

A dark blue vertical bar is on the left side of the page. A blue arrow-shaped graphic points to the right from the bar, containing the date.

11/18/2019

Northern Lights Recovery Center, Inc.

Dear Donna,

Attached please find a letter requesting a jurisdictional determination for a Certificate of Need along with financials in an Excel file. I will also be mailing a hard copy of the letter and financials to your office in Montpelier.

We are looking forward to working with you and the Green Mountain Care Board towards the goal of reducing illicit opioid use.

Thank you,

James S. Stone, MD.

Owner and Operator

Several thin, curved lines in shades of blue and grey originate from the bottom left and sweep upwards and to the right, creating a decorative graphic element.

James S. Stone, MD 802.223.2633

John Aarts, MA, LADC 802.279.7922

Northern Lights Recovery Center, INC.

My name is James S. Stone, MD. I am a Psychiatrist and have been in practice for over 30 years. The past 15 years I have split my focus between my private psychiatric practice and Treatment Associates Inc. Treatment Associates Inc. has two offices, one of which is in Montpelier and the other in Morrisville, Vermont. Treatment Associates Inc. is an out-patient treatment center that focuses on Mental Health, Substance Use Disorder and Alcohol Use Disorder. We offer a wide range of therapeutic services and do Medication Assisted Treatment. Our prescribers are trained professionals and are supported by the Medication Assisted Treatment Team from Blueprint for Health and Community Health Services of Lamoille Valley. We offer Intensive Outpatient Groups three times a week, morning and evening. This alleviates the necessity of having recovery support groups only during the days of 'normal' working hours. The client's strengths and accomplishments are identified and affirmed through trauma informed co-occurring treatment. Our trained clinicians provide these services and are overseen by the multi-licensed Clinical Director, Anthony Zarriello. Treatment Associates Inc. is committed to identifying community needs and working in collaboration with the Vermont Department of Health Division of Alcohol and Drug Abuse Programs (ADAP), towards the goal of reducing illicit opioid use.

I am working with John Aarts, MA, LADC in the hopes of starting a brand-new venture. John has been in the field for over 12 years and is currently working towards dual licensure as a Licensed Clinical Mental Health Counselor (LCMHC). John possesses great passion in helping others reach their goals for recovery. He himself has been in recovery for the past 13 years. Together, we want to open Northern Lights Recovery Center (NLRC).

We do not have the latest actuals for you to review as this will be a new project. NLRC will be located at 5630 US-2, Marshfield, VT 05658. NLRC is going to be in Washington County

which is comprised of fourteen towns and has a population estimated by the 2018 U.S Census Data to be 58,290. According to the National Safety Council, Vermont is listed as one of the four states “making progress” in areas that are assessed in combating the opiate epidemic. Our goal at NLRC will be to continue to help this trend by providing ease of access to programs deemed medically necessary. With the few inpatient treatment facilities available in Vermont, there are none within Washington County and none within a 34-mile radius. The need to have an inpatient facility in Washington County is urgent not only for community access but for the state. The Vermont Department of Health reported that in Washington County there were two opioid related accidental fatalities in the first month of 2019. There are twenty-five to date for all Vermont Counties combined in January and February 2019. Vermont is among the highest percentage rate “3.74-5.36” of heroin abuse in all of U.S. In 2017 4,569 people were “entered into SATIS” aged 25-34 needing treatment for substance abuse, 3,286 people were confirmed needing treatment for opioid abuse, and 1,575 people needed treatment for substance abuse. In 2017 Washington County reported 698 people were treated for heroin and other opiates. Some surrounding counties, such as Lamoille, reported 291 and Orange County reported 235 people needing these same services.

NLRC will be a twenty-one-day inpatient treatment center for women and men struggling with chemical dependency. NLRC will be able to offer ten beds for males and sixteen beds for females. NLRC will have available a handicap suite in addition to a gender-neutral suite. NLRC will follow the American Society of Addiction Medicine Level 3.2-WM Clinically Managed Residential Withdrawal Management Substance Use Disorder Treatment Services. NLRC will offer several groups every day that focus on each client’s recovery and well-being. These groups will be designed to assist in the treatment of Substance Use Disorder, Alcohol Use Disorder and Mental Health disorders.

Dr. Stone will be the Medical Director of the facility. The duties of the Medical Director will be to oversee the running of the facility, in addition to prescribing medication as needed on an individual basis for the patients. Operations Officer, John S. Aarts, MA, LADC will oversee

daily operations. Other staff members will include a Human Resources manager, who will assist in overseeing communication of all staff and functions. Our nursing staff will be comprised of two full time Registered Nurses, one of which will supervise the three fulltime and three part time Licensed Practicing Nurses and two Licensed Nurse Assistant's. The nursing staff at NLRC will provide health education services associated with the course of addiction, such as sexually transmitted diseases, HIV and Hepatitis C. Nursing staff will be responsible for the administration of daily medications, checking vitals, communication with the Medical Director and entering information into the Electronic Medical Records (EMR) system.

Counseling staff will include: Clinical Director, Clinical Supervisor, two Licensed Alcohol Drug Abuse Counselors (LADC) and four Alcohol and Drug Counselors (ADC) or Apprentice Addiction Professionals (AAP). All counseling staff will be entering information into the EMR. Our therapy practices will consist of Cognitive Behavioral Therapy, Dialectical Behavioral Therapy and individualized therapy sessions.

Meal preparation at our facility will be done by one full time Executive Chef, who will oversee one full time Sous Chef and all other kitchen staff. Other duties of the Executive Chef will be to maintain operations of the kitchen and the ordering of food for the facility. The Executive Chef will also be running classes on how to prepare healthy, inexpensive meals for better success in recovery and life. The Executive Chef will assist clients in our green houses and gardens, where clients can grow and eat healthy, organic food.

Security staff, consisting of three women and three men, will oversee the security of the property, staff members and patients. They will be on site 24 hours a day and monitor daily activity through recorded video surveillance and in person. Security staff will be held to the same confidentiality standards as all other NLRC staff.

Administrative staff at NLRC will be responsible for managing the EMR, filing of paperwork, scheduling patients as needed for individual therapy. Administrative duties will also include answering phones, receiving and placing faxes, assisting in transfer of care, aftercare paperwork and all other follow-up care paperwork, thus making a smooth transition for patients coming in and being discharged from NLRC.

The vision of NLRC is to provide a calm and stress-free environment that is individualized to each patients' needs. By doing so it creates a strong opportunity for lasting, lifelong recovery.

Each patient will receive a comprehensive biopsychosocial assessment on the first day of admission. In this assessment all dimensions will be reviewed and evaluated. The next step will be a comprehensive treatment plan that is individualized to each patient. If a patient is intoxicated upon admission, these assessments will be done the following day. Throughout the course of each patients' stay, they will work on a transition plan to help ensure their success upon discharge. Each discharge will be comprised of a detailed aftercare plan that will support the patients' goals.

Medicaid, Medicare, private insurance and cash will be accepted as payment to NLRC. If a person has no insurance and cannot afford the full out of pocket expense, there will be a sliding fee scale used. This will be implemented by determining their annual income. We would like to be able to find a balance between running a business and not having the ability to pay be a barrier to access high quality treatment. NLRC would like to open its doors as a Betty-Ford style treatment center for the price an average person can afford. It is the goal of NLRC to become a Preferred Provider through ADAP. NLRC will follow the rules and regulations set forth by the State of Vermont to obtain this status.

NLRC will lease a van to be able to provide in state transportation to individuals needing help with transportation to the facility. Transportation continues to be a barrier within the state, given its rural landscape. After discharge, the van will be used to return patients to their place of residence as needed. This service will be offered to every patient free of charge.

Referrals for NLRC will come from Treatment Associates Inc., BAART, Central Vermont Medical Center, Copley Hospital, North Central Recovery Center, Behavioral Health and Wellness and many other community providers around the state. Providing a residential level of care to patients across the state of Vermont will decrease costs that would be spent in a hospital setting. Patients will receive a much more appropriate level of care at NLRC. NLRC will

cost a total of \$2,456,884.00 to become operational. The property, which comes with over 30 acres of land is located at 5630 US-2, Marshfield, VT 05658 and will be leased at a cost of \$6,000 monthly.

In the second year of operation NLRC would like to implement the use of Equine Assisted Therapy, which would be run by a Certified EAGALA Instructor. NLRC would house on site, three to four horses to be used in this therapy. NLRC would offer this service to all clients and make Equine Therapy a part of daily groups for those who are interested.

NLRC will provide a safe and welcoming environment where patients can work to break the strong bonds of addiction through education, nutrition, therapy and medication assisted treatment. These services will help provide our patients with the tools they need to succeed in their recovery and life goals. NLRC will focus treatment on patients that reside in Vermont and need a level of care that may not be currently accessible to them.