Our Philosophy

The Philosophy at Second Spring is based on the SAMHSA definition of recovery.

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

Our Staff bring their interests and experiences to Second Spring which creates a unique and dynamic atmosphere.

“Second Spring”
Second means another opportunity.
Spring means a time of renewal.

Like the seasons we all have stages in our own lives.

Phone: 802-433-6183
Fax: 802-433-1309

118 Clark Road
Williamstown, VT 05679

WWW.SECONDSPRING.ORG

“We believe each and every person can live a valued and meaningful life”
About the Program

Being a resident at Second Spring means you will become part of a recovery community. During your stay you will receive individualized treatment within a group setting to help you pursue and accomplish personal goals, practice social skills and express views. You will be expected and encouraged to work on your mental and emotional well-being prior to re-entering your home community.

We encourage you to choose groups that interest you and those that fit your needs. While at Second Spring, you and your Recovery Team will develop a plan to transition you back into your home community.

The Environment at Second Spring

We provide a variety of groups and daily activities. These offerings are part of our programming and therefore it is expected that you will participate in this aspect of Second Spring to the best of your ability.

Classes offered at Second Spring

(Please circle the ones that you are interested in)
- Resident Community Meeting
- Open Art and Art Class
- Got Anger?
- Self Reflection Using Art
- Creative Expression Through Media
- The Sobriety Option
- Wellness Action Recovery Planning
- The Women's Group
- The Men's Group
- Easy Gourmet
- Pet Therapy
- Music to Think By
- Performing at Work
- Dialectical Behavioral Therapy
- Natural Healing
- Group Therapy
- Cognitive Behavioral Therapy
- Walking in Nature
- Gardening & Landscaping
- Rise and Shine
- Relaxation
- CVSAS Substance/Alcohol Services

Daily groups may include:
- AA, NA, and Alanon

Second Spring has a facility membership to a fitness center at VTC called “SHAPE”. The center has a full gymnasium, climbing wall, racquetball courts, workout room, and swimming pool. Outings to SHAPE happen regularly.

As a resident of Second Spring you will have the ability to assist in the development of the activities calendar for the coming month by participating in the weekly Activity Meeting. Here you will be able to plan opportunities to participate in local and surrounding community events. These events may include: fishing, concerts, craft fairs, art galleries, yard sales, festivals, etc.

We also provide organized outings into the community for personal shopping, banking, post office and the public library.