



The Birches Treatment Center

Outpatient mental health & addiction treatment programming for adults

Maybe you're working to manage addiction or problems like depression or bipolar disorder—and you need more than weekly therapy to reach your goals.

Or perhaps you just finished receiving care in a hospital for a mental health issue or addiction, and now you need intensive support to maintain your recovery.

The comprehensive programs at The Birches Treatment Center could be just right for you.

Two effective options to fit your life:

- Our **Partial Hospital Program (PHP)** is an all-day program that meets five days a week.

- Our **Intensive Outpatient Program (IOP)** provides half-day programming that meets three to five days a week.

In both programs, you'll participate in group therapy and also receive individualized care.



“It’s amazing the amount of change you can see in such a short time. People who come to us are better able to adapt and cope with problems as they find their sources of strength, both inside and out.”

—Kurt L. White, LICSW, LADC, CGP
Director of Ambulatory Services



“I owe you my life.”

“This is the best thing that ever happened to me.”



A stronger recovery means a stronger you.

Each day at The Birches, you’ll take part in a full schedule that includes group and individual counseling, medication management, and appointments with members of your treatment team. As you grow in the program you will:

- Learn self care for general mental health and addiction recovery
- Improve your sense of well-being through mindfulness practice
- Develop skills to address grief or loss
- Discover effective ways to handle stress
- Establish healthy communication skills
- Build a solid foundation to live a more rewarding life.

Convenient housing options

- If you’re from the Brattleboro area, you can live at home while attending The Birches.
- If you live at a distance, you can stay at our convenient on-campus housing. Ask us for detailed information about room and board and short-term housing options.

Our treatment philosophy.

We believe that people are resilient. We believe they can make significant changes in their lives that will strengthen their recovery from mental health and addiction challenges. We help every step of the way, with expert care rooted in understanding and respect.



Get help now.

802-258-3700
brattlebororetreat.org/birches



Brattleboro Retreat
MENTAL HEALTH AND ADDICTION CARE

Anna Marsh Lane, P.O. Box 803 Brattleboro, VT 05302

