



# Resource Guide for Substance Misuse Treatment Programs

For Strafford County and  
Surrounding Areas



## How To Read This Guide

This resource guide lists treatment programs, sober houses and transitional living facilities located in the Greater Strafford County area & the rest of the State of New Hampshire including parts of Maine. 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.

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# GREATER STRAFFORD COUNTY

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## ADULTS

### Southeastern NH Services

Location: Dover  
Ages: Adults (18+)  
Insurance: No insurance- out of pocket only (State funded)  
Detox: Depending on extent based on screening      Dual Dx: No  
Treatment Type: Intensive Outpatient; Outpatient; Residential  
Treatment Description: Clinically managed 6-week residential treatment services  
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: 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: (603) 841-2301; (603) 431-3166

### 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, management of stress and vulnerability, coping strategies and relaxation techniques  
Phone: (603) 436-5110

### Merrimack River Medical

Location: Newington & Somersworth  
Ages: Adults (18+)  
Insurance: Medicaid and private insurance  
Detox: Yes      Dual Dx: Yes  
Treatment Type: Opiate Treatment Outpatient  
Treatment Description: Services include pharmacological treatment with methadone and other medications in combination with individual, group and family counseling.  
Phone: (603) 436-0448 ; (603) 953-0077

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# GREATER STRAFFORD COUNTY

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## ADULTS

### Bonfire Recovery Services

Location: Dover, NH  
Ages: Adult MEN (18+)  
Insurance: Self Pay  
Detox: No;      Dual Dx: Yes  
Treatment Type: Sober House  
Treatment Description: 12-Step-based men's sober house that strives to foster growth and confidence in hopeless Addicts using a proven, solution-based model of recovery while drawing from a rich variety of support sources.  
Phone: (603) 235-1489

### Addiction Recovery Services

Location: Portsmouth  
Ages: Adults (18+)  
Insurance: Anthem Blue Cross/Blue Shield, Anthem Federal, CIGNA Health Plans Inc. (Some Harvard Pilgrim Plans), Martin's Point, Teamsters Behavioral Health, United Behavioral Health, United Healthcare  
Detox: No;      Dual Dx: Yes  
Treatment Type: Intensive Outpatient  
Treatment Description: Provides treatment 4 days a week in a private, structured setting  
Phone: (603) 433-6250

### 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

# GREATER STRAFFORD COUNTY

## 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  
Southeastern NH Services Dover, NH  
Phone: (603) 516-8163

Daniel Burnford  
Southeastern NH Services Dover, NH  
Phone: (603) 516-8178

Earnest Stapleford  
Southeastern NH Services Dover, NH  
Phone: (603) 516-8167

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

Jaron Hartsgrove  
Southeastern NH Services Dover, NH  
Phone: (603) 516-8190

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

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

Kayla Hartsgrove  
Southeastern NH Services Dover, NH  
Phone: (603) 516-8160

Kevin O'Connell  
Private Practice Durham, NH  
Phone: (603) 781-7268

Krista Hatch Sand  
Private Practice Portsmouth, NH  
Phone: (603) 988-6486

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

# GREATER STRAFFORD COUNTY

## Licensed Drug and Alcohol Counselors (LADC'S)

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

Monique Montigny  
Private Practice Portsmouth, NH  
Phone: (603) 834-4511

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

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

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

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

Walter Eaton  
Southeastern NH Services Dover, NH  
Phone: (603) 516-8176

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

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

# NEW HAMPSHIRE & MAINE

## ADULTS

### 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) 875-5671

### 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) 225-2711 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: (207) 773-9931

### 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

# NEW HAMPSHIRE & MAINE

## ADULTS

### 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

### 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

### 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

### 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: (603) 622-3020

# NEW HAMPSHIRE & MAINE

## ADULTS

### Granite House

Location: Derry, NH  
Ages: 18-35/ MALE 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  
Office: (603) 216-5094

### Habit Opco

Location: Manchester & West Lebanon, NH  
Ages: Adults (18+)  
Insurance: Medicaid and Private Insurance  
Detox: Yes; 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

### 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

### Harmony First

Location: Bedford, NH  
Ages: Adults (18+)  
Insurance: Private Insurance and Self Payment  
Detox: Yes; Dual Dx: Yes  
Treatment Type: Intensive Outpatient  
Treatment Description: Treatment with Buprenorphine and Naltrexone available  
Phone: (603) 668-5200

### 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

### 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

# NEW HAMPSHIRE & MAINE

## ADULTS

### 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 (year long 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

### Lin's Place

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

### Metro Treatment Center of NH

Location: Manchester, Swanzey & Concord, NH  
Ages: Adults (18+)  
Insurance: Medicaid, Wellsence 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

### 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

# NEW HAMPSHIRE & MAINE

## ADULTS

### 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

### Merrimack River Medical

Location: Hudson, NH  
Ages: Adults (18+)  
Insurance: Medicaid and Private Insurance  
Detox: Yes      Dual Dx: No  
Treatment Type: Opiate Treatment Outpatient  
Treatment Description: Services include pharmacological treatment with methadone and other medications in combination with individual, group and family counseling.  
Phone: (603) 595-3399

### Milestone Foundation

Location: Portland, ME  
Ages: Adult Men (18+); Women can undergo detox program only  
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+)  
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) 357-5270

### 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

# NEW HAMPSHIRE & MAINE

## ADULTS

### 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: Men ONLY  
Insurance: Most Major Insurance  
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

### 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 detoxification, group therapy, treatment of withdrawal symptoms, and long-term therapies  
Phone: (207) 857-8282

# NEW HAMPSHIRE & MAINE

## ADULTS

### Riverbank House

Location: Laconia, NH  
Ages: Preferred 40 and older  
Insurance: No  
Detox: No      Dual Dx: Yes  
Treatment Type: Sober House  
Treatment Description: 30 day to eighteen month residential program unfolds in four phases, each offering appropriate levels of structure, guidance, and personalized attention.  
Phone: (603) 759-2895

### R.O.A.D to a Better Life

Location: Littleton, Merrimack, Plymouth, Concord, North Conway & Wolfeboro NH  
Ages: 17+  
Insurance: Most Major, Medicare & Medicaid  
Detox: No      Dual Dx: Yes  
Treatment Type: 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: Littleton (603) 444-6090  
Merrimack (603) 424-8866  
Plymouth (603) 536-1008  
Concord (603) 415-0090  
North Conway (603) 356-5335  
Wolfeboro: (603) 515-2240

### Robinson Home Southern NH Services

Location: Manchester, NH  
Ages: Homeless Men  
Treatment Type: Sober House  
Treatment Description: Subsidized single apartments for men in sober environment  
Phone: (603) 627-9188

### 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) 324-1137

### 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

# NEW HAMPSHIRE & MAINE

## ADULTS

### 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

### 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

### 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

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# NEW HAMPSHIRE & MAINE

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## ADULTS

### 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: (603) 934-2020

### 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

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# NEW HAMPSHIRE & MAINE

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## ADOLESCENTS

### 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

# NEW HAMPSHIRE & MAINE

## ADOLESCENTS

### 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; 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

# NEW HAMPSHIRE & MAINE

## ADOLESCENTS

### 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

### 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  
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 goals.

Phone: (207) 351-2118

### 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

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# NEW HAMPSHIRE & MAINE

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## ADOLESCENTS

### Spring Harbor Hospital

Location: Westbrook, ME

Ages: Adolescents

Insurance: Most Major

Detox: Yes, depending on medical need

Dual Dx: Yes      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: (866) 857-6644

### Headrest

Location: Lebanon, NH

Ages: Adolescents

Insurance: Sliding Fee Scale 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

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

### 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



Goodwin  
Community Health



ONE VOICE  
FOR STRAFFORD COUNTY

If there are any edits, additions or deletions to this resource guide please notify Samantha Pellerin at [spellerin@onevoicenh.org](mailto:spellerin@onevoicenh.org) or (603) 516-2571