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

Help Me Grow - 211 ext 6
https://www.helpmegrowvt.org/
• Parenting Tips
• Referrals
• Developmental Screening
• Blog

Rise VT - (802) 847-9623
https://risevt.org/
• Tools to support a healthy VT
• Provides education on healthier lifestyles
• Community support

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/](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

Outright Vermont - *(802) 865-9677*

[www.outrightvt.org/](http://www.outrightvt.org/)
- Trans Parent Group
- Panorama Group

Lund - *(802) 864-7467*

[https://lundvt.org/](https://lundvt.org/)
- Family Support Services
- Parenting Education
- Support for Adoptive Families
- Adoption Services

Turning Point Center - *(802) 861-3150*

[https://turningpointcentervt.org/](https://turningpointcentervt.org/)
- Online Parent Support
- Moms in Recovery Program

Vermont Family Network - *(800) 800-4005*

[https://www.vermontfamilynetwork.org/](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

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

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

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

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

Special Olympics - (802) 863-5222
https://specialolympicsvermont.org/
- Young Athletes program for children in elementary school
- Unified Sports

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

Washington County Mental Health - (802) 229-0591  
https://www.wcmhs.org/services/developmental-services/  
- Bridges Program  
- Community Developmental Services Program

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

Rhythm of the Rein - (802) 426-3781  
http://rhythmoftherein.org/  
- Adaptive Riding  
- Hippo therapy  
- Therapeutic Driving

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

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

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

DCF VT Adoption Registry - (802) 241-0906
https://dfc.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

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.

Howard Center - (802) 488-6000
https://howardcenter.org/substance-use/children-youth/
- CenterPoint services
- Park Street Program

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.

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

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

Chittenden County
- Howard Center First Call Crisis Services - (802) 488-7777
- Pathways Support Line - (833) 888-2557

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

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

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

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

Rutland County
- Rutland Mental Health Services 24-Hour Emergency Hotline (802) 775-1000
<table>
<thead>
<tr>
<th>Washington County</th>
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<tbody>
<tr>
<td>• Washington County Mental Health 24-Hour Emergency Hotline</td>
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<thead>
<tr>
<th>Windham and Windsor Counties</th>
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<tr>
<td>• Healthcare and Rehabilitation Services 24-Hour Emergency Hotline</td>
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<tr>
<td>(800) 622-4235</td>
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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.

Psychology Today
https://www.psychologytoday.com/us
- Online database to search for a mental health professional by a variety of criteria.

Vermont Mental Health Counselors Association
https://vtmhma.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.

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

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

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

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