

## *Psychiatric Services:*

Assessment and treatment is provided by a full time board Certified Psychiatrist and a Certified Psychiatric APRN with advanced training in child and adolescent treatment. Acute issues involving safety and stabilization are assessed and treated or evaluated for a higher level of care.



## *Medical Services:*

Under the supervision of the Valley Vista Medical Director and at times in consultation with family physicians our 24 hour nursing staff treats stable medical conditions and most minor acute illnesses or injuries. Major illnesses are referred to area facilities for consultation. Most patients return to treatment once stabilized.



## *Admissions Process:*

Patients, Families or Referral Sources should contact the Admissions Director for a telephone intake and assessment during regular business hours 8:00 A.M.—5:00 P.M. Monday through Friday.

Acceptable Insurances include Medicaid, Medicare, VHAP, and various third party insurances. In addition Vermont State provides special insurance with a sliding scale or minimal amount of co-payment to qualified low or no income residents of Vermont.

Private pay arrangements may also be made if requested.



## *Directions to Valley Vista*

Coming South on 91 from St. Johnsbury take Exit 16—go Left at the end of the ramp to first set of lights. Take a left at lights and continue through center of Bradford. Leaving downtown you will go up a hill and we are on the left at the crest of the hill.

Going North on 91 from White River, take Exit 16—go right at the end of the ramp to first set of lights. Take a left at lights and continue thru center of Bradford. Leaving downtown you will go up a hill and we are on the left at the crest of the hill



**Inpatient  
Alcohol & Chemical  
Dependency  
Treatment  
For  
Women & Adolescents**

23 Upper Plain  
Bradford, VT 05033  
(802) 222-5201  
(802) 222-5901

## Mission Statement

To provide state of the art alcohol and chemical dependency treatment to women and adolescents, in a safe and secure therapeutic environment conducive to recovery.

Our goal is to provide intervention, assessment, treatment and rehabilitation services. Valley Vista initiates medically monitored abstinence based Twelve Step Recovery; thereby allowing women and adolescents to improve their personal, physical, emotional, mental, spiritual, familial and social functioning. The principles and traditions of Alcoholics Anonymous and other Twelve Step Recovery Programs are important components in the treatment and early recovery experience at Valley Vista.



Valley Vista is an 80 bed Alcohol and Chemical Dependency Treatment Center. Our staff offers comprehensive services for women, adolescents and their families. We believe that identifying and treating co-occurring mental health issues is vital to providing patients a firm platform to build a sober life style.

Valley Vista offers intensive individualized comprehensive program approaches for women and adolescents. Our programs respect the dignity of patients and provide a safe tranquil setting that is conducive to recovery.



## Women's Program

Valley Vista recognizes the special needs that women bring to treatment and the obstacles they face in early recovery. The Women's Program at Valley Vista offers patients a safe, sensitive and therapeutic environment. The program is individualized and allows for a variable length of stay of up to 90 days. We specialize in helping women with co-existing mental health and medical issues. Use of individual and group therapy with the multidisciplinary team assists in dealing with issues around Anxiety, Depression, and Trauma. Medication Management is available as needed. Specialized groups and lectures dealing with these issues occur on a daily basis. Our program accepts pregnant women and, in fact, places the highest priority on admissions of pregnant opiate addicted women, in accordance with state mandates. Our medical staff will coordinate treatment with outside Obstetrical specialists to manage high risk pregnancies.

Valley Vista Detoxification services are provided on site which enables patient involvement in structured clinical programs as soon as they are medically cleared. This seamless transition to the next level of care has proven to be vital to patient retention in continued treatment.

### Women's Services Include:

- ~Detoxification
- ~Specialized Opiate Services
- ~Domestic Violence
- ~Nutrition Education
- ~Parenting Skills
- ~Family Programming
- ~Relapse Prevention
- ~Stress Management
- ~Psychiatric Services
- ~Individual Counseling
- ~Therapeutic Recreation
- ~Special Issues Group
- ~Vocational Training and Rehabilitation

## Adolescent Program

Valley Vista's Adolescent Program provides chemical dependency services to clients age 13 to 17 utilizing best clinical practices provided by a multi-disciplinary staff of Clinical, Medical and Psychiatric specialists.

The unit's highly structured setting allows patients to deal with the behavioral and emotional issues associated with the use of alcohol and drugs, while exploring the impact of their use in all areas of their lives including family, peer relationships and school.

During the academic school year, Valley Vista offers an educational component facilitated by Vermont State certified teachers. We provide individual tutorial services and home school class assignments. Our program complements key course areas with topic appropriate curriculum. Our educational goal is to support and offer re-entry into school as well as high school equivalency needs.

The Adolescent Treatment program provides therapeutic age appropriate recreation and activities. We also offer a Weekend Family Recovery Program.

### Adolescent Services Include:

- ~Detoxification
- ~Evaluations
- ~Individual Therapy
- ~Psychiatric Services
- ~Group Counseling
- ~Family Program
- ~Gender specific Groups
- ~Tutorial Program
- ~Anger Management
- ~School Re-entry Meetings
- ~Age appropriate Therapeutic Recreation/Activities

