

Why Choose Valley Vista

- Valley Vista has been nationally recognized for providing the highest level of care to individuals with substance use disorder and co-occurring mental health conditions.
- Valley Vista has been Commission on Accreditation of Rehabilitation Facilities (CARF) accredited for the last 14-plus years.
- Valley Vista has been recognized for a high-level of performance related to Dual Diagnosis Capability in Addiction Treatment (DDCAT) by both the State of Vermont and the Dartmouth Psychiatric Research Center.
- Board-certified staff psychiatrist / Medical Director leads a team of credentialed clinical practitioners.
- Valley Vista has established relationships as an in-network provider for Green Mountain Care, Blue Cross Blue Shield, Fidelis Care, CDPHP, Cigna, Beacon Health Options, CBA, MVP, Harvard Pilgrim, United Behavioral Health, Optum and Martin's Point. Where relationships do not exist with a health plan, single case agreements will be pursued. Self-pay options are also available. Contact us.
- Valley Vista provides a continuum of care that establishes connections with all services needed to maintain sobriety, post discharge. This includes sober living; medication assisted treatment (MAT); finding a therapist, a primary care physician, an intensive outpatient programs (IOP), spiritual programs and much more... anything that ensures a patient's journey towards enduring recovery.



Our Staff

The Valley Vista team is led by a group of skilled and well-trained professionals, individuals committed to helping patients overcome their substance use disorder and when necessary, co-occurring mental health conditions. The clinical team is supported and complemented by recovery specialists, many of whom are certified recovery coaches. Valley Vista employs a multidisciplinary approach incorporating best practice interventions, skilled nursing, and psychiatric and medical services as well as a variety of treatment protocols and methodologies facilitating the best possible outcomes. Continuing care specialists ensure each patient has a comprehensive after-care plan when discharging from Valley Vista.



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Help for the journey towards enduring recovery.



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Clinical excellence driven by empathy and education.

Valley Vista is a 84-bed inpatient treatment program for men and women suffering from substance use disorder often complicated by co-occurring mental health conditions. Recognizing the individual needs of every patient, each gender-specific program makes use of multiple evidence-based therapeutic modalities including health realization, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Seeking Safety, SMART Recovery, and 12-Step programming. Humility, acceptance and accountability underscore the work we do and service we provide to those seeking a life of enduring recovery. With two idyllic Vermont locations, in Bradford and Vergennes, Valley Vista offers recovery from substance use disorder in humble and tranquil settings.

The Valley Vista Mission

The Valley Vista mission is to provide state-of-the-art, evidenced-based, best practice driven, co-occurring inpatient treatment services to men and women struggling with substance use disorder often complicated by mental health conditions. All inpatient treatment is provided in a safe and secure therapeutic environment conducive to recovery and designed to ensure respect and validation for all patients served.

Valley Vista Substance Use Disorder Programs

Each Valley Vista program, whether men's or women's, is designed to provide treatment in an intimate, safe and secure therapeutic environment offering an assurance of anonymity, respect, dignity and validation for all program participants served. Each inpatient treatment program offers services from medically monitored detoxification to discharge and comprehensive aftercare planning, ensuring program participants have a continuum of care that supports enduring recovery.

Valley Vista inpatient programs are clinically well-structured and feature a dedicated staff including a Program Manager, Primary Therapists, Primary Therapist in Training, Continuing Care Specialists and 24-hour / 7 days-a-week floor supervision by trained recovery specialists, some of whom are certified recovery coaches. The clinical director provides daily treatment oversight and board-certified psychiatrists are integrated as a part of each gender-specific program.

“Valley Vista’s best practice driven addiction treatment has helped thousands find a better quality of life through psychosocial well-being built upon an understanding of multiple evidence-based, patient-centered therapeutic modalities, personal reflection, insight, and spirituality.”

Amanda Hudak, Treatment Director



Program Services

- Medically monitored detoxification
- 24 x 7 voluntary inpatient residential care
- Mental health services for the treatment of co-occurring conditions
- Medical services provided by 24 x 7 nursing staff supported by physicians assistants and staff doctors
- Individualized comprehensive treatment plans
- Individual therapy / counseling
- Family / relationship therapy
- Group therapy
- Recovery-focused groups and discussion lead by clinical staff, self-directed by patients, and outside 12-Step based facilitators
- Cognitive Behavioral Therapy
- Self Management and Recovery Training (SMART) facilitated by clinical staff
- Dialectical Behavioral Therapy
- Seeking Safety
- Relapse prevention skills
- Psycho-education groups
- Insight to spirituality
- Therapy dog services provided by trained canine handlers
- Anger management
- Expressive art therapies
- Music therapy
- Health-focused groups led by nursing staff
- Opportunities for indoor and outdoor activities and physical recreation
- Insight into accountability
- Yoga provided by certified instructors
- Twice-monthly meetings by Vermont Recovery Network
- Specialized dietary services for diabetes, vegetarian, vegan, gluten intolerance and as needed or prescribed
- Comprehensive post-completion aftercare planning facilitated by the Continuing Care Specialist in collaboration with the patient, Primary Therapist and outside referral sources