

UNITED COUNSELING SERVICE



BUILDING A STRONGER COMMUNITY



Contact UCS

## July 2017 Newsletter

### MIND OVER MILES VIRTUAL 1/2 MARATHON

Help us raise funds to support client wellness programs.



**YOU DON'T HAVE TO RUN FAST,  
YOU JUST HAVE TO GO!**



**MindOver Miles** will take place during the month of July to raise funds for the newly established Client Wellness Programs. You can run, walk or crawl 12 miles from July 1st through July 28th and then meet us at 100 Ledge Hill Drive in Bennington on July 29th to walk the final 1.1 miles and receive your Finisher's Medal.

Wellness activities can help individuals focus, overcome obstacles, get along with others and even fight off illness. Wellness programs are broad and can include physical fitness, seminars, workshops, classes, field trips, artistic endeavors such as trips to museums and a wide array of activities that promote overall well-being for our clients.

Log your miles on your fitness tracker, your phone or on paper- 12 miles between July 1 and July 28 with the final 1.1 miles on July 29th at 9am.

Whether this is your first half marathon or your 20th, you are supporting great programs for our clients. Sign up and start fundraising. **Share with your friends and family and we will see you for the final leg on July 29th.**

To register and set your own personal fundraising goals visit [Mind Over Miles](#). or give us a call at 802.442.5491 ext. 313. There is no fee to register for this event.

## IN THE NEWS:

THE NEWS PROJECT: In Studio - How UCS is meeting needs of the community



### [The News Project - Watch Now](#)



## UCS Held Annual Staff Recognition Luncheon



United Counseling Service held its annual Staff Recognition Luncheon on Wednesday, June 21 in the Parish Hall at Sacred Heart St. Francis de Sales in Bennington, VT. Nearly 250 staff members, board members and community members were invited to celebrate the accomplishments of staff and the success of our organization.

Pictured is Jean Henderson, Access Clinician and Lorna Mattern, Executive Director. Jean was this year's recipient of the Peter D. Sully Award. This award is given to an employee who embraces the professionalism, dedication and sincerity.

## Go the Distance 5K Results



Runners and walkers took to the streets of Bennington on Saturday, June 17th for United Counseling Service Go the Distance 5K Run/Walk and Family Fun Day. Nearly 100 participated in the race. [Read more.](#)

Southwestern Vermont Medical Center Partners with United

## Counseling Service for Mental Health Consultation



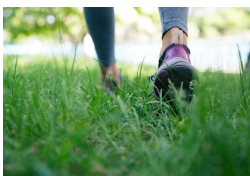
Southwestern Vermont Medical Center (SVMC) and United Counseling Service (UCS) have partnered to improve patients' access to mental health services. As of May 1, UCS prescribing practitioners have started consulting with patients at SVMC. [Read more.](#)

## United Counseling Service Employees Participated in VT City Marathon



Eight employees of United Counseling Service participated in this year's Vermont City Marathon & Relay in Burlington, Vermont on Sunday, May 27. Leslie Addison completed the Marathon, Amy Fela and Lorna Mattern completed the 2-Person Relay and Erika Crowers, Jennifer Galusha, Sarah Pettibone, Betsy Rathbun-Gunn and Beth Wallace completed the 5-Person Relay. [Read more.](#)

## MARK YOUR CALENDARS:



### **MIND OVER MILES**

Virtual 1/2 Marathon

**Saturday, July 29 at 9am**

**100 Ledge Hill Drive, Bennington, VT**

1.1 Mile Final leg of Virtual 1/2 Marathon. Join us to complete your final leg and receive your finisher's medal. To register visit [Mind over Miles](#).  
For more information contact Sam at 802.442.5491 ext 313.

### **Youth Mental Health First Aid**

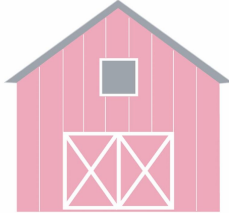
**September 12 and 13 from 12:30 to 4:30pm**

United Counseling Service/CRES Building  
316 Dewey Street, Bennington, Vermont



This is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

For more information or to sign up contact Amie Niles at [aniles@ucsvt.org](mailto:aniles@ucsvt.org) or call 802.445.7443. There is no charge for YMHFA, however, seating is limited.



**THE BARN SALE**  
**Evening Preview Party September 14, 2017**  
**Sale September 16 and 17, 2017**  
**Riley Rink, Manchester, Vermont**

The Best Tag Sale in Vermont to benefit United Counseling Service will be held again this year, rain or shine thanks to the Barn Sale committee, a group of dedicated women who devote countless hours of time and energy to hold this fabulous event.

They are now collecting stuff for the sale so keep us in mind when you are spring cleaning.

**Questions? Or to schedule a pickup, Call**

Martha Brown (802) 379-1556 [marthab1333@icloud.com](mailto:marthab1333@icloud.com)

Kaye Manly (802) 867-2412 or (802) 417-7338 [kmhcrna@aol.com](mailto:kmhcrna@aol.com)

Beth Alden (802) 681-3133 [bethalden@vermontel.net](mailto:bethalden@vermontel.net)



**Adult Mental Health First Aid**  
**October 17 and 18 from 12:30 to 4:30pm**  
United Counseling Service/CRES Building  
316 Dewey Street, Bennington, Vermont

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. MHFA teaches participants an action plan to assess a situation, select and implement interventions and secure appropriate care for the individual.

For more information or to sign up contact Amie Niles at [aniles@ucsvt.org](mailto:aniles@ucsvt.org) or call 802.445.7443. Cost is \$40 Seating is limited. Reserve spot early.



**January 16 and 17 from 12:30 to 4:30pm**

Manchester Community Library

138 Cemetery Avenue, Manchester, VT 05255

This is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

For more information or to sign up contact Amie Niles at [aniles@ucsvt.org](mailto:aniles@ucsvt.org) or call 802.445.7443. There is no charge for YMHFA, however, seating is limited.

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United Counseling Service provides Bennington County with nationally recognized community-based mental health and human social services for children, adults, families, and seniors with the mission of "Building a stronger community by empowering individuals and families to live healthy and meaningful lives." Visit [www.ucsvt.org](http://www.ucsvt.org) to find out more.

**Are you interested in a career with a great organization?**

Check out current openings  
with United Counseling Service at [UCS Careers](#).

Donate Now

Visit our website

