

CPCC Resource Guide Vermont

General Resources

211 Vermont - 211 or 1-866-652-4636

<http://www.vermont211.org/>

- Text zip code to 898211 for assistance
 - Directory of resources
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Help Me Grow - 211 ext 6

<https://www.helpmegrowvt.org/>

- Parenting Tips
 - Referrals
 - Developmental Screening
 - Blog
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Rise VT - (802) 847-9623

<https://risevt.org/>

- Tools to support a healthy VT
 - Provides education on healthier lifestyles
 - Community support
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Family Support Resources

NCSS (Northwestern Counseling and Support Services) - (802) 524-6554

<https://www.ncssinc.org/>

- Family Support Services
- Parent Child Center
- HEART Program (Helping Everyone Access Resources & Thrive)

Howard Center for Human Services - (802)488-6000

<https://howardcenter.org/>

- Family Respite
 - Flexible Family Funding
 - Early Childhood Programs
 - School Services Program
 - Family Counseling
 - EFT (Enhanced Family Treatment)
 - IFBS (Intensive Family Based Services)
 - Park Street Residential Program
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Outright Vermont - (802) 865-9677

www.outrightvt.org/

- Trans Parent Group
 - Panorama Group
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Lund - (802) 864-7467

<https://lundvt.org/>

- Family Support Services
 - Parenting Education
 - Support for Adoptive Families
 - Adoption Services
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Turning Point Center - (802) 861-3150

<https://turningpointcentervt.org/>

- Online Parent Support
 - Moms in Recovery Program
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Vermont Family Network - (800) 800-4005

<https://www.vermontfamilynetwork.org/>

- Referral information
- Parent Support/advocacy (school track and medical track)
- Sibling support groups

Washington County Mental Health - (802) 229-0591

<https://www.wcmhs.org/services/developmental-services/>

- Family Partnerships and Support
 - Respite Services
 - Therapeutic Foster Care Program
 - Family Counseling
 - Group work
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CSAC (Counseling Services of Addison County) - (802) 388-6751

https://www.csac-vt.org/what_we_do/youth-and-family-programs.html

- Office-Based Therapy
 - Access/Crisis Team
 - Early Childhood Mental Health
 - Respite
 - Interagency Teaming
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Evolution Yoga - (802) 864-9642

<https://www.evolutionvt.com/>

- Childbirth Education
- Yoga classes
- Kids Yoga

Intellectual Disability Resources

Champlain Community Services - (802) 655-0511

<http://ccs-vt.org/>

- School 2 Work program (prepares high school students for transitioning into workplace)
- Bridging program (prepares high school students for adulthood through career, independent, community, and advocacy topics)

UVM Think College - (802) 656-1345

<https://www.uvm.edu/cess/cdci/think-college-vermont>

- Program that assists college students with ID to be successful in the college setting
 - Peer mentor included
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Howard Center for Human Services - (802)488-6000

<https://howardcenter.org/>

- ARCh (Accessing Resources for Children)
 - Autism Spectrum Program
 - Succeed
 - Family Respite
 - Flexible Family Funding
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NCSS (Northwestern Counseling and Support Services) - (802) 524-6554

<https://www.ncssinc.org/>

- Applied Behavior Center
 - School-Based Autism Program
 - Soar Learning Center
 - Camp Rainbow
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Special Olympics - (802) 863-5222

<https://specialolympicsvermont.org/>

- Young Athletes program for children in elementary school
 - Unified Sports
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Vermont Family Network - (800) 800-4005

<https://www.vermontfamilynetwork.org/>

- Referral information
- Parent Support/advocacy (school track and medical track)
- Sibling support groups

State of Vermont Disability Division - (802-241-0304)

<https://ddsd.vermont.gov/designated-agencies-listed-countyregion>

- Lists every designated agency by county/region
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Washington County Mental Health - (802) 229-0591

<https://www.wcmhs.org/services/developmental-services/>

- Bridges Program
 - Community Developmental Services Program
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CSAC (Counseling Services of Addison County) - (802) 388-6751

https://www.csac-vt.org/what_we_do/youth-and-family-programs.html

- Intensive School Supports Program
 - Home Based Autism Services
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Rhythm of the Rein - (802) 426-3781

<http://rhythmoftherein.org/>

- Adaptive Riding
 - Hippo therapy
 - Therapeutic Driving
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Military Family Resources

VT Military & Family Support Center - 1-888-607-8773

<https://www.ngfamily.vt.gov/Programs-Services/Military-and-Family-Readiness-Centers/>

- Resource and referrals for financial, TRICARE, and property/housing issues
 - Employment related services
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Family Readiness Support - (802) 338-4317

<https://www.ngfamily.vt.gov/Programs-Services/Family-Readiness-Support/>

- Family readiness training

Child and Youth Program - (802) 338-3369

<https://www.ngfamily.vt.gov/Programs-Services/Child-Youth-Program/>

- 'Not a Box' Summer Camp
 - Family summer camp
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Survivor Outreach Services - (802) 338-3398

<https://www.ngfamily.vt.gov/Programs-Services/Survivor-Outreach-Services/>

Vermont Military Community Network - (802) 338-3364

<https://www.ngfamily.vt.gov/Programs-Services/Military-Family-Community-Network/>

Yellow Ribbon Reintegration Program - (802) 338-3362

<https://www.ngfamily.vt.gov/Programs-Services/Yellow-Ribbon-Program/>

Resources for Adoptees

Lund VT - (802) 864-7467

<https://lundvt.org/>

- Post Adoption Support
 - Adoption Services
 - Can provide support with background information
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DCF VT Adoption Registry - (802) 241-0906

<https://dcf.vermont.gov/vt-adoption-registry>

- Non-identifying information
- Identifying information
- Adoptee original birth certificate

Substance Abuse Services

CenterPoint Adolescent Treatment Services - (802) 488-7711

<https://centerpointservices.org/>

- Intensive Outpatient Programs
 - School Based Substance Abuse Services
 - Drug Testing
 - Services For Youth Living Within Addicted Families
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Clara Martin Center - (802) 728-4466

<http://www.claramartin.org/substance-outpatient/>

- Outpatient Recovery - 12 to 18 can be enrolled in outpatient program.
 - Children younger than 12 must have parental consent.
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Howard Center - (802) 488-6000

<https://howardcenter.org/substance-use/children-youth/>

- CenterPoint services
 - Park Street Program
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Parent Up Vermont - (802) 464-4343 or (802) 863-7200

<https://www.healthvermont.gov/alcohol-drug-abuse/programs-services/family-programs>

- A program designed to help prevent drug and alcohol abuse by helping parents talk to their children and promote healthy family relationships.
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Youth Substance Abuse Safety Program (YSASP)

<http://vtcourtdiversion.org/youth-substance-abuse-safety-program/>

- A program to hold Vermont youth accountable for underage drinking and marijuana use.

CRISIS

Addison County

- Counseling Service of Addison County 24 Emergency Hotline
(802) 388-7641
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Bennington County

- United Counseling Services (Bennington) - *(802) 442-5491*
 - United Counseling Services (Manchester) - *(802) 362-3950*
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Chittenden County

- Howard Center First Call Crisis Services - *(802) 488-7777*
 - Pathways Support Line - *(833) 888-2557*
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Franklin and Grand Isle County

- Northwestern Counseling and Support Services 24-Hour Emergency Hotline
(802) 524-6554 or *(800) 834-7793*
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Lamoille County

- Monday – Thursday (8 - 4:40) Friday (8 – 3:30) - *(802) 888-5026*
 - After Hours/Weekends - *(802) 888-8888*
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Northeast Kingdom

- Northeast Kingdom Human Services (Derby) - *(802) 334-6744*
 - Northeast Kingdom Human Services (St. Johnsbury) - *(802) 748-3181*
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Orange County

- Clara Martin Center 24 Hour Emergency Hotline - *(800) 639-6360*
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Rutland County

- Rutland Mental Health Services 24-Hour Emergency Hotline
(802) 775-1000

Washington County

- Washington County Mental Health 24- Hour Emergency Hotline
(802) 229-0591
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Windham and Windsor Counties

- Healthcare and Rehabilitation Services 24-Hour Emergency Hotline
(800) 622-4235
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Vermont Suicide Prevention Center - Text VT to 741741

National Suicide Prevention Hotline - (800) 273-8255

Trevor Hotline/LGBTQ Youth - (866) 488-7386

Peer-operated Youth Hotline (3pm-9pm) - (877) 968-8454

National Runaway Switchboard - (800) 786-2929

National Sexual Assault Line - (800) 656-4673

National Youth Talk Line – (800) 246-7743

National Eating Disorders Association- (800) 931-2237

Accessing a Therapist

Central Vermont Mental Health Professionals

<https://cvmhp.org/>

- The Central Vermont Mental Health Professionals website provides a list of mental health professionals as well as a description of their specialty and services.
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Psychology Today

<https://www.psychologytoday.com/us>

- Online database to search for a mental health professional by a variety of criteria.
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Vermont Mental Health Counselors Association

<https://vtmhca.org/directory>

- The Vermont Mental Health Counselors Association is the professional association for Clinical Mental Health Counselors licensed by the state of Vermont.
 - The find a counselor option on the website allows you to search members by various criteria.
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Vermont Psychological Association

<https://vermontpsych.org/>

- Online statewide directory of Psychologist in good standing.

Juvenile Justice

Mentor Vermont - (802) 658-1888

<https://www.mentorvt.org/>

- Collaborates with mentoring agencies to provide mentors across Vermont.
 - K-12
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Balanced and Restorative Justice (BARJ)

<https://dcf.vermont.gov/youth/justice/BARJ>

BARJ work with youth who are:

- On juvenile probation
- At risk of becoming involved with the juvenile justice system
- Truant from school

Services:

- Restorative Process
 - Restitution Supports
 - Youth Assessment and Screening Instrument (YASI)
 - Case Management
 - Restorative Skills Development
 - Prevention and Community Outreach
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Spectrum Youth and Family Services - (802) 864 7423

<http://www.spectrumvt.org/>

- Compass Program
 - Jump On Board for Success Program (JOBS)
 - Youth Development Program
 - Multicultural Youth Program
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Woodside Juvenile Rehabilitation Center - (802) 655-4990

<https://dcf.vermont.gov/youth/woodside>

Provide short or long term placements and evidence-based treatment to youth that are:

- Ages 10-17 years old in DCF custody
- Have delinquency charges
- Exhibit harmful behavior towards self or others
- Require significant treatment intervention

Much appreciation to the CHCB case management team for compiling these important resources

