

HAPPINESS IS A HABIT

Cultivate it in 2019.

Happy New Year!

January 2019 Newsletter

Gaining valuable experience through internship at UCS

By Rebecca Scott, Clinical Intern with UCS



I am an MSW Candidate pursuing my degree at Smith College's School for Social Work in Northampton, MA, with a plan to graduate in August of 2019. I am completing my Field Education requirements for my MSW at United Counseling Service and work as a Clinical Intern in the Northshire office and at Youth and Family Services at 314 Dewey Street.

My program emphasizes clinical experience, with an expectation of over 1800 clinical hours completed and a unique schedule where I participate in a rigorous summer of coursework. This allows me to be fully immersed in my field experience during the traditional academic year, and to

spend most of my week from September to April working and learning at various locations throughout UCS.

I am fortunate to have my own caseload of individual clients I meet with as an outpatient and youth and family outreach clinician; I also participate in substance abuse and psychotherapy groups, attend clinical meetings, and receive excellent supervision from Sue Pierce, an Access and Stabilization Clinician at Northshire with over 30 years of experience. As a Vermonter I am thrilled to be able to practice in my local community, and to have the opportunity to learn more about Southern Vermont and the stories of those who live here. All of the staff at UCS have been incredibly welcoming and helpful, and I am very grateful to have been brought on as part of a dynamic team of caring individuals.

Congratulations to Kasia on her nomination for

Vermont Mentor of the year!



Kasia Sosnow has been nominated as Vermont Mentor of the year by MENTOR Vermont.

You can vote for Kasia at [VOTE FOR MENTOR OF THE YEAR](#).

"Thank you so much, Laurie Sallisky, Ann Marie Mazzucco, Sue Pierce... You guys and this program enrich the lives of everyone involved. I'm so lucky and grateful to be part of this mentoring program for three years and counting, with the best mentee match I could ever have wished for! ☐ Mentoring takes only a little bit of time weekly or monthly, but adds up to a very significant life experience for every mentor and mentee!".....Kasia Sosnow, Mentor with UCS

Our mentoring program works in the community to match youth with an adult mentor. We strive to support relationships for those kids who need or want a mentor and to help those adults who would like to mentor. Monthly activities are planned for all matches to participate in and guidance and training is provided to our mentors.

Our annual Bowlathon to support mentoring will take place on April 6th at Bennington Lanes. All funds raised will stay in the community to support local matches.

Mentoring matters and we are excited for the year ahead. Watch for exciting changes coming soon. If you are interested in learning more about mentoring, give us a call at (802) 442-5491.

Childhood stress has lifelong impact



United Counseling Service presented the film Resilience: The Biology of Stress & The Science of Hope, followed by a presentation on Adverse Childhood Experiences (ACEs) on Tuesday, December 4th at the Manchester Community Library.

The documentary delves into the science of ACEs and the movement to treat and prevent Toxic Stress. The film was followed by a discussion led by Katie Aiken of United Counseling Service. Aiken is a certified trainer in ACEs and discussed the impact that childhood experiences, both positive and negative pose for lifelong health and opportunity.

"Adverse childhood experiences are strongly related to the development of a wide range of health problems throughout an individual's lifespan," said Lorna Mattern, Executive Director of United Counseling Service. "We are fortunate to be able to provide education and training around this very important public health issue."

For more information on upcoming trainings contact Katie Aiken at (802) 442-5491.

Vermont Care Partners welcomes Sarah Squirrel as the incoming Commissioner for the Department of Mental Health

Montpelier, VT, December 11, 2018 - Vermont Care Partners welcomes Sarah Squirrel as the incoming Commissioner for the Department of Mental Health. Governor Scott and Agency of Human Services Secretary Gobeille made an excellent choice in choosing a leader in community-based care to head our State Mental Health System.

Sarah's far-reaching expertise in developing statewide care



collaborations, strengthening the use of evidenced-based practices, and in managing community programs -- along with her commitment to supporting children, youth, and families -- will be an excellent complement to Deputy Commissioner Fox's extensive expertise in adult mental health services. Their combined leadership will strengthen the continuum of care for all Vermonters affected by mental health conditions and advance our system of care as an integral component of the health care system in partnership with schools, law enforcement, corrections, and the Department of Children and Families.

Vermont Care Partners looks forward to maintaining a strong partnership with the Department of Mental Health, Agency of Human Services, peers, advocates and community partners in striving to fight stigma and meet the mental health needs of all Vermonters in parity with health care.

For more information about VCP visit VermontCarePartners.org.

The importance of volunteering



John "JD" Hebert, the Director of Facilities and Safety at United Counseling Service recently filmed a Public Service Announcement regarding the importance of volunteering and the difference you can make in an emergency. [WATCH HERE.](#)

JD recently returned from Florida. He was one of 12 emergency responders in Northwest Massachusetts Incident Management Team that provided relief as part of a federal response to Bay Count, Florida communities affected by Hurricane Michael.

UCS treats emergency response work as it does active military duty and recently implemented a company-wide policy to do so.

UCS Presents:

BECOMING BULLETPROOF

Wednesday, February 6th

6:00 - 8:00 PM

Oldcastle Theatre

331 Main Street, Bennington

This event is free and open to the public.

*There will be a brief Q&A following the film with
Dawn Danner, Director of Developmental Services at UCS.*



Join us for a screening of the award winning documentary *Becoming Bulletproof*. The movie documents the making of an original Western film called *Bulletproof*. *Bulletproof* features actors with and without disabilities who meet every year at Zeno Mountain Farm to write, produce, and star in original short films.



For more information visit ucsvt.org or call 802-442-5491.



Head Start Happenings

Early Childhood Services located throughout Bennington County

Bennington County Early Head Start and Head Start give children and their families the right building blocks for learning, parenting and life. Early Head Start serves infants and toddlers from 6 months of age to 3. The program provides intensive comprehensive child development and family support services. Head

Start, with sites in Bennington, North Bennington, Pownal and Manchester, serves 3-4 year olds, providing early education classes and family opportunities to Bennington County residents to promote school readiness and strengthen families.



Bennington County Head Start in Pownal held a fun Make-it/ Take- it event for their families. They made snowmen and delicious butternut squash mac-n-cheese.

Save the Date

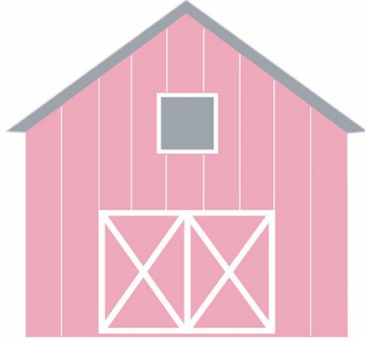


UCS Presents: Becoming Bulletproof.
Wednesday, February 6, 2019
6:00pm - 8:00pm

Join us for a screening of this award winning documentary. [Visit here for more information.](#)



UCS Mentoring Bowlathon
Saturday, April 6, 2019
Bennington Lanes, Bennington, VT
More information coming soon.



The Barn Sale
September 21-22, 2019
Northshire Civic Center, Manchester, VT
More information coming soon.



UCS Superhero 5K
Saturday, November 2, 2019
Bennington, VT
More information coming soon.

Do you have a story to tell?

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 or call (802) 442-5491 ext. 281.

Support from donors is vital



This year support from our donors is 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 mailed to:
United Counseling Service
PO Box 588
Bennington, VT 05201

[DONATE NOW](#)

Download UCS Annual Report



Proud to be a Center of Excellence



United Counseling Service (UCS) has been designated a Center of Excellence by Vermont Care Partners. UCS is a private, non-profit community mental health center serving Bennington County since 1958. UCS promotes healthy lifestyles through all its programs and offers care at 16 different facilities, including two primary outpatient facilities in Bennington and Manchester. UCS provides comprehensive, community-based behavioral and developmental services for children, adults, families, and seniors. UCS employs 300 people and annually serves nearly 3,000 Bennington County residents.

Are you interested in a career with a great organization?

Check out current openings with United Counseling Service at [UCS CAREERS](#).

United Counseling Service | [Website](#)

