Greetings,

As 2018 comes to a close, I am proud to share that we celebrated our 60th year of providing valuable services to the community. United Counseling Service staff served individuals and families at home, in schools, at the hospital and throughout the community, supporting nearly 3,000 individuals across Bennington County. Individuals turn to UCS because they will receive high quality care by dedicated and compassionate professionals.

I hope that we can count on you to support our mission - by attending one of our events, subscribing and sharing our monthly newsletter, following us on social media or donating. With your help we can continue to provide services, educate and reduce stigma in our community. Together we can make a difference.

You can choose to donate to our General Annual Fund, support Substance Abuse
Treatment and Prevention, contribute to Charlie’s Fund or the Gregory S. Hillman Fund. To learn more about any of these funds or to make a donation please visit UCS Donation or call us at (802) 442-5491.

Our Annual Report is now available and I hope you take the time to read about the stories highlighting connections that have transformed lives in our community.

As always, we appreciate your support and we look forward to serving our community in the coming year.

With sincere thanks,

Lorna

Lorna W. Mattern
Executive Director

IN THE NEWS:

UCS PRESENTS Series continues educating the community.

United Counseling Service (UCS) is proud to present the film Resilience; The Biology of Stress & The Science of Hope, followed by a presentation of Adverse Childhood Experiences (ACEs) on Tuesday, December 4th at 6:30pm at the Manchester Community Library.
The one hour documentary delves into the science of ACEs and the birth of a new movement to treat and prevent Toxic Stress. Extremely stressful experiences in childhood are now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression. These experiences can alter brain development and have lifelong effects on health and behavior.

The film will be followed by a discussion led by Katie Aiken of United Counseling Service. Aiken is a certified trainer in ACEs and will discuss tips and tools for building resilience and supporting those who have experienced trauma or toxic stress.

“We are thrilled that we can bring this film and discussion to the community,” said Lorna Mattern, Executive Director of United Counseling Service. “Communities can work to improve outcomes for our children and families by better understanding ACEs, what they are and how they can manifest themselves years later.”

Finance Fundamentals at UCS

By Jill Doyle, Director of Finances

United Counseling Service’s annual report is now available. Contained within the annual report is our annual budget. The annual report shows several categories of revenue that help fund our various programs. While the eight funding categories appear simple enough, there is a complicated web of services and billings that creates our revenue. The following gives you a quick look at the eight funding categories:

Medicaid is our primary source of funding and is 71% of our budget. The services we provide for our community are billed in various ways. Fee for service is the primary billing mechanism within our children, adult and emergency programs. Clients receiving services in our community rehabilitation program are funded by a monthly case rate. Developmental services clients have their own unique budget and are billed a daily rate.

Fees and third party payments make up 5% of our budget. This category includes first party fee for service billings which are fees paid directly by clients who have a co-pay or deductible as part of their insurance coverage. We also bill their insurance for our service and this is referred to as third party payments.

Vermont Alcohol and Drug Abuse Division (ADAP) is another form of Medicaid and grant money that makes up 6% of our budget.
funding which helps support our clients in substance use programs. It comprises 5% of our budget. We bill fee for service and receive quarterly grant payments.

**Vermont Department of Mental Health** (DMH) is 6% of our budget. We receive various mental health grants in our children, adult, and emergency programs that helps support our clients and our infrastructure. Grant payments are made to us on a quarterly basis.

**Vermont Department of Developmental Services** (DAIL) is 2% of the budget and also supports our client programs through grant funding. These grant funds are specific to our DS division and payments are received quarterly.

**Other State Contracts** comprise 5% of our budget. This category includes grants from other state agencies besides DMH and DAIL. We have grants that help support our programming with the Department of Corrections and Vermont Coalition of Runaway and Homeless Youth Programs, just to name a few, of the other state agencies we work with on a daily basis. Grants payments for these services are usually paid on a quarterly basis as well.

**Local Revenue** is a variety of funding usually with local partners and makes up 6% of our budget. Based on yearly contracts, we’ll bill Blue Print services, employee assistance program services, psychiatry services in the hospital, emergency services in the hospital, again just to name a few of the services we provide to our community through local partners. Contract billings are usually completed on a monthly basis.

**Miscellaneous** revenue includes donations, insurance refunds, accountable care organization reimbursements and interest.

We have a business office team that manages all of these funding sources. It can be complicated but the team’s expertise keeps the billing system working flawlessly. Our work behind the scenes lets our direct care staff concentrate on the needs of our clients which is the true purpose of UCS, – a great place to work and a great place to get care!

### Manchester Center Knights donate Thanksgiving baskets

The Thanksgiving holiday was much brighter for many Northshire families this year. A heartfelt thanks to the Manchester Knights of Columbus, Mark Templeton, Tracy Belden, Charlie Pufahl, Frank Sutton, Don Hayward, Ray Jez, J. Brennan and Mike Munro. The Knights donated and delivered Thanksgiving baskets to the UCS Northshire office to help families who find themselves in need during the holiday season.
Head Start Happenings
Early Childhood Services located throughout Bennington County

Who are these masked crusaders?

Bennington County's Head Start staff participated in the inaugural Superhero 5K held on
November 3rd. Jennifer Facto, Kim Lawler-Batty, Tiffany Dunican, Grace Winslow and Betsy Rathbun-Gunn made their way to the finish line and supported a great cause, the UCS Client Wellness Fund.
Join us for a free documentary film screening with presentation on Adverse Childhood Experiences (ACEs) to follow.

UCS Presents: RESILIENCE
THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

Tuesday, December 4, 2018 at 6:30pm to 8:30pm
Manchester Community Library
138 Cemetery Ave., Manchester Center, VT

This event is free and open to the public. For more information visit www.ucsvt.org or call Katie Aiken at (802) 442-5491 ext. 332.

….and save the date for:

UCS Presents: Becoming Bulletproof
February 6, 2019

For more information on our upcoming events visit www.ucsvt.org.
Help us build a stronger community.

We would love to hear from you. Has UCS impacted your life? If you have a story you would like to share please contact Heidi French at hfrench@ucsvt.org.

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. 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

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.

Contact UCS