

UNITED COUNSELING SERVICE



BUILDING A STRONGER COMMUNITY



Contact UCS

November 2017 Newsletter

UCS PRESENTS:

The documentary *Beyond Silence*



United Counseling Service is hosting its first *UCS PRESENTS* event with a screening of the documentary *Beyond Silence*. The screening will be held at Oldcastle Theatre at 331 Main Street Wednesday, November 8th at 6pm. Immediately following, Dr. Alya Reeve, UCS Medical Director, will lead the audience in a discussion.

Beyond Silence follows the lives of three very different people who share one common experience—a diagnosis of mental illness which include bipolar disorder, schizophrenia, and depression and anxiety. The film celebrates the strength, perseverance and dedication of courageous individuals determined to break through the silence often associated with mental illness and help others along the way.

“The stigma of mental illness can often lead individuals to believe that no one can understand their story,” says Lorna Mattern, Executive Director of United Counseling Service. “We hope this film and the discussion to follow sheds light on the common experiences that many individuals with mental illness share.”

The event is free and open to the public. Light refreshments will be served. Special thanks to Elm Street Market, Thymes Table Catering and Hannaford for their generous donations.

IN THE NEWS:

UCS to offer Adverse Childhood Experiences presentations in Bennington County



Research has demonstrated that Adverse Childhood Experiences (ACE's) early in life increases physical, mental and behavioral problems later in life. Understanding ACE is a powerful pathway to health and well-being.

Early childhood experiences are an important health issue. Prolonged exposure to trauma creates an environment of toxic stress that can change the architecture of the brain due to the physiological response stress produces. United Counseling Service is promoting an initiative with ACE Interface, a company that provides education, analysis, and facilitation to help engage and motivate everyone around preventing Adverse Childhood Experience and improved well-being.

The presentation will focus on sharing the science behind ACE's and why it matters. Explanations of the impact of childhood stress on brain development, the multiple forms of childhood stress and its impact on anyone who encounters childhood stress, as well as resiliency and how to shift the dynamics within the family, community, and society will be presented.

Protective systems will be presented in a manner that will help to improve health and well being across the lifespan. **Participants will walk away with a new way of thinking, compassion, hope and motivation to act.**

Please contact Lavonne Freeman at lfreeman@ucsvt.org or Katie Aiken at kaiken@ucsvt.org or call (802) 442-5491 to discuss upcoming presentations.

YFS Clinical Manager recognized for work with youth

Keili Trottier, Clinical Manager in our Youth and Family Services Division was recognized by Sunrise Family Resource Center for her incredible work with youth in the Bennington community. Kim Bush and Lorna Mattern, Executive Director of UCS, helped Keili celebrate this honor.



UCS held Open House at new River Road Location



This past spring, UCS was awarded a \$1.2 million grant in order to expand education and child care services to children in Bennington County. The grant allowed for the addition of an Early Head Start Program. Head Start and Early Head Start of Bennington County provide high quality care for working families.

In celebration, Head Start/Early Head Start of Bennington County hosted an open

house...[Read more.](#)

UCS represented at WALDO Fair



Katie Aiken and Andrea Mook, from our Youth and Family Services Division, were at Hoosick Falls High School for the WALDO fair. WALDO stands for "We All Learn Differently Olympics". The program allows students to better understand the types of disabilities and disorders that their classmates deal with on a daily basis. Find more details about this story here, <http://news10.com/.../waldo-program-held-at-hoosick-falls-hi.../>

UCS is a great place to work and a great place to get care.



Stacey Foster, a UCS client and his case manager Courtney, like to spend time outdoors, where he can do what he loves most, fishing.

MARK YOUR CALENDARS:



Youth Mental Health First Aid

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

Co-Sponsored with Manchester Community Library

Manchester Community Library

138 Cemetery Avenue, Manchester, VT

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 or call 802.445.7443. There is no charge for YMHFA, however, seating is limited.



UCS Annual Legislative Breakfast

January 22 at 8:00am

100 Ledge Hill Drive

Bennington, VT 05201

UCS to share organizational needs and relevant information with state representatives and the community.

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

