



Contact UCS

OCTOBER 2017 Newsletter

A CHALLENGE FOR UCS:

The Relevance of Trauma-Centered Care Through the Lifespan

By Alya Reeve, M.D., M.P.H., Medical Director of UCS



The complex and changing world we live in provides many opportunities for experiences we seek out and ones that are thrust upon us. Some experiences are overwhelming, painful, and deeply searing in their lasting effects on our psychological functioning. Such events are described as traumatic. A *traumatic event* is lived in two ways: by the *traumatic experience* – how the person perceived and felt during the event, and the *traumatic memory* – the person's memory of his or her traumatic experience.

September is dedicated, among other things, to bringing awareness to the prevention of suicide. In this short article I am not addressing the ways we need to work more consistently as a community to prevent suicide, but rather to discuss one of the effective approaches toward prevention of suicide by addressing an important contributing factor for many individuals. Whatever the age, a traumatic event shakes up a person's sense of order in their life, safety and connectedness with people who are important to them. Sometimes this is for a brief time and the person is able to regroup, find a healthy solution and move on to deal with other challenges of daily life. At other times, the traumatic experience and memory dislodge all equilibrium, cause deep disruptions in interpersonal connectedness, and even lead a person to lose all interest in struggling to stay alive...[Read more.](#)

IN THE NEWS:

UCS Early Head Start to Host Open House

Early Head Start and Head Start of Bennington County will host an open house at its new facility at



59 River Road in North Bennington on October 11th from 3:30 to 5:00pm. The new location houses one Head Start and two Early Head Start classrooms. Parents, legislators and the community are invited to meet the staff, take a tour of the facility, ask questions and learn how the program helps children and families.

This past spring UCS was awarded a \$1.2 million grant in an effort to expand education 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 and the opportunity to help improve the school readiness of children in lower-income families.

"We are pleased we can now offer Early Head Start to children and families in our community," Lorna Mattern, Executive Director of UCS said. "The beginning years of a child's life are critical for building the foundation necessary for future success in school and in life. When children attend high-quality programs they are better prepared for school and have improved outcomes."

Head Start and Early Head Start is sponsored by United Children's Services, Inc., a division of United Counseling Service (UCS), and has been serving families in Bennington County since 1965. We currently serve children at facilities in North Bennington, Manchester and Pownal.

Barn Sale was a Success!



Since 2012, United Counseling Service has been the beneficiary of a charitable fundraiser organized by a group in the community. This year's Barn Sale held on September 16th and 17th was another huge success.

Special thanks to all who volunteered and to the community who shopped. All of the proceeds from this event support the Northshire UCS and the services they provide.

Kindness Rocks Project

United Counseling Service staff, clients and families have been working on painting kindness rocks. Look for them when you are around any of our facilities. We hope they inspire and motivate you.



MARK YOUR CALENDARS:

I'm in
to mental
health

Inspired
Informed
Involved

Mental Illness Awareness Week Oct. 1–7, 2017

Join us at nami.org/MIAW



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 or call 802.445.7443. Cost is \$40

Seating is limited. Reserve spot early.

UCS Presents

BEYOND SILENCE

United Counseling Service invites you to a screening of the film *Beyond Silence*.

Join a discussion to follow with Dr. Alya Reeve, Medical Director of UCS.



Alya Reeve, M.D., M.P.H.
Medical Director of UCS

Wednesday, November 8 from 6:00-7:30pm

Oldcastle Theatre

331 Main Street, Bennington, VT

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.

This event is free and open to the public.

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5312 Main Street
Manchester, VT 05255
(802) 362-3950

www.ucsvt.org



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.

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

