



Contact UCS

May 2017 Newsletter

A SUCCESS STORY: UCS client receives great care!



Stacey has lived with her home providers, Marilyn and Michael VonOuhl, and their family since March 1995. It is evident to everyone who knows them that Stacey and her home providers have formed a strong bond throughout the years. Stacey and Marilyn often take day trips to go shopping, attend movies at the local theater, or enjoy lunch/dinner in the community. They also dedicate a lot of time to doing something that means a great deal to Stacey: making art.

Stacey's primary language is American Sign Language (ASL). The VonOuhl family learned ASL early on, so that the lines of communication are always open. As a result, Stacey's communications skills have flourished. She has become more open about her feelings, and more comfortable articulating her likes and dislikes. The VonOuhls embrace Stacey's primary language every day, and even attend ASL interpreted plays at Proctor's Theatre because they know it brings Stacey joy.

Stacey has shown a great deal of personal growth over the 21 years she has lived with the VonOuhls. The VonOuhls support Stacey and help her reach her goals. Stacey has complete "freedom to express herself," which has always been very important to the VonOuhls. As Marilyn VonOuhl will tell you, "She is our family, we are hers."

We couldn't provide the excellent service without people like the VonOuhls.
THANK YOU!

IN THE NEWS:

Thanks for Supporting Big Brothers Big Sisters of Bennington County!



We would like to thank the Bank of Bennington, our title sponsor, and all of our local sponsors and the community for supporting our 30th Annual Bowl For Kids' Sake. This event is the primary funding source for Big Brothers Big Sisters (BBBS) of Bennington County and we could not do it without you!

We had hundreds of people show up and celebrate in 80's fashion with great music, food and prizes. With every donation made, and every dollar raised we give children in our community opportunities and experiences they might not otherwise be able to have. All money raised stays here locally and goes right back into our community!

Big Brothers Big Sisters matches mentors with youth from Bennington to Manchester. BBBS helps children achieve success in school, helps them avoid risky behaviors and helps them improve their self-confidence. We develop positive relationships that have a direct and lasting effect on the lives of young people.

For more information on mentoring give us a call at 802.442.5491.

Mental Health First Aid skills can be applied anytime, anywhere, and to anyone in distress.



Mental Health First Aid skills can be applied anytime, anywhere, and to anyone in distress. Each year millions of Americans face the reality of living with a mental health condition. [Read more.](#)

Mental Health First Aid Trainings



Youth Mental Health First Aid

May 10th and 11th, 12:30 to 4:30pm

Community Conference Room, United Counseling Service
100 Ledge Hill Drive, Bennington, Vermont
There is no charge for Youth Mental Health First Aid.
Seating is limited.

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.

DATES TO REMEMBER:

May is Mental Health Month

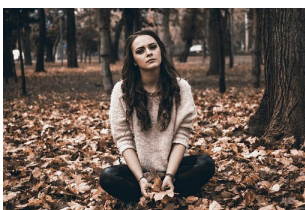


Approximately 1 in 5 adults in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year.

Approximately 1 in 25 adults in the U.S.—9.8 million, or 4.0%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.

To learn more about Mental Health Month visit [National Alliance on Mental Illness \(NAMI\)](#).

Children's Mental Health Awareness Week is May 3-9



It is a week to focus on children and youth living with mental illness and to come together to advocate for a full array of effective services and supports for children affected by mental illness.

Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8–15, the estimate is 13%.

GO THE DISTANCE 5K RUN/WALK

This race benefits Peer Services at United Counseling Service.



JUNE 17TH AT 9AM

GO THE DISTANCE

5K RUN/WALK & FAMILY FUN DAY

Run or walk a paved road 5K course through beautiful Bennington, Vermont.



Registration now open at [ACTIVE.COM](https://www.active.com) or contact Joanne Larsen at jlarsen@ucsvt.org or call 802.442.5491.

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

Visit our website

