

UNITED COUNSELING SERVICE



BUILDING A STRONGER COMMUNITY



Contact UCS

June 2017 Newsletter

Employee Assistance Programs: How can United Counseling Service help your business?



United Counseling Service has provided mental health and substance abuse services to local business and industry in a variety of ways since 1958.

UCS offers confidential assessments, short term counseling, referrals and follow-up services to employees who have personal and/or work related problems. Employment Assistance Programs (EAPs) address a broad and complex body of issues affecting mental and emotional well-being, such as alcohol and other substance abuse, stress, grief, family problems and psychological disorders.

Often this service is informal: requests are made by local employers to provide mental health/substance abuse treatment for individual employees on a case-by case basis. Structured programs for area corporations have also been provided, including seminars for personnel managers on dealing with troubled employees, management assistance, substance abuse education, and EAPs.

UCS helps people remain functional and productive in the workplace. Most UCS clients remain gainfully employed at their job. Employee Assistance Programs can be tailored to an employer's specific needs while other services may be used as needed.

For more information on how we can help your business give us a call at 802.442.5491.

IN THE NEWS:

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 Appoints Lavonne Freeman as Director of Youth and Family Services



United Counseling Service is pleased to announce the appointment of Lavonne Freeman as the Director of Youth and Family Services. Lavonne will be responsible for the clinical and administrative oversight of the agency's system of care for children and families.

Lavonne has more than twenty years of experience in Social Work and Managed Care. A resident of Delmar, Lavonne received her Bachelor Degree in Human Services from Lincoln University in Pennsylvania and a Masters of Social Work from the State University of New York in Albany.

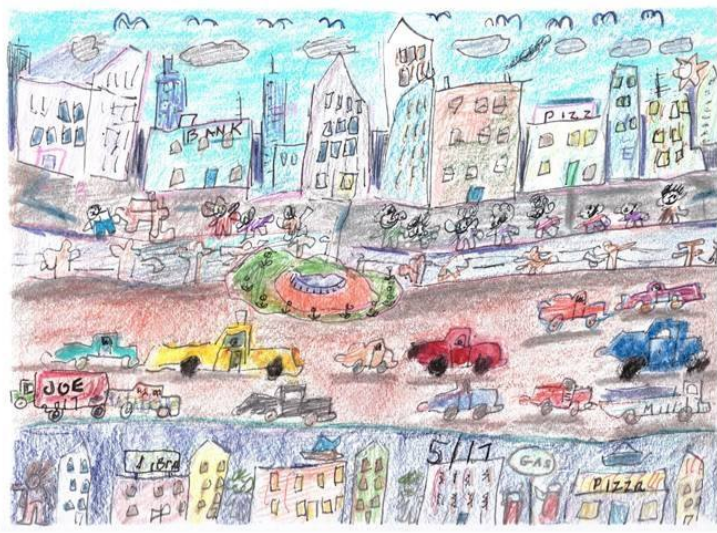
"We are excited to welcome Lavonne to our team," says Lorna Mattern, Executive Director of UCS. "She brings a tremendous amount of experience in working with youth and families and we look forward to the leadership she will provide to the Youth and Family Services Division."

MARK YOUR CALENDARS:

"New York City as I Imagine It" by

Joey Bishop in Ink and colored

pencil, 8'x10'



ART RECEPTION FOR JOEY BISHOP

UCS has partnered with Vermont Arts Exchange for more than twenty years.

Local Artist and UCS client, Joey Bishop will have an exhibition of drawings and paintings at The Brown Cow Cafe for several weeks. There will be an Opening Reception on **Friday, June 2nd from 5:00 to 7:00pm**. The exhibition will be on display during regular business hours. For hours or directions visit [The Brown Cow Cafe](#).



UNITED COUNSELING SERVICE IS PARTICIPATING IN VERMONT GIVES

Have you dreamed of making history? Of course, we all have. And now we have a chance to be a part of Vermont's day of giving - an opportunity to unite our community around causes in which we truly believe and help nonprofit organizations connect to the larger community.

Please support UCS on VT Gives Day. To learn more or to donate visit [here](#).

REGISTER NOW FOR GO THE DISTANCE

There is still time to register for Go the Distance 5k Run/Walk to benefit the peer support programs at United Counseling Service. The 5k will take place on Saturday, **June 17th starting at 9 am** at 316 Dewey Street in



Bennington.

The day's events will include a pre-race warm up offered by local Zumba instructor Andrea Malinowski, followed by a run or walk along a paved roads 5k course through beautiful Bennington, Vermont. UCS will offer a family fun day including a free Kid's Fun Run and family

activities throughout the morning.

Interested runners can register for the event on www.active.com. Pre-registration by June 15th is \$20 and registration after June 15th and on race day is \$25. Up to a family of four can register for \$35. Race day registration begins at 7:30am. All runners will receive a free t-shirt for participating!

Register at ACTIVE.COM or contact Joanne Larsen at jlarsen@ucsvt.org or call 802.442.5491.



**ADULT MENTAL HEALTH FIRST AID
June 19th and 20th, 12:30 to 4:30pm**

Community Conference Room, United Counseling Service
100 Ledge Hill Drive, Bennington, Vermont
Cost is \$40. Seating is limited.

For more information or to sign up contact Amie Niles at aniles@ucsvt.org or 802.445.7443.



THE COMMUNITY ASSISTANCE RESOURCE EVENT

United Counseling Service will be at The Care Fair on **June 20th**. The Care Fair will provide community members with various resources that are available. The event will run from **11:00am to 2:00pm at the Manchester Community Library** at 138 Cemetery Avenue, Manchester Center, VT.

This event is free and open to the public.

For more information visit [Care Fair Event](#)

UCS 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

You are invited to sign up for our inaugural Virtual 1/2 Marathon. **Run or walk a total of 12 miles between July 1 and July 28 and then join us on July 29th at 9am** to complete the final 1.1 miles of **Mind Over Miles Virtual Half Marathon and help us raise funds for UCS Client Wellness Programs.** There is no fee to enter, however, registration is required to receive Finisher's Medal. To register for the 1/2 marathon or to make a donation in support of UCS Client Wellness Funds visit [United Counseling Service Mind Over Miles.](#)

For more information give us a call at 802.442.5491 ext. 313 or email ucscommunityrelations@ucsvt.org.



STEP AFTER STEP is a Walk-A-Thon created to support mental health along with other charitable organizations. This event will be held on **Sunday, July 9** in Waitsfield, Vermont and is part of the Mad Marathon Family of Events.

This 13.1 mile walk on the Mad Half course will begin 5 minutes after marathon gun time.

For More information on the inaugural Every Step Counts visit [Step After Step.](#)

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 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](#)

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