and have some form of transportation to get to treatment sessions
- ▶ **Opioid Treatment Programs (Medication Assisted Treatment (MAT) Medications for Opiate Use Disorder (MOUD) and Medications for Alcohol Use Disorder (MAUD)** – offer medication-assisted outpatient treatment for people who are dependent on opioid drugs (such as heroin or pain medications such as Fentanyl, Oxycodone, or Vicodin). These programs use a medication, such as methadone or Suboxone, to help a person not use illicit opioids. OTPs provide counseling and other case management services along with the medication.
- ▶ **Inpatient treatment** – is often provided in special units of hospitals or medical clinics, and offers both detoxification and rehabilitation services. This may include use of medications for stabilization as well as educational and therapeutic groups.

What is Recovery?

Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. There are four major dimensions that support recovery:

- ▶ **Health** – overcoming or managing one's disease or symptoms and making informed, healthy choices that support physical and emotional well-being.
- ▶ **Home** – having a stable and safe place to live.
- ▶ **Purpose** – conducting meaningful daily activities and having the independence, income, and resources to participate in society.
- ▶ **Community** – having relationships and social network

Helpful Resources and Options for Treatment

Outpatient Treatment Services

Bradford Psychiatric Associates
802.775.7798

Seeks to provide medication-assisted treatment and clinically indicated comprehensive psychosocial therapy, co-occurring treatment, and psychiatric evaluation/treatment services to men and women presenting with primary Opioid Use Disorder who have been assessed as viable candidates for MAT services. The outpatient treatment facility endeavors to provide all clinical treatment services in a supportive, trauma-sensitive, therapeutic environment.

We offer a full range of clinically indicated comprehensive psychosocial therapy, co-occurring treatment and psychiatric evaluation/treatment services to men, women and adolescents, Substance/Alcohol Use Disorder treatment, and Primary Care, in one convenient location. Our outpatient treatment facility goal is to provide all clinical treatment services in a supportive, trauma-sensitive, therapeutic environment. BPA is committed to you and your treatment needs to ensure respect and validation for all patients served.

Community Care Network
802.775.2387; 802.775.2381; 802.747.3588

Community Care Network's mission is to enhance the health and well-being of those we serve through responsive, innovative and collaborative services. CCN provides behavioral health, developmental services, early childhood education and Senior Volunteer Services to more than 3,000 people each year throughout Rutland County. Our behavioral health division offers a range of Child & Family, Adult Outpatient, Crisis, Substance Use and Residential Services. SUD treatment services include: Intensive Outpatient Programming (IOP), Medication-Assisted Treatment (MAT), Co-Occurring Treatment Groups and Physical Health Screenings. CCN adheres to a standard of care and best-practices based on the Certified Community Behavioral Health Clinic (CCBHC) national model.

Forensic Consultation and Counseling Services
802.772.0700

Primary Care that covers a range of prevention, wellness, and treatment for common illnesses. Our program maintains long-term relationships with you and your family and advise and treat you on a range of health-related issues. FCCS is a Hub & Spoke provider and offers MAT (Medicated Assisted Treatment) services to patients impacted by Opioid Use Disorder. Forensic counseling provides mental health, substance use and behavioral counseling services and specializes within the legal and criminal justice systems. Counseling may relate to parole, probation, victim assistance, law enforcement or expert evaluation of situations, such as family settings.

We work with a wide range of emotional and behavioral issues providing services that span from therapy for depression and grief counseling to parenting support, couples counseling and beyond. In a comfortable & supportive atmosphere, we offer a highly personalized approach tailored to each of our clients individual needs to help attain the personal growth they're striving for.

Community Health
802.772.7992

Community Health offers a wide range of services that address mental health and substance use disorders. Our team of psychiatrists, psychiatric nurse practitioners, licensed social workers, licensed mental health counselors, licensed alcohol and drug counselors, behavioral health care managers and Medication Assisted Treatment (MAT) care managers provide programs and treatments to meet the needs of our patients and their families.

Working in collaboration with primary care providers, the Behavioral Health program follows a holistic approach to treatment utilizing the medical home model.



West Ridge Center
802.776.5800

Specialists combine proven medication-assisted therapies, such as methadone and buprenorphine dosing, with psychological and social counseling to deliver the most effective treatment.

Under the Open Access Model, patients will be seen Monday through Friday from 6am to 11am and can expect to spend approximately two hours for a full assessment by clinical staff. The West Ridge Center nursing staff will help patients navigate the daily dosing system for opioid use disorder and all patients will have access to therapy and case management. The patient may also be referred to other agencies for additional assistance for needs such as housing, transportation, and medical care.

Residential Services

Brattleboro Retreat – Brattleboro
802.258.3700

Provides help for mental health and addictive disorders from alcohol or other drug use. Specialized diagnosis and treatment services for children, adolescents and adults suffering from a wide-range of psychiatric and addiction challenges are given.

LUND Family Services – Burlington
800.639.1741

Provides family centered, individualized treatment plans for woman, designed to meet her specific needs and the needs of her children. Treatment program includes screening and assessment, trauma and gender informed individual counseling, women's-only group, counseling addressing issues specific to parents in recovery, case management, family therapy, medication-assisted treatment, continuing care services and children's developmental screening and assessment.

Serenity House – Wallingford
802.446.2640

An alcohol, drug, gambling and family rehabilitation program providing effective treatment with practical goals and a reasonable cost for services. Open to anyone who they feel would benefit from treatment, including those currently supervised by corrections programs, pregnant women, and to intravenous drug users.

Teen Challenge Vermont – Johnson
802.323.4440

Teen Challenge is a drug & alcohol addiction residential program with a comprehensive approach to recovery. Our services provide faith-based options including GED programs, vocational and work ethic training, state certified mental health and drug and alcohol counseling, and life coaching. Freedom from addiction is possible.

Valley Vista –
Bradford 802.222.5201, vvista.net
Vergennes 802.222.5201, vvista.net

This 99 bed inpatient alcohol and chemical dependency treatment center offers comprehensive services for adults females.

Medication Assisted Treatment (MAT)

West Ridge Center
Rutland 802.776.5800

Community Care Network
Rutland 802.747.3588

Habit OPCO
Brattleboro 802.258.4623,
West Lebanon, NH 603.298.2146

BAART
Berlin 802.223.2003
St. Albans 802.370.3545
St. Johnsbury 802.748.6166
Newport 802.334.0110

Chittenden Clinic
South Burlington 802.488.6450

New England Medicine and Counseling Associates
877.636.2201

Bradford Psychiatric Associates (BPA)
802.775.7798

Forensic Consultation and Counseling Services
802.772.0700

Support Services

Al-Anon/Alateen
866.972.5266

A fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe that alcoholism is a family illness and that changed attitudes can aid recovery.

Alcoholics Anonymous (AA)
Rutland 802.775.0402, aavt.org
Middlebury 802.388.9284, aavt.org
Bennington 802.447.1285, aavt.org
Manchester 802.362.3824, aavt.org

Assists people finding local help with their alcohol addiction and treatment. Meetings take place in various locations.

Counseling Services of Addison County
Middlebury 802.388.7641

Committed to promoting stable and safe communities by helping people live emotionally healthy and satisfying lives. Programs include mental health, substance use, community rehabilitation and treatment, emergency and crisis services, youth and family programs, crisis and developmental services.

Family Support Group
802.773.6010

This group serves as an initial introduction to the services available to family members and those in recovery or those suffering from addiction, as well as support of those family members seeking a discussion group.

Green Mountains Narcotics Anonymous (NA)
802.773.5757

NA is a nonprofit fellowship of men and women for whom drugs have become a major problem. They are recovering addicts who meet regularly to help each other stay clean.

Southern Vermont Council on Aging
802.786.5990 Helpline 1.800.642.5119

Eldercare Clinicians Provides a range of mental and emotional health services to Vermonters age 60 and older including substance use.

Turning Point Center
Rutland County 802.773.6010
Addison County 802.388.4249
Bennington County 802.442.9700

This is a drop-in, peer support recovery center with a variety of social activities and facilitated groups to assist in the struggles of recovery. These programs include the Making Recovery Easier workshop and recovery coaching.

United Counseling Services
Manchester 802.442.5491

UCS is committed to building a stronger community by empowering individuals and families to live healthy and meaningful lives. Programs include: community rehabilitation and emergency services, developmental services, 24-hour emergency services, early childhood services, outpatient mental health and substance use, psychiatric services, and youth and family services.

Vermont 2-1-1
2-1-1 (from any phone in VT) or Text 898211

Vermont 2-1-1 is free and confidential, serving all Vermonters with information and resources to help maintain and improve their health and wellbeing, including emergency food and shelter, disability services, counseling, senior services, healthcare, childcare, drug and alcohol programs, legal assistance, transportation agencies and more.



