

UCS News Release

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Contact: Robert Pini
(802) 442-5491
rpini@ucsvt.org

Go the Distance!

Bennington and Manchester, Vt. — United Counseling Service (UCS) is launching a new 5k Fun-Run/Walk called Go the Distance, on Sunday, August 29 at 10:30am. Runners will start and finish at 316 Dewey Street in Bennington.

“Now everyone can help reduce the solitude of mental illness by registering for this fundraiser, Go the Distance,” said Jo Anne Larsen, the race promoter and manager of community support services at UCS. “All proceeds will go to benefit the Peer Support Program.”

Go the Distance is for people of all ages and abilities—and their dogs, who are welcome to join the walk, too. People can register online at www.ucsvt.org/events.php by downloading a registration form. Registration is also possible on the day of the event, starting at 9:30am.

“It’s about getting out, having fun, and being active,” Larsen said.

All participants will receive a free Go the Distance t-shirt. Registration is \$10 and no charge for dogs. For anyone raising \$15 or more, the registration fee is waived. Sorry, no t-shirts for dogs.

“Mental illness can have its ups and downs,” Larsen said. “And when someone is down, it can isolate them terribly from others. That’s where the Peer Support Program comes in.”

“When someone is depressed or down, the person can call Peer Support and talk with a volunteer, someone who has been there before and understands what they are going through,” Larsen said.

The program functions very well, according to state officials who regard it as a model for providing support to individuals. Such support is recognized to accelerate an individual’s return to good mental health.

“We need to raise money for the program to continue,” Larsen said. “The volunteers each need to have a cell phone that others can contact when they need to. So the bills keep coming every month.”

UCS serves children, adults, families, and seniors through nationally recognized counseling, early care and education, and clinical support. Visit www.ucsvt.org to find out more.

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