

## 2013 State Profile — Vermont

### National Survey of Substance Abuse Treatment Services (N-SSATS)

The National Survey of Substance Abuse Treatment Services (N-SSATS) is an annual survey of facilities providing substance abuse treatment. It is conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA). N-SSATS is designed to collect data on the location, characteristics, services offered, and number of clients in treatment at alcohol and drug abuse treatment facilities (both public and private) throughout the 50 states, the District of Columbia, and other U.S. jurisdictions.

More information on N-SSATS methodology is available at the following URL:

<http://www.samhsa.gov/data/2k3/NSSATS/NSSATS.pdf>

In Vermont, 44 substance abuse treatment facilities were included in the 2013 N-SSATS, reporting that there were 5,230 clients in substance abuse treatment on March 29, 2013. The survey response rate in Vermont was 97.9%.

#### Facility Operation

	Facilities		Clients in Treatment on March 29, 2013			
			All Clients		Clients Under Age 18	
	No.	%	No.	%	No.	%
Private non-profit	35	79.5	4,010	76.7	301	86.0
Private for-profit	6	13.6	759	14.5	24	6.9
Local, county, or community government	--	--	--	--	--	--
State government	--	--	--	--	--	--
Federal government	3	6.8	461	8.8	25	7.1
Tribal government	--	--	--	--	--	--
<b>Total</b>	<b>44</b>	<b>100.0</b>	<b>5,230</b>	<b>100.0</b>	<b>350</b>	<b>100.0</b>

#### Substance Abuse Problem Treated

	Facilities <sup>1,2</sup>		Clients in Treatment on March 29, 2013		
			All Clients <sup>3</sup>		Clients <sup>3</sup> per 100,000 Pop. Aged 18 or Older
	No.	%	No.	%	
Clients with both alcohol and drug abuse	43	97.7	2,219	42.4	394
Clients with drug abuse only	41	93.2	1,995	38.1	381
Clients with alcohol abuse only	35	79.5	1,016	19.4	193
<b>Total</b>	<b>44</b>		<b>5,230</b>	<b>99.9</b>	<b>968</b>

<sup>1</sup> Facilities may be included in more than one category.

<sup>2</sup> Facilities excluded because they were not asked or did not respond to this question: --.

<sup>3</sup> Sum of individual items may not agree with the total due to rounding.

Type of Care							
	Facilities <sup>1</sup>		Clients in Treatment on March 29, 2013				
			All Clients			Clients Under Age 18	
	No.	%	No.	%	Median No. of Clients per Facility	No.	%
<b>Outpatient</b>	<b>36</b>	<b>81.8</b>	<b>4,059</b>	<b>78.6</b>	<b>89</b>	<b>324</b>	<b>92.6</b>
Regular	35	79.5	2,397	46.4	53		
Intensive	16	36.4	278	5.4	12		
Day treatment/partial hospitalization	2	4.5	^	^	^		
Detoxification	4	9.1	15	0.3	--		
Methadone/buprenorphine maintenance or Vivitrol <sup>®</sup>	11	25.0	1,369	26.5	88		
<b>Residential (non-hospital)</b>	<b>9</b>	<b>20.5</b>	<b>1,013</b>	<b>19.6</b>	<b>22</b>	<b>14</b>	<b>4.0</b>
Short term (<30 days)	5	11.4	78	1.5	14		
Long term (30+ days)	6	13.6	928	18.0	25		
Detoxification	4	9.1	7	0.1	1		
<b>Hospital Inpatient</b>	<b>4</b>	<b>9.1</b>	<b>93</b>	<b>1.8</b>	<b>16</b>	<b>12</b>	<b>3.4</b>
Treatment	3	6.8	52	1.0	6		
Detoxification	4	9.1	41	0.8	10		
<b>Total</b>	<b>44</b>		<b>5,165<sup>2</sup></b>	<b>100.0</b>	<b>76</b>	<b>350</b>	<b>100.0</b>

<sup>1</sup> Facilities may provide more than one type of care.

<sup>2</sup> Due to confidentiality concerns, some client counts were suppressed and will not match total client counts.

Opioid Treatment Programs (OTPs)		
	No.	%
<b>Facilities with OTPs<sup>1</sup></b>	<b>9</b>	<b>0.7</b>
<b>Clients in Facilities with OTPs</b>		
Methadone	918	64.0
Buprenorphine	141	9.8
Vivitrol <sup>®</sup>	--	--
<b>Clients in Facilities without OTPs</b>		
Buprenorphine	363	25.3
Vivitrol <sup>®</sup>	13	0.9
<b>Total</b>	<b>1,435</b>	<b>100.0</b>

<sup>1</sup> Percentage of all OTP facilities that are in the United States.

Facility Payment Options		
	Facilities <sup>1</sup>	
	No.	%
Cash or self-payment	43	97.7
Private health insurance	35	79.5
Medicare	29	65.9
Medicaid	38	86.4
State-financed health insurance	36	81.8
Federal military insurance	24	54.5
No payment accepted	1	2.3
Access to Recovery (ATR) vouchers <sup>2</sup>	n/a	n/a
IHS/638 contract care funds	1	2.3
Other payments	1	2.3
Sliding fee scale	34	77.3
Treatment at no charge for clients who cannot pay	25	56.8

<sup>1</sup> Facilities may accept more than one type of payment.

<sup>2</sup> Available in AK, AR, AZ, CA, CO, CT, DC, FL, HI, IA, ID, IL, IN, LA, MA, MD, MI, MO, MT, NH, NJ, NM, NY, OH, OK, OR, PA, RI, SD, TN, TX, WA, WI, and WY.

Facility Licensing, Certification, or Accreditation		
	Facilities <sup>1</sup>	
	No.	%
Any listed agency/organization	41	93.2
State substance abuse agency	38	86.4
State mental health department	21	47.7
State department of health	25	56.8
Hospital licensing authority	5	11.4
The Joint Commission	10	22.7
Commission on Accreditation of Rehabilitation Facilities	14	31.8
National Committee for Quality Assurance	3	6.8
Council on Accreditation	1	2.3
Other state/local agency/organization	2	4.5

<sup>1</sup> Facilities may be licensed by more than one agency/organization.

Facility Funding		
	Facilities	
	No.	%
Receives federal, state, county, or local government funds for substance abuse treatment programs	35	79.5

## Types of Services Offered

	Facilities	
	No.	%
<b>Assessment and Pre-Treatment Services</b>	<b>43</b>	<b>97.7</b>
Screening for substance abuse	40	90.9
Screening for mental health disorders	34	77.3
Comprehensive substance abuse assessment or diagnosis	42	95.5
Comprehensive mental health assessment or diagnosis	30	68.2
Screening for tobacco use	29	65.9
Outreach to persons in the community who may need treatment	28	63.6
Interim services for clients when immediate admission is not possible	25	56.8
No services offered	1	2.3
<b>Testing</b>	<b>42</b>	<b>95.5</b>
Breathalyzer or other blood alcohol testing	31	70.5
Drug or alcohol urine screening	41	93.2
Screening for Hepatitis B	12	27.3
Screening for Hepatitis C	12	27.3
HIV testing	14	31.8
STD testing	11	25.0
TB screening	15	34.1
No services offered	2	4.5
<b>Counseling</b>	<b>41</b>	<b>93.2</b>
Individual counseling	41	93.2
Group counseling	39	88.6
Family counseling	36	81.8
Marital/couples counseling	30	68.2
<b>Transitional Services</b>	<b>43</b>	<b>97.7</b>
Discharge planning	41	93.2
Aftercare/continuing care	42	95.5
No services offered	1	2.3
<b>Pharmacotherapies</b>	<b>32</b>	<b>72.7</b>
Disulfiram (Antabuse®)	23	52.3
Naltrexone (oral)	22	50.0
Vivitrol® (injectable Naltrexone)	10	22.7
Acamprosate (Campral®)	20	45.5
Nicotine replacement	12	27.3
Non-nicotine smoking/tobacco cessation medications	14	31.8
Medications for psychiatric disorders	24	54.5
Methadone	9	20.5
Buprenorphine with naloxone (Suboxone®)	18	40.9
Buprenorphine without naloxone	17	38.6
No services offered	10	22.7
<b>Ancillary Services</b>	<b>44</b>	<b>100.0</b>
Case management services	37	84.1
Social skills development	37	84.1
Mentoring/peer support	23	52.3
Child care for clients' children	2	4.5
Assistance with obtaining social services	33	75.0
Employment counseling or training for clients	21	47.7
Assistance in locating housing for clients	28	63.6

Continued

## Types of Services Offered (continued)

	Facilities	
	No.	%
Domestic violence services	14	31.8
Early intervention for HIV	19	43.2
HIV or AIDS education, counseling, or support	32	72.7
Hepatitis education, counseling, or support	25	56.8
Health education other than HIV/AIDS or hepatitis	25	56.8
Substance abuse education	44	100.0
Transportation assistance to treatment	15	34.1
Mental health services	33	75.0
Acupuncture	1	2.3
Residential beds for clients' children	1	2.3
Self-help groups	17	38.6
Smoking cessation counseling	21	47.7
No services offered	--	--
<b>Other Services</b>	<b>16</b>	<b>36.4</b>
Treatment for gambling disorder	10	22.7
Treatment for Internet use disorder	9	20.5
Treatment for other addiction disorder	15	34.1
No services offered	27	61.4

## Clinical/Therapeutic Approaches Used Always or Often or Sometimes

	Facilities	
	No.	%
Substance abuse counseling	42	95.5
Relapse prevention	43	97.7
Cognitive-behavioral therapy	42	95.5
Motivational interviewing	43	97.7
Anger management	36	81.8
Brief intervention	40	90.9
12-step facilitation	26	59.1
Trauma-related counseling	40	90.9
Contingency management/motivational incentives	24	54.5
Rational emotive behavioral therapy (REBT)	11	25.0
Matrix Model	14	31.8
Community reinforcement plus vouchers	9	20.5
Computerized substance abuse treatment/telemedicine	6	13.6
Other treatment approaches	4	9.1

## Facility Capacity and Utilization Rate<sup>1</sup>

	Residential	Hospital Inpatient
Number of facilities	8	3
Number of clients <sup>2</sup>	989	92
Number of designated beds	245	112
Utilization rate <sup>3</sup>	403.7	82.1
Average number of designated beds per facility	31	37

<sup>1</sup> Excludes facilities not reporting both client counts and number of beds; facilities whose client counts were reported by another facility; facilities that included client counts from other facilities; and facilities that did not respond to this question.

<sup>2</sup> Number of clients on March 29, 2013.

<sup>3</sup> Because substance abuse treatment clients may also occupy non-designated beds, utilization rates may be more than 100 percent.

## Clients per 100,000 Population in Opioid Treatment on March 29, 2013

	No.
Methadone	146
Buprenorphine	80
Vivitrol®	2

## Services in Sign Language for the Hearing Impaired and in Languages Other than English

	Facilities	
	No.	%
Sign language	20	45.5
Any language other than English	18	40.9
<b>Non-English Language Provided by:</b>		
Staff counselor only	--	--
On-call interpreter only	16	88.9
Both staff counselor and on-call interpreter	2	11.1
<b>Languages Provided by Staff Counselor:<sup>1</sup></b>		
Spanish	1	50.0
American Indian/Alaska Native languages	--	--
Other	1	50.0

<sup>1</sup> Percentages based on the number of facilities reporting that they provided substance abuse treatment in a language other than English by a staff counselor only or by both staff counselors and on-call interpreters.

## Specifically Tailored Programs or Groups

	Facilities	
	No.	%
Any program or group	41	93.2
Adult women	27	61.4
Clients with co-occurring disorders	22	50.0
Adult men	22	50.0
Criminal justice clients	23	52.3
Adolescents	13	29.5
Persons who have experienced trauma	16	36.4
DUI/DWI clients	19	43.2
Young adults	14	31.8
Persons who have experienced domestic violence	9	20.5
Persons who have experienced sexual abuse	6	13.6
Pregnant or postpartum women	16	36.4
Persons with HIV/AIDS	1	2.3
Veterans	3	6.8
LGBT <sup>1</sup>	1	2.3
Seniors or older adults	7	15.9
Members of military families	1	2.3
Active duty military	2	4.5
Other	6	13.6
No program or group offered	7	15.9

<sup>1</sup> Lesbian, gay, bisexual, or transgender clients.

**Symbol key:** -- Quantity is zero. \* Less than 0.05 percent. n/a Not applicable. ^ Data suppressed due to confidentiality issues. ‡ No facilities in this category.

Data are from facilities that reported to N-SSATS for the survey reference date March 29, 2013. All material appearing in this report is in the public domain and may be reproduced without permission from SAMHSA. Citation of the source is appreciated.

Access the latest N-SSATS reports at:

<http://www.samhsa.gov/data/DASIS.aspx#N-SSATS>

Access the latest N-SSATS public use files at:

<http://www.datafiles.samhsa.gov>

Other substance abuse reports are available at:

<http://www.samhsa.gov/data/>

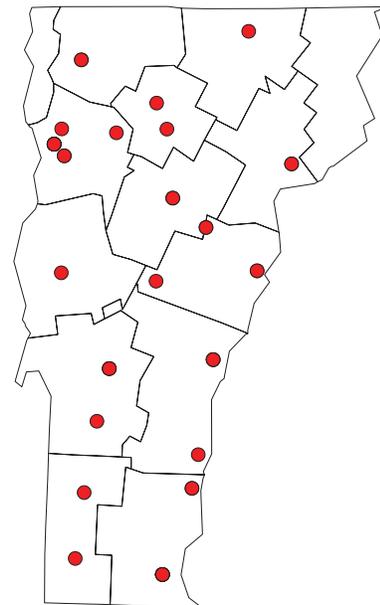
Access N-SSATS profiles for individual states at:

<http://www.dasis.samhsa.gov/webt/NewMapv1.htm>

For information on individual facilities, access SAMHSA's Behavioral Health Treatment Services Locator at:

<http://findtreatment.samhsa.gov/>

## Location of Treatment Facilities



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
[www.samhsa.gov/data/](http://www.samhsa.gov/data/)