

River Rock Treatment Center Green Mountain Care Board Letter of Intent

Attention: Donna Jerry and the Green Mountain Care Board

Purpose:

This letter is a written request for the jurisdiction determination of the River Rock Treatment Center in Burlington, Vermont.

Need/Proposal:

With COVID-19 exposing another level of the addiction epidemic it is clear that the need of treatment in Chittenden County is increasing and River Rock Treatment wants to be part of the solution. River Rock Treatment LLC is a privately owned, clinically driven outpatient center intending to be opened in the Maltex Building on Pine St in Burlington, Vermont in late 2020. River Rock Treatment is focused on creating a supportive, impactful and thriving community for men and women overcoming substance use and addiction in Chittenden County through Intensive Outpatient (IOP) and Outpatient (OP) models of care. We will only accept self-pay and/or commercial funding (insurance). River Rock Treatment LLC will serve men and women IOP and OP services as well as numerous amenities to help enable clients to enhance their health and wellbeing, live more responsibly and dependably, and strive to attain their boundless potential. Our services provide an opportunity for private treatment and greater quality treatment than is currently available in Chittenden County. Currently there is not a private outpatient treatment option in the county. Outpatient is a good option for students, parents, or professionals who are unable to step away from their life responsibilities, but are in need of treatment, healing, and direction. We see a need for River Rock in the number of Substance related deaths and disorders. For example, according to the Vermont Department of Health and Division of Alcohol and Drug Abuse program, the amount of people in need of treatment has increased year over year and over 10% in the last decade. Not to mention, the same organization states that from January to May 2020 there were already 61 deaths in Chittenden County to opiates alone. Note these are just the numbers from a public program. Where are the people with access to private care getting help? How can we cater to this demographic? These are just a couple of the questions that River Rock Treatment can answer.

River Rock Treatment LLC offers an evidence-based, holistic approach to substance use disorder treatment focusing on skills based therapeutic modalities, community resourcing, trauma informed care practices and the building of relationships between clients and staff. The organization uses a minimum 90-day approach followed by aftercare and family groups.

River Rock Treatment LLC utilizes the following evidence-based approaches:

- Clinical and Medical Assessments
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Motivational Interviewing
- EMDR Therapy
- Trauma Informed Care practices
- Acu-detox
- Family Advocacy
- Mindfulness and Meditation

To engage clients served, River Rock Treatment LLC will provide direct client care to the people of Chittenden County through individual therapy, group psycho-therapy, group psycho-education, encouragement of 12-step involvement, and therapeutic Assignments. To retain clients served, River Rock Treatment will focus on establishing and maintaining therapeutic rapport. The

goal of River Rock Treatment is to provide unmatched care by creating a safe, healing environment with a focus on non-adversarial, non-confrontational approaches.

SERVICE	LEVEL OF PROVIDER	FULL TIME EQUIVALENT	ON OR OFF SITE
Client intake and assessment	Licensed Therapist (LPC, LAC, etc.)	One	On Site
Group Therapy	Licensed Therapist (LPC, LAC, etc.)	One	On site
Individual Therapy	Licensed Therapist (LPC, LAC, etc.)	One	On Site
Other Clinical Services	Licensed Therapist (LPC, LAC, etc.)	One	On Site
Interventionist and Recovery Coach	Certified Interventionist and Certified Recovery Coach	One	On Site
Yoga and Breathwork	Certified Yoga Instructor	None	Off Site

Intensive Outpatient Program (IOP) description:

The IOP program consists of a minimum of 9 hours of group and individual therapy per week over the course of a minimum of 3 days per week. IOP programming consists of a core set of groups designed to offer clients the resources for multi-dimensional instability. IOP programming can be used for clients as a step down from PHP or residential or as a step up from OP services. The main component of the IOP program will be DBT skill integration. River Rock Treatment believes strongly that in order to foster long term recovery, emotional regulation skills are critical for each client. IOP groups will be offered in both the daytime and evening. Clients will be assessed based on ASAM assessment criteria.

Mindfulness/ Intentions	DBT	Staff Meeting	Relapse Prevention
Break	Break		Break
Education	12-step		CBT
Break	Break	Individual / Medical Sessions	Break
Process	Process		Process/Weekend Planning
Individual Sessions	Individual Sessions		

Who:

My name is Jae Bowman and I the co-founder of River Rock Treatment and a resident of South Burlington, Vermont with my wife, Katie Bowman, who is a graduate of UVM and now a clinical Therapist based in Richmond, Vermont. I have been sober from drugs and alcohol since February 2011. My life has been devoted to recovery and the recovery community for nearly a decade. I am passionate about helping people, and families, get the help and resources needed to recover. I went through private insurance paid treatment and lived in a residential recovery house for a year in North Carolina. This was the best this that ever happened to me. As a result, creating this center has been a dream of mine for many years. I want to provide treatment, resources, and community for others affected by the same affliction. With the help and direction of longtime friend Cody Gardner (Co-founder) the dream is becoming a reality in Burlington, Vermont. The need is clear, evident, and urgent. Cody Gardner has worked in the treatment industry for over a decade with multiple positions such as: program creation, management, G-Suite, national business development, administration, and consulting small and large business across the country; which have led him to currently be a co-founder of two other treatment centers in Longmont and Fort Collins, Colorado. Those facilities are a separate entity from River Rock Treatment. We will start with the services provided in the table below and from there we plan to focus on providing the best clinical treatment in Vermont where anyone would feel confident sending their family member.

Expenses:

River Rock Treatment will provide a new level of private Substance Use Disorder and Addiction care to Burlington, Chittenden County, and Vermont as a whole. River Rock’s privately funded and not carrying large capital expenses, we will be renting the facility to run the program (no construction needed to floor plan), we will furnish the facility, building a website, and we will buy some programs for medical records, billing, and customer relationship management. Other than those, we do not see other

capital expenses. We do not envision growing out of the pine street space in three years; furthermore, we are planning to grow into that 2,200sf space. With that said, capital expenses in the first year will be \$40,000. For years two and three, River Rock will make upgrades and changes to existing systems, but the capital expenses will not go beyond the \$25,000 in years two or three. Regarding Annual Operating expenses, of rent, billing, salary fringe, marketing, insurance, and other reoccurring payments, year one will be \$540,000. Following year one, River Rock is projected to have increased annual operating costs of \$720,000 in year two and \$840,000 in annual operating expenses by year three.

With Gratitude,

Jae Bowman
Co-Founder and Managing Director
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