

**24/7**  
**Crisis-Suicide**  
**Hotline**  
**1.800.273.TALK**



## **HEADREST OPPORTUNITIES FOR WORK (H.O.W.) PROGRAM**

The H.O.W. Program assists people in recovery with finding career-ladder employment as a foundational building block for long-term success. Developing useful vocational skills alongside personal responsibility tactics, and with the help of Recovery Friendly Workplaces throughout Northern New England, clients in our program obtain and retain productive, living wage jobs. Our Vocational/Employment Specialist has decades of experience assisting program participants with determining employable skills, job search resources, resume and portfolio development, interview practice and financial literacy.

### **MISSION STATEMENT:**

Headrest supports individuals and their families, friends and neighbors affected by substance use, navigating recovery, or in crisis, by providing effective programs and treatment options that support prevention and long-term recovery. Headrest will never turn anyone away.



Our Founders in 1971

Headrest helps more than 11,000 individuals per year - whether experiencing a crisis or substance use disorder issues. We have provided our services through the kindness of our donors and volunteers. Please consider a donation to help us sustain our mission.



**MAILING ADDRESS  
AND RESIDENTIAL FACILITY**  
14 Church Street  
Lebanon, NH 03766

**ADMIN OFFICES,  
OUTPATIENT COUNSELING  
AND IDCMP**  
141 Mascoma Street  
Lebanon, NH 03766

603.448.4872  
[WWW.HEADREST.ORG](http://WWW.HEADREST.ORG)



## **SUBSTANCE USE DISORDER AND CRISIS SUPPORT SERVICES**



**THE HEADREST VISION:**  
**“WE IMAGINE A WORLD WHERE  
THERE IS NO SHAME IN GETTING  
THE HELP YOU NEED.”**



*Celebrating 50 years in 2021!*  
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## LOW-INTENSITY RESIDENTIAL PROGRAM

Headrest offers people returning to the community from treatment a safe and sober environment to live in while they begin to navigate life in recovery. While living in the facility at 14 Church Street in Lebanon, participants in the Low-Intensity Residential Program begin rebuilding their lives through work, education and continued Substance Use Disorder services including individual counseling, therapeutic groups, and strengths-based recovery programming. Residents hone life skills, further their coping mechanisms, and work with their Case Manager to coordinate a safe discharge/transition plan.



## OUTPATIENT SERVICES

Headrest offers Outpatient Counseling for adults with Substance Use Disorder at our 141 Mascoma Street facility in Lebanon. Sessions are available by appointment Monday through Friday 9:00 AM to 5:00 PM. Both group and individual treatment styles are used.

We also offer Intensive Outpatient Counseling. These are more intensive and structured individual and group meetings. Additional activities are also provided according to an individualized treatment plan.



## IMPAIRED DRIVER CARE MANAGEMENT PROGRAM

All individuals convicted of an impaired driving offense in NH are required to participate in a state-approved Impaired Driver Care Management Program (IDCMP).

Headrest now offers its IDCMP at various locations throughout the State of NH. Through this program, Headrest partners with, supports, and assists program participants in completing all requirements to achieve restoration of their license.



If you are interested in any of these services, please contact Headrest at 603.448.4872. More information is also available at [headrest.org](https://headrest.org)