



Contact UCS

December 2017 Newsletter

Building a Stronger Community

A letter from the Executive Director



United Counseling Service hosted its first *UCS PRESENTS* event on Wednesday, November 8th with the showing of the documentary [Beyond Silence](#). Close to 100 community members attended.

Beyond Silence celebrates the strength, perseverance and dedication of three individuals determined to break the silence often associated with mental illness and help others along the way. The short documentary film was followed by a discussion facilitated by Dr. Alya Reeve, UCS Medical Director.

One in 5 adults will be diagnosed with a mental health issue in their lifetime. Therefore most people are affected by or know someone with a mental illness. The stigma often associated with mental illness may prevent people from seeking help and they often feel isolated and alone. Presenting the film is a step toward helping people understand mental illness, supporting those in our community who have a mental illness and reducing stigma.

The need for promoting the discussion of mental health was apparent during the showing of the film. Courageous members in the audience shared their stories, their own struggles, and what has helped them in their recovery. It became evident during the discussion that the responsibility to help destigmatize mental illness lies with all of us. To those of you who felt alone in your struggle when you entered the theater to see *Beyond Silence*, my sincere hope is that you felt a part of a supportive community by the time you left. To those of you who live and work in the Bennington Community, thank you for engaging, learning and supporting your friends and neighbors during the discussion.

I look forward to continued community engagement in *UCS PRESENTS* events in the future. Thank you for a wonderful night. Together, we are building a stronger community.

Lorna W. Mattern, *Executive Director of United Counseling Service*

[Watch Beyond Silence](#)

The Value of Internships at UCS

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



Jenifer Haskins is a Graduate Student at the College of St. Joseph in Rutland, Vermont. She is currently in the Master's Program for Clinical Mental Health and is completing her internship with United Counseling Service.

I have had the privilege to be practicing my internship at United Counseling Services located in Manchester, Vermont. My learning experience has been beneficial in so many ways. My supervisor, Sue Pierce, has been a fantastic role model and has led me in all the right directions. She has gone above and beyond to help educate me to become a better clinical mental health counselor.

My experience at UCS has given me the opportunity to provide counseling in group and individual therapy as well as taking part in intake sessions. I have also had the opportunity to be working with Youth and Family Services with Kristen Kirchoff. Kristen has such a strong, positive, and heart-warming personality. She has guided and taught me new ways to have a positive mindset.

I want to thank all the staff at UCS. You walk through the door and you are greeted with smiles. Everyone is kind, positive, and has been extremely helpful. It will not be long when I am finished at College of St. Joseph with my masters in Clinical Mental Health Counseling and I have UCS to thank for that. Thank you for the opportunity you have given me!

Jenifer Haskins

Intern with United Counseling Service

IN THE NEWS:

UCS Awarded Grant for Teens 4 Change Program

United Counseling Service's Teens 4 Change has been awarded a \$5,000 Youth in Transition Grant from the Vermont Federation of Families for Children's Mental Health (VFFCMH). Teens 4 Change is a young adult group that meets weekly, volunteers in the



community and hosts leadership events for their peers.

Teens 4 Change hosts an annual Youth Summit for Bennington County youth each April. The grant from VFFCMH will give Teens 4 Change the opportunity to increase the participation of their Annual Youth Summit by opening it up to all Southern Vermont youth.

“We are excited to receive this grant.”

said Lorna Mattern, Executive Director of UCS. “The goal of the Summit is to help youth and young adults feel empowered to positively impact their broader communities. The young people plan the event that is designed to foster leadership, empowerment and resilience for all who participate.”

If you have any questions please contact Katrina Hollis at KHollis@UCSVT.org or 802-442-5491 ext. 503.

Manchester Center Knights donate Thanksgiving Baskets to Northshire UCS



The Thanksgiving holiday was much brighter for many Northshire families this year thanks to the generosity of the Manchester Center Knights of Columbus. The Knights donated and delivered Thanksgiving baskets to the United Counseling Services Northshire office to help families who find themselves in difficult financial situations during the holiday season.

The Knights have donated the baskets annually. The impact is far reaching and

touches the lives of many families in the community.

Bishop a graduate of Snelling Center Early Childhood Leadership Institute

Rebecca Bishop, the Operations Manager at Bennington County Head Start, has graduated from the Early Leadership Institute at The Snelling Center for Government.

Bishop, of Eagle Bridge, NY, joined 24 other leaders from around the state for six overnight sessions with twelve seminar days from May to October.

Graduates were recognized for their dedication to gaining



leadership skills and a deeper understanding of the science and landscape of early childhood issues in Vermont and their commitment to making greater contributions in their organizations, communities and Vermont moving forward...[Read More.](#)

Help us build a stronger community.



This year support from our donors is absolutely vital in ensuring that we continue to meet the growing needs of our community. Please consider making a donation to our annual fund. Your donation makes a difference and with your help we can build a stronger community!

Donations can be made to:
United Counseling Service
PO Box 588
Bennington, VT 05201o
or call us at (802) 442-5491 ext. 313

[Donate Now](#)

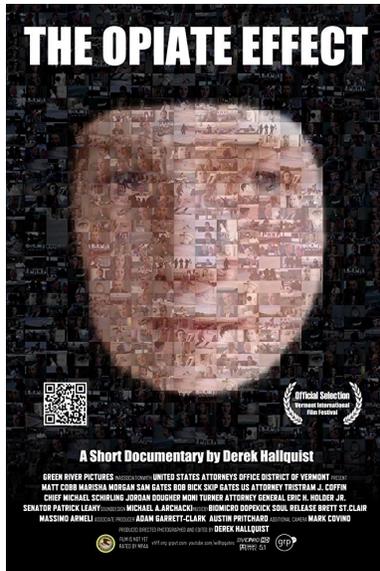
MARK YOUR CALENDARS:



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 Presents: The Opiate Effect

January 25, 2018 at 6:30pm

Manchester Community Library

138 Cemetery Avenue

Manchester, VT 05255

Vermont PBS along with United Counseling Service, the Manchester Community Library and Fed Up Manchester will present *The Opiate Effect*. The film is a documentary about the overdose of a UVM student that sends his father on a mission to educate the public on, not only the dangers of opiate abuse, but how we deal with it as a society.

A panel discussion will follow the presentation of the film. More details coming soon. This event is free and open to the public.

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.

Visit our website

