



News Release

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Valley Vista Realigns Programming to Better Meet Population Demands, Seeks to Alleviate Wait List Pressures

Bradford, VT – Valley Vista, the 99-bed inpatient alcohol and chemical dependency treatment program with locations in Bradford and Vergennes, is realigning its program to better meet the demand created by the ongoing opioid epidemic. In an effort to better serve the increasing needs of patients aged 16-22 years, Valley Vista is launching a Young Adult Program.

The Young Adult Program will replace the recently sunset Adolescent Treatment Program (ATP) that served a population aged 13-17 years old. The goal with this change is to help reduce wait list pressure for those seeking inpatient treatment. It will also serve a growing population in need of inpatient substance use disorder treatment, particularly opioid use disorder.

The Valley Vista Young Adult Program's licensure became effective July 1, 2018. Realignment of the Adolescent Treatment Program to the new demographic range is underway and will offer expanded care for the young adult population the program seeks to serve. The opening of the Young Adult Program is expected by the end of the third quarter 2018.

"The realignment of the ATP with a program geared for young adults has been in discussions for a few years and now the time is right," said Amanda Hudak, Treatment Director at Valley Vista. "We have experienced extended wait lists for some time, particularly on the men's unit. All too often would-be patients have experienced overdoses while hoping for an inpatient treatment bed to become available. That's just not acceptable. This realignment offers a solution."

The Young Adult Program will make use of the outcomes-positive "Seven Challenges" treatment model. Seven Challenges meets the younger population where they are in terms of their substance use disorder and often times, co-occurring mental health conditions. The model guides adolescents towards taking ownership of their recovery, where they are a part of the process, so they can make the healthy decisions needed.

For patients in the Young Adult Program of school age, Valley Vista is maintaining the

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educational tutoring that was a successful part of the ATP. Tutors will continue to be Agency of Education-recognized educators still active in school districts like Oxbow, Blue Mountain Union, and Rivendell. For patients who are young adults aged 18 – 22, programming will overlap with existing programming of the adult unit at Valley Vista

Vermont Commissioner of Health Mark Levine, MD, said the Health Department has been working with Valley Vista and the preferred providers to ensure access to appropriate services is available to all adolescents in need, and is confident that the program changes will support the state's efforts to provide critical treatment and recovery services when and where Vermonters need them. "Valley Vista has been a strong partner in providing in-patient substance use disorder treatment services," said Dr. Levine. "Importantly, this plan will help streamline the ability of young men and women to receive services and other resources in a timely manner."

Senator, Jane Kitchel (D-Caledonia), has demonstrated her support for the retooling of the treatment center's program. "Vermont has been on the leading edge in battling the opioid epidemic," said Senator Kitchel. "We've seen a reduction in the wait list for medication assisted treatment through our hub and spoke model. And now, Valley Vista is taking the necessary steps to reduce wait lists for inpatient treatment with the realignment of its adolescent program to meet the increasing needs of a growing population of young adults suffering from opioid misuse. This was a difficult, yet commendable and potentially life-saving decision made by the new leadership team at Valley Vista."

"With the help and support of our parent company, Meridian Behavioral Health, Valley Vista is poised to meet the increasing need for our inpatient services among an underserved age group," concluded Amanda Hudak.

About Valley Vista

Valley Vista, a Meridian Behavioral Health company, is a 99-bed inpatient addiction treatment program for men, women and young adults suffering from substance use disorder often complicated by co-occurring mental health conditions. Each gender-specific program is patient-focused, recognizing unique patient qualities. Humility, acceptance, and accountability are the values supporting the service provided to those seeking enduring recovery. Each patient is treated with respect, dignity, anonymity, and validation in an intimate, safe, and therapeutic environment. With two beautiful locations in Bradford and Vergennes, Vermont, Valley Vista offers recovery from addiction in humble and tranquil settings. For more information about Valley Vista inpatient services, or to begin the admission process for you, a friend, co-worker or a loved one, visit www.vvista.net or call 802.222.5201. Valley Vista can also be found on Facebook, LinkedIn and Twitter.

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