Building a stronger community together.

Support from our donors is vital in ensuring that individuals and families have access to high quality comprehensive care. Please consider making a gift today. Your donation supports the growing needs of our community.

For more information about giving, please contact Heidi French, Director of Community Relations and Development at 802.442.5491 or email hfrench@ucsvt.org.

DONATE NOW

or

Donations can be mailed to:
United Counseling Service
Community Relations
PO Box 588
Bennington, VT 05201

Psychiatric Urgent Care for Kids is making a difference.

In the fourth quarter of 2018, just 3 months, United Counseling Service completed 294 crisis evaluations on children with psychological distress who were in the Emergency Department at Southwestern Vermont Medical Center (SVMC). To maintain their safety, the children are asked to change into a gown and their personal belongings are removed. The experience can further traumatize those who are already having emotional and behavioral difficulty. After all of
At United Counseling Service we provide invaluable, high quality services and play an integral part of our community. We serve as a valuable resource to clients, families and community partners.

To learn more about all that we do, please take a look at our 2018-19 Annual Report. If you would like a hard copy please contact us at 802.442.5491 ext. 313...Read UCS Annual Report.

UCS partnering with Genoa Healthcare to provide better care.

A Genoa pharmacy has been opened at our Ledge Hill Drive facility to serve clients, employees and families of UCS staff. The pharmacy opened in December.

The in-facility, on-site pharmacy is tailored to help serve patients with challenges and to custom design care for each individual by providing special packaging, support with refilling prescriptions, assistance with insurance companies, and building relationships with physicians, caregivers and consumers, ultimately providing additional value for our clients and staff.

Benefits of having a mentor include:
- Positive thinking
- Increased self-confidence
- Reduction in anxiety
- Forging strong relationships with others
- Learning methods to cope with stress

"Mentoring is a brain to pick, an ear to listen, and a push in the right direction."
- John C. Crosby

UCS receives grant - MENTOR Vermont announces recipients of 2019-20 Vermont Mentoring Grants

Vermont Business Magazine MENTOR Vermont recently awarded 25 grants, totaling $348,735, to support youth mentoring programs throughout the state. The 2019-20 Vermont Mentoring Grants
will support more than 100 new and existing program sites, and more than 1,800 adult-to-youth mentor pairs in communities across Vermont.

“MENTOR Vermont and our funding partners are excited to be able to continue supporting the amazing work that mentoring programs and their mentors are doing to support youth in their local communities,” said Chad Butt, executive director of MENTOR Vermont. “Together we are building toward a future in which every young person in Vermont has the supportive mentoring relationships they need to grow and develop into thriving, productive, and engaged adults.”...Read more.

Welcome to Camp Be-A-Kid, Helping Children Build Social Emotional Skills

Children who have strong social emotional skills are ready to learn, ready for school and ready for life. However, there are many children and families that need support to move forward in life. Right now, there is not enough capacity in the mental health system for children and their families, resulting in some children not being served and others receiving less than they need to get on a successful path. There is a body of evidence that shows that serving children in their natural environment plus partnering with their families can be the most beneficial approach...Read more.

The Thanksgiving Holiday was much brighter for many Northshire Families this year.

The Manchester Center Knights of Columbus 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 donate Thanksgiving baskets annually. The impact is far reaching and touches the lives of many families in the community.

Pictured are Nancy Bemis with UCS and Knights of Columbus. Don Hayward, Ray Jez, Mike Murno, Bill Downey, John Sullivan, Frank Sutton, and Dick Schlieder.
Head Start Students had a special visitor

Our PreK students at our River Road Head Start location had a very special visit from the Bennington Police Department in November. Officer Murawski and Gracie came to talk about what police officers and police dogs do including car seat safety, bike safety, and parking lot safety. Thank you Bennington Police Department Officer Murawski and Officer Gracie.

Pulse Meetings held monthly

Pulse meetings are held every third Wednesday of the month from 5:30 pm - 6:30 pm at the Bennington Senior Center at 124 Pleasant Street in Bennington. Please join us for these open meetings about programming and construction updates for the Bennington Recreation Center/Senior Center/Early Childhood Center addition. All community members are encouraged to attend.

UPCOMING EVENTS

UCS PRESENTS: ANGST - Raising Awareness about Anxiety

United Counseling Service is presenting the documentary Angst: Raising Awareness Around Anxiety on Wednesday, January 29th at 6:30 pm at the Manchester Community Library. The goal of this documentary is to start a global conversation and raise awareness around anxiety and its effect on youth. Staff from UCS will lead a facilitated discussion immediately following the film.

The film tells the stories of many kids and teens who discuss their anxiety and its impacts on their lives and relationships, as well as how they’ve found solutions and hope. The film also includes a special interview with Michael Phelps, a mental health advocate and one of the greatest athletes of all-time. In addition, the documentary provides discussions with mental health experts about the causes of anxiety and its sociological effects, along with the help, resources and tools available to address the condition.

Anxiety disorders are the most common mental health challenge in the U.S., impacting 54 percent of females and 46 percent of males, with age seven being the median age of onset, according to the World Health Organization. While anxiety disorders are highly treatable, only one-third of those impacted by anxiety receive treatment. Everyone involved in the development of “Angst” has a personal experience with anxiety – from the producers to the interviewees.

“Anxiety and depression among children and youth is a growing concern in our community and nationwide.” said Lorna Mattern, Executive Director of United Counseling Service. “We felt it important to present Angst to the community as a way to help others understand the impact of anxiety on young people and help parents and educators recognize the signs and know how to get help.”
Angst: Raising Awareness around Anxiety

Wednesday, January 29, 2020
6:30 pm - 8:30 pm
Manchester Community Library
138 Cemetery Ave
Manchester Center, VT

Anxiety disorders are the most common mental health challenge in the U.S., impacting 54% of females and 46% of males, with age seven being the median age of onset, according to the World Health Organization. While anxiety disorders are highly treatable, only one-third of those suffering receive treatment. The goal is to open up a dialogue between local families, community leaders and experts. The event will feature a viewing of the 56-minute film, followed by an informative facilitated discussion.

This event is free and open to the public. This event is made possible by: Manchester Community Library, MVP Healthcare, Charlie’s Fund, The Gregory S. Hillman Fund and MVP Heath Care.

For more information about UCS visit ucsvt.org or call 802.442.5491.
Youth Mental Health First Aid
March 24th and 25th

For more information or to register visit ucsvt.org or contact Maria DeLeon at 802.442.5491 or email mdeleon@ucsvt.org.

For a full list of events and trainings visit ucsvt.org.

A great place to work and a great place to get care.

United Counseling Service is an established leader and provider of health and human services in Southern Vermont. UCS provides nearly 3,000 people each year with a broad range of mental health, developmental and children's services along with early childhood education. Approximately 300 employees are making a positive difference in 16 facilities operating throughout Bennington County since 1958.

Our employees are creative, thoughtful, energetic forward thinking and empowered. UCS is living its mission: Building a stronger community by empowering individuals to live healthy and meaningful lives. If you want to make a difference and help those who need it most, consider joining our team. UCS is a great place to work and a great place to get care.

For a list of current job opening visit UCS CAREERS.

United Counseling Service - 100 Ledge Hill Drive - PO Box 588 - Bennington, VT 05201 (802) 442-5491 - ucsvt.org