

Payment

Most insurances are accepted. Payment arrangements made on an individual basis.

Experienced Staff

All clinical staff at Evergreen Substance Abuse Services are Certified and/or licensed Alcohol and Drug Counselors. The staff receives ongoing training to maintain their certification and stay current on the most up-to-date developments in the field of substance abuse treatment. In addition, all staff members are expected to abide by the Code of Conduct established by Rutland Mental Health Services and NADAC's Code of Conduct; a copy of this Code is available upon request.

Additional Information

For additional information about Evergreen Substance Abuse Services, please call 802-747-3588. Reception staff are on duty Monday through Friday from 8:00 a.m. to 5:00 p.m. However, programs and services extend hours of operation to 8:30 p.m. most evenings.

Smoke-Free Environment

For the health and comfort of our clients, staff and visitors, Evergreen Substance Abuse Services maintains a "No Smoking" policy for its facility on Granger Street in Rutland. However, there is a designated outside smoking area.

Accreditations

Evergreen Substance Abuse Services is nationally accredited by CARF and an approved program by the State of Vermont Office of Alcohol and Drug Abuse Programs.



Evergreen Substance Abuse Services

A DIVISION OF RUTLAND MENTAL HEALTH SERVICES

**135 Granger St. • P.O. Box 222
Rutland, VT 05702**

(802) 747-3588 • Toll-free 877-430-2273

TTY/TDD: 800-253-0191

24-hour emergency/crisis: (802) 775-1000

Equal Opportunity Employer • It is the policy of RMHS to provide equal opportunity and employment to all staff, applicants and recipients of our services.

Evergreen Substance Abuse Services

RUTLAND MENTAL HEALTH SERVICES

A member agency of United Way of Rutland County



Affiliate of



COMMUNITY CARE
NETWORK

Rev. 2010

PHILOSOPHY

We believe:

- Alcohol and other drug dependence is a primary, treatable disease.
- The disease is chronic, progressive and has lifelong implications.
- The disease affects the social, emotional, physical, mental and spiritual aspects of life.
- The disease has a profound impact on the family, as well as other significant relationships.
- The disease affects each individual differently.
- Treatment must be individualized to meet the needs of each person.

Alcohol and other drug dependencies can affect anyone, at any age, from any walk of life. Maybe you've realized that you can no longer control your drinking or drug use. Maybe it's a spouse who needs a drink to "relax", or a friend who makes too many excuses for his/her partner's drinking. No one is immune, including people who may seem the least likely to develop a problem. The good news is, like many other diseases, substance abuse can be successfully treated.

For many substance abusers, the greatest hurdle to overcome is admitting the problem and seeking help. Clinical professionals at Evergreen Substance Abuse Services will help you identify the most appropriate course of action. Our goal is to provide treatment in a respectful, dignified manner, enabling the individual to acquire the skills necessary to support ongoing recovery.

SERVICES

Assessment and Referral

Individuals undergo a complete substance abuse assessment and evaluation to determine their appropriate course of treatment. An individual treatment plan is developed and periodically reviewed with input and feedback from the individual to monitor progress in achieving goals and objectives set for a successful treatment experience.

Quitting Time

Quitting Time is an intensive outpatient substance abuse treatment program which allows people to maintain their daily routines while receiving the psychological and social support necessary for recovery. Sessions include structured individualized activities designed to foster an understanding of the disease of addiction and relapse prevention strategies. Individuals in Quitting Time receive professional help in working toward recovery.

The program consists of the following:

- 12-step abstinence-based model
- Twenty 3-hour sessions, either days or evenings, held over a five-week period
- Instruction in the tools and skills required to develop a lifestyle of recovery
- Group sessions that focus on the application of recovery tools in daily life
- Family sessions designed to educate and support the family
- Relapse prevention
- Aftercare
- Assessment of goals and objectives indicated and agreed upon on the individual plan of care to monitor progression during treatment

Substance Abuse affects the entire family. Evergreen Substance Abuse Services provides an opportunity for family members to participate in treatment support, and educational sessions, aids family members in learning about the disease of addiction affecting their loved ones, and encourages them to engage in the recovery process themselves.

CONTINUING CARE

Aftercare Program

The opportunity to be with others who understand the disease of addiction and the recovery process is one of the most valued elements in a treatment program. The Evergreen Substance Abuse Services aftercare program is designed to support and reinforce the recovery principles and life style changes in a primary treatment program. It also provides opportunities to address circumstances and issues that can jeopardize successful ongoing recovery. Duration of aftercare groups vary from 60 minutes to 2 hours.

- Men's and Women's Recovery Groups
- Maintenance Recovery Group
- Aftercare Groups
- Relapse Prevention Group
- Pre-contemplation Group
- Medication Assisted Therapy Group
- Relationship Problems and Solutions Group

COMMUNITY SERVICES

Rocking Horse Program

This program is designed for women of all ages including those with young children and pregnant women who are substance users or whose lives are affected by the substance abuse of a spouse, significant other or family member. *The Rocking Horse Circle of Support* meets for 10 weeks for 2 hours each week. The curriculum offers education about substance abuses, parenting and coping skills in a supportive environment.

Project CRASH

The Project CRASH program provides screening and educational courses for individuals whose driving privileges have been suspended due to violations that involve substance abuse.

Drug Court

The drug court program is a collaborative effort between RMHS, Rutland District Court, the State's Attorney's Office, the Public Defender's Office and other community stakeholders. This is a program supported by the State of Vermont. The purpose of the Drug Court Program is to offer an alternative to the "regular" legal process so offenders can put their life back together without a criminal history. Referrals are made through the Criminal Justice System.

The Incarcerated Women's Initiative

The Incarcerated Women's Initiative has a case manager funded through a **DETER** (Drug, Education, Treatment, Enforcement, and Recovery) grant. The case manager helps this target population of women access the services they need to be successful.