



Contact UCS

## February 2018 Newsletter

### A Day in the Life of a Therapist in our YFS Division

by Lavonne Freeman, Director of UCS Youth and Family Services

Psychotherapy flows in two directions, influencing the client but also affecting the personal life of the clinician. It can be the most spiritually fulfilling as well as the most emotionally draining human endeavor. We flourish as a result of this work. Whether we like it or not, the decision to be a therapist is also a commitment to our own growth.

We know that modeling, empathic responding, intensive questioning, and constructive confrontation will lead to greater self-acceptance and even to personality transformations in a client. But what impact do these processes have on the one facilitating them?

Clinicians working for Youth and Family Services (YFS) serve children, adolescents and families. Last year we served 611 individuals in our YFS Division.

In a candid interview, Lavonne Freeman, UCS Director of Youth and Family Services, speaks with a couple of her clinical staff to interview them on what life is like being a Therapist:



**Ruth Burdick has been with the agency for 17 years and is a Family Outreach Clinician. She started out as a nurse and then went to school to be a Marriage and Family Therapist. She is in the field because she loves working with people.**

*I need to be open-minded and receive clarity from my clientele. A therapist must also build a rapport and an alliance to build trust which I believe is a paramount first step in this field. I also believe I need to keep myself educated around the issue of trauma, as many of my clients have been traumatized and have attachment issues. So even though one may be educated in the field it is important to remain educated and up to date with an (individual's symptoms) as they may be displayed differently and uniquely.....[Read more.](#)*

**Keili Trottier has been with the agency for 14 years and is the Clinical Manager. She has worked in human services since high school. She started out as a teenager as a**

**Personal Care Assistant and started with the UCS as an Intern.**



*A therapist is like being a coach and helping people reach their goals. It is ever changing for the therapist and the client. I feel that I am always learning. Every day brings about different opportunities to help my clients.....[Read more.](#)*



**Lavonne Freeman has been with the agency for 9 months as the Division Director. She stumbled into this field in college not knowing what direction to take. Once she entered the world of Human Services, everything clicked and it became a passion.**

*Being a therapist requires one to keep themselves up to date with diagnosis, and strategies that can be helpful in making/ generating progress.....[Read more.](#)*



**Jeaneen Woodie has been with the agency for 25 years and is a Therapeutic Case Manager. She started in the field of education working with K-2<sup>nd</sup> grades as a team teacher. It was here that she began to see some of the trauma that kids experience and she knew there had to be more for her.**

*I honestly believe I was meant to work with children. I'm a born "helper" and I continue to want to make a difference in young peoples lives....helping them to become productive and positive community members.....[Read more.](#)*

## IN THE NEWS:

### United Counseling Service welcomes two new leaders



Lorna Mattern, Executive Director of United Counseling Service (UCS), is pleased to announce the appointments of Amy Fela as Director of Operations and John "JD" Hebert as Director of Facilities and Safety.

Fela joined UCS in 1999 and her most recent role was as Executive Assistant. She will serve in the newly created position of Director of Operations. "In her new role as Director of Operations, Amy will work to enhance the internal organizational processes and infrastructure while ensuring the organizational effectiveness in implementing our strategic goals," says Mattern.....[Read more.](#)

### A full house attended UCS Opiate Effect

A showing of the The Opiate Effect was viewed by a full house on Thursday, January 25th at the Manchester Community Library. The award-winning short



documentary tells the story of the overdose of a University of Vermont student, which sends his father on a mission to educate the public on the dangers of opiate abuse and how we deal with it as a society.

The screening was followed by a panel discussion and community forum. The panel included James Reilly of United Counseling Service, Nissa Walke of Blueprint for Health, Beth Sausville of Vermont Department of Children and Families, Maryann Morris of The Collaborative and Wendy Galbraith of Fed Up, Manchester. This event was made possible by Vermont PBS, United Counseling Service, the Manchester Community Library, Fed Up Manchester and GNAT TV to focus on prevention and education strategies and resources geared toward youth.

If you were unable to attend this event, you may watch it here.

[Watch The Opiate Effect and Community Forum](#)

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



“I have been with UCS for one and a half years. I don’t say that I “work” for UCS because I don’t feel that way. I feel as though UCS has done more for me than I have for it. Providing support for my consumers gives me a purpose in a community that now means so much to me on a professional and personal level.

On the days I might not be “feeling it”, I am reminded that the people I serve look forward to going to work each day, seeing their co-workers and doing the best they can, and I should provide an example and do the same.

Working in Developmental Services has taught me patience, different ways of thinking and to embrace every day as an opportunity to make a difference.

I wouldn’t be who I am today without this “job” and for that I am very grateful.”

**Stephanie Pinsonneault works in Employment Connections in Developmental Services. She is just another reason why UCS is a great place to work and a great place to get care.**

## A day on the slopes

Our Community Supports Program assists individuals with various disabilities in navigating, integrating and creating meaningful connections in the community. Participants learn and grow in many different areas of their lives. In January UCS staff and



Community Support clients had a chance to take skiing lessons at Bromley Mountain.

To learn more about our Community Supports Program visit [UCS Developmental Services](#).

## Bowl for Kids' Sake 2018 - Get your teams together and start fundraising. You could win a cruise!



### Big Brothers Big Sisters

Think poodle skirts, hot rods and Marilyn Monroe. This year we will celebrate the Fantastic 50's at our annual Bowl For Kids' Sake.

Every dollar raised will help the Big Brothers Big Sisters Program and make a difference in the life of a young person.

The grand prize this year will be a cruise for the highest fundraiser. There will be a silent auction, team spirit awards and more.

BIG BROTHERS BIG SISTERS

# BOWL FOR KIDS' SAKE

BENNINGTON LANES,  
219 NORTHSIDE DRIVE

SAVE THE DATE

# APRIL 7, 2018

JOIN US AS WE CELEBRATE  
THE FANTASTIC 50'S

Register now at [BFKS2018](#).

Contact Sam Kenyon at [skenyon@ucsvt.org](mailto:skenyon@ucsvt.org) or (802) 442-5491 ext 313 with any questions.

Help us build a stronger community.



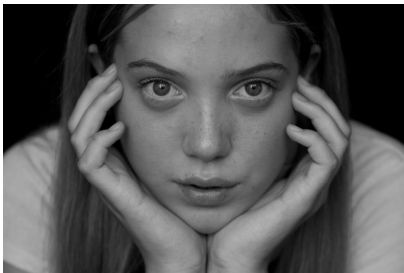


This year support from our donors is absolutely vital in ensuring that we continue to meet the growing needs of our community. Please consider making a donation to our annual fund. Your donation makes a difference and with your help we can build a stronger community!

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

[Donate Now](#)

## MARK YOUR CALENDARS:



**Youth Mental Health First Aid**  
**March 14 and 15 from 9:00am to 1:00pm**  
United Counseling Service  
100 Ledge Hill Drive, Bennington, VT 05201

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](mailto:aniles@ucsvt.org) or call (802)445-7443. There is no charge for YMHFA, however, seating is limited.

....and save the date for:

**Bowl for Kids' Sake Celebrates the Fantastic 50's**  
April 7, 2018

**UCS Presents:**  
**In celebration of our 60th Anniversary: The ME2/Orchestra**  
May 5, 2018

**Annual Youth Summit**  
June 2, 2018

**UCS Go the Distance 5k**

SVHC Centennial Community Day

June 10, 2018

**The Barn Sale**

September, 22-23, 2018

**UCS Super Hero 5k**

November 3, 2018

For more information on our upcoming events visit [www.ucsvt.org](http://www.ucsvt.org).

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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](http://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](#).

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Visit our website

