

Spruce Mountain Inn

(Young Adult Program)

CONTACT	PROGRAM OUTLINE
Executive Contact: Candace Beardsley, MSSW, LICSW Admissions Contact: Candace Beardsley, MSSW, LICSW Aaron Aldridge, LCMHC Academic Contact: Tom Novak, BBA, MBA Email: info@SpruceMountainInn.com Phone: (802) 454-8353 Fax: (802) 454-8011 Address: 155 Towne Ave, PO Box 153 Plainfield, VT 05667 Website: www.SpruceMountainInn.com	Gender: All Genders (non-binary) Ages: 18 - 28 Grades: N/A Enrollment: 22 Duration: 10 months avg Founded: 1982
NATSAP Member Since: 1999	 Plainfield
	Airport: Burlington, VT (BTV)

Since 1982, Spruce Mountain Inn has provided care for individuals, aged 18-28, who struggle with mental health issues that impact mood and daily functioning. Our program is designed to provide clients with intensive support as they gain the skills needed for successful independent living.

The clients we serve typically address issues such as:

- Anxiety
- Depression
- Bipolar Disorder
- Trauma
- Substance abuse
- Technology abuse

Treatment occurs in a small home-like setting and includes weekly individual psychotherapy, services to assist in goal-setting, assistance with activities of daily living, psychiatric treatment, and on-site residential support. Additionally, residents enjoy a wide range of wellness activities, outdoor recreation, and expressive arts programs. The program is also designed to help residents connect with the local community through volunteerism, education, employment, and recreation.

Spruce Mountain Inn residents can progress through a specially designed step-down housing continuum that allows them gradual levels of independence while still in treatment. Such experiences can provide opportunity to practice and hone the skills needed for navigating a successful, independent life.

Our program maintains an intentionally small client census, and we typically provide a one to one resident to staff ratio, ensuring that residents are intensively supported by a team which includes:

- a Master's-level Clinical Case Manager
- a Psychotherapist
- in-house Consulting Psychiatrist
- Career & Education Development Coordinator
- Support Worker and the Addictions Counselor, as needed

Accreditation, Licensure: State of Vermont, Agency of Human Services, Therapeutic Community Residence

Professional Affiliations: NATSAP - Full Member; American Residential Treatment Association (ARTA); Young Adult Transition Association (YATA)