"Alone we can do so little; together we can do so much."
Helen Keller

We are all in this together. We will continue to monitor the COVID-19 situation and will follow guidance from public health officials and government agencies, so we can continue to support our community.

Thank you to staff for stepping up to serve our community.

During this public health crisis, United Counseling Service (UCS) continues to provide comprehensive mental health, substance use, early childhood, and developmental disability supports for individuals and families in Bennington County. From the beginning of the COVID-19 pandemic, I have seen our staff rise up like never before. They are filling in where and when needed and often working in areas they have never worked before, they are going into the community so others caring for clients do not have to, they are calling people for no other reason than to check in to make sure they are ok. Staff are taking extra time and extra care to help those clients that rely on us most.

Staff are working with community partners to provide support that are needed at this time, including setting up a rapid Employee Assistance Program for health care workers at Southwestern Vermont Health Care. We know it is critical to find ways to support all our frontline workers.

An increase in the use of technology allows us to provide services remotely and follow the protocols for social distancing. Staff are finding creative ways to connect with our community virtually. We set up a Warm Line that is available to anyone in the community who need support. If we cannot provide services, we will do our best to identify alternative resources.

UCS staff have demonstrated resilience and flexibility while finding ways to serve our clients, families and community partners. I want to thank all UCS staff for the often unnoticed, yet essential work they are doing to support the community during this unprecedented time.

Lorna Mattem, Executive Director of United Counseling Service
(L) Rich Jorgensen, Case Manager, making breakfast at one of our group homes. (R) Rachel Darby, Nurse Practitioner, providing telehealth services to clients.

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**UCS Warm Line is a resource for any resident in Bennington County**

Our toll-free phone support line is now open Monday through Friday from 8:00 am - 5:00 pm.

Originally set up to serve our clients, our Warm Line has been expanded to support anyone in our communities. The phone line staff can offer support to people who are struggling to cope with the increased stress and anxiety resulting from the COVID-19 public health crisis.

If you or someone you know is feeling overwhelmed, please call our Warm Line 802-442-5491 today! We’re here to help.
WE ARE HERE FOR YOU. 24/7.

Are you feeling stressed or anxious due to COVID-19 and need to talk?

Contact United Counseling Service at 802.442.5491.
In addition to our other services, we currently have a Warm Line available to anyone living in Bennington County available Monday through Friday 8am to 5pm.

UCS SERVICES
- Early Childhood Services
- Community Rehabilitation and Treatment
- Developmental Services
- Emergency Services
- Psychiatric Services
- Mental Health and Substance Abuse Services
- Youth and Family Services

Taking Care of yourself during COVID 19.
Katie Aiken, Intake Coordinator and Mental Health First Trainer with
UCS Youth and Family Services
Psychiatric Urgent Care for Kids is open and available for youth in crisis.

UCS’ Psychiatric Urgent Care for Kids (PUCK) is now open and available for youth (up to age 18) who may be experiencing a mental health crisis. Currently our hours are Monday through Friday from 10am to 3pm. PUCK provides a child and family centered, recovery-oriented, trauma-informed approach, with rapid support for the child in question, and a focus on wrap-around care.

To access PUCK contact UCS Family Emergency Services (FES) at 802.442.1700. A FES worker will determine if the youth will be admitted to the program. An immediate intake can occur if the youth is not a current client with UCS and if necessary a Psychiatric consult will also be completed.

UCS Youth and Family Services is here for our community at this unprecedented time. FES and PUCK are both programs that can assist youth who are in crisis. Please share this information with your staff, your families and community partners. If you have questions about any of our services, please contact UCS at 802.442.5491. We are here for you and for your kids!
PUCK

Psychiatric Urgent Care for Kids

Helping youth, 18 years old and under, in Bennington County who are experiencing a mental health or behavioral crisis.

PUCK Offers

- A therapeutic environment staffed with highly trained people
- Mental health screening and assessment
- Access to skills for regulating emotions and behaviors
- Recommendations for follow up care in the home
- Follow up consultation with school
- Access to psychiatric medication consultation
- Referral for mental health and family services

PUCK is available Monday - Friday from 10:00 am to 3:00 pm. To access services call 802.442.1700

314 Dewey Street, Bennington, VT ucsvt.org

Head Start/Early Head Start

2 Park Street
North Bennington, VT 05257
Phone: 802-442-3686
Locations in Bennington, North Bennington, Manchester and Pownal
Head Start and Early Head Start celebrated the Week of the Young Child.

Bennington County Head Start and Early Head Start (BCH-EHS) celebrated the Week of the Young Child April 11-17th. Staff and students celebrated with hands-on, collaborative activities encouraging movement and healthy lifestyles through music, food, and art. The Week of the Young Child™ is an annual celebration hosted by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers, and families. BCH-EHS is currently providing care to children of essential frontline workers.

We are supporting our families with a little story time.
Teachers and staff from our Head Start and Early Head Start programs are reading to their students.
Check out some more stories!

Gruffalo

Brown Bear, Brown Bear What Do You Hear?

Oh A-Hunting We Will Go

Mouse Was Mad

STAY IN YOUR CAR!
Village Parade

"6 FT. APART. TOGETHER IN HEART"

SATURDAY, APRIL 25TH
11:00 AM
North Bennington, VT

Line Up Starts at Train Depot and backs up to Lions Park/Lake Paran. Decorate your Vehicle! Celebrate your Family, Organization or Business! Make Music! Turn up your Radio! Trucks & Antique Cars Welcomed!

AND IF YOU ARE ON THE SIDEWALK

STAY 6 FT. APART!
Unless otherwise noted, food pickup is outside maintaining a physical distance of 6 feet

Southwest VT Supervisory Union - breakfast and lunch available for all students under 18 via school bus delivery or in person at MAUMS. Visit “Meals for Students” at www.svsu.org under the Covid response tab for routes and delivery times.

BENNINGTON:  
Kitchen Cupboard (GBICS) - 121 Depot Street; 802-447-3700  
Every Tuesday: 5:30-7:30 PM / Every Thursday & Saturday: 10:00 AM-12:00 PM

VeggieVanGo (VT Foodbank) – Drive-through; follow parking attendant.  
April 22 & May 27  12:30-2 Mount Anthony High School  
8:30-10 Pownal Elementary School  
20  8:30-10 Mount Anthony High School

HIS Pantry (Sacred Heart Saint Francis de Sales) - 238 Main Street; 802-442-3141  
Every Wednesday: 1:00 PM-3:30 PM / Every Friday: 10:00 AM-11:30 AM

Shires Housing/SASH  
First Wednesday 11:30 AM Brookside Apartments  
Second Wednesday 12-2 & 5-7 PM Applegate Apartments  
Third Wednesday 11:30 AM Walloomsac Apartments

Southern Baptist Disaster Relief; 603-504-4955 - Cold lunch and/or hot supper and grocery delivery. Call by 10AM for lunch; 4PM/supper. Serves Bennington County & NY bordering towns (or pickup at Grace Christian School, 104 Kocher Drive, Bennington)

Green Mountain Christian Center – 440 Main Street (back parking lot); 447-7224  
First Friday & Third Friday 4:00-6:00 PM

Bible Baptist Church, Harwood Hill; 802-447-3618. Call for an appointment

Hot Meals To-Go or Delivered:  
Second Congregational Church, Hillside Street - Sunday 5:00 PM - To-Go  
Meals on Wheels (café closed). Call 802-442-8012 for eligibility - Delivered  
Harvest House Soup Kitchen, River Street - To-Go  
Mon-Fri 8:00-10:00AM and 11:15AM-1:00PM, Sat 8:00-9:30AM, Sun 8:00-10:00AM

Southwestern VT Council on Aging Grocery delivery - for those 60+ or younger with disabilities. Call for information; 802-786-5990

Additional resources: www.bcrcvt.org www.hungerfreevt.org www.vtfoodbank.org  
https://sites.google.com/view/benningtonfoodconnections/home Dial 211

Southwest VT Supervisory Union - breakfast and lunch available for students under 18 in SVSU district via school bus delivery or pickup at MAUMS. Visit “Meals for Students” at www.svsu.org under the Covid response tab for routes.

Southern Baptist Disaster Relief; 603-504-4955 - Cold lunch and/or hot supper and grocery delivery. Call by 10AM for lunch; 4PM/supper. Serves Bennington County & NY bordering towns (or pickup at Grace Christian School, 104 Kocher Drive, Bennington)

NORTH BENNINGTON:  
St. John the Baptist Church, Houghton Street (N. Bennington & Shaftsbury residents)  
Second Friday: 11:00 AM-12:00 PM & Tuesday after second Friday: 3:00 PM-4:00 PM

North Bennington Baptist Church – Church Street; 802-442-7251  
Every Thursday 1:00-2:00 PM (Call if needed outside these hours)

SHAFTSBURY:  

ARLINGTON:
Arlington and Sunderland Meal Delivery for Students – Contact Kathy Clark, Federated Church of East Arlington and Summer Meal Programs, ksclark58@yahoo.com

Arlington Food Shelf, 165 Old Mill Rd; 802-375-6328 (Arlington, Sunderland, Sandgate)
First Tuesday: 1:30-4:00 PM & Third Tuesday: 3:30-5:00 PM

Second Chance Animal Shelter – cat food, litter & dog food. Call for info; 802-375-2898

MANCHESTER:
Burr & Burton Academy Meal Delivery for Students - Contact Sarah McMillionsmcmillan@burrburton.org or Billy Canfield bcanfield@burrburton.org

Manchester Community Food Cupboard, 6039 Main Street; 802-362-0057
Every Wednesday 2:00-4:00 PM
Every Thursday 10:00-2:00 AND 2:00-4:00 PM
Last Saturday 10:00 AM-12:00 PM

Shires Housing/SASH
Second Wednesday 10:30 AM - Meadows Apartments (behind Shaws); Seniors only

Additional resources: www.brcvto.org www.hungerfreevt.org www.vtfoodbank.org
https://sites.google.com/view/benningtonfoodconnections/home Dial 211

* Updated regularly ~ contact andrea.malinowski@svhealthcare.org or 802.379.5468 with additions, questions and/or edits

Additional Resources for COVID-19 Information

Vermont Department of Health
Center for Disease Control
Southern Vermont Medical Center
Managing Anxiety and Stress -CDC
Map of Community Resources in Bennington
Bennington County Regional Commission (BCRC) COVID 19 Resource Page
The Vermont Department of Health is excited to announce the upcoming launch of:

VT Helplink
Alcohol & drug support center

VT Helplink is a statewide, public resource for connecting Vermonters with the substance use treatment and recovery services that they need. VT Helplink support and referral services are free and confidential. Knowledgeable and clinician-supported Helplink Specialists offer caring and expert support to navigate the Vermont treatment and recovery system.

VT Helplink will be available to the public beginning April, 2020.

Who can use VT Helplink?

VT Helplink is a new resource for people actively using substances, those who care about them, service providers of all types, and any Vermonter needing support or information about alcohol or drug use.

What does VT Helplink offer?

VT Helplink offers personalized information, support, and referrals to substance use disorder services in Vermont, including prevention, treatment, and recovery services. Helplink Specialists and the VT Helplink website will help people locate appropriate services, navigate the treatment system, and get additional information.

How does VT Helplink provide referrals?

VT Helplink provides referrals to treatment with ADAP Preferred Providers, as well as referrals to recovery supports and other after-care services, and services for loved ones. Helplink Specialists conduct a screening with each caller to direct them to appropriate services and help them navigate Vermont’s treatment system.

Website users can use the quick, online screener to assess needs and get referrals to appropriate services.

How do people access VT Helplink?

Anyone can access personalized referrals and support through the VT Helplink website (VTHelplink.org) or call center (802-565-LINK[5465]). Hours will be 8am to 10pm M-F, and 8am to 6pm on weekends and holidays.

Questions? Contact Mariah Ogden, VT Helplink Program Manager—Mariah.Ogden@Vermont.gov

Be Counted.

Census data is used to extend billions of dollars in funding for hospitals, school lunch programs, Medicaid and resources that are needed every year, especially in uncertain times like now. Make sure everyone in your home is counted.

Complete the 2020 Census now.

Please consider supporting UCS.
Now more than ever 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

Artwork created by UCS Community Support Client.

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**Share your stories.**

Now more than ever, is a time when we could all use a little something that feels good. Like a good story. An act that goes beyond in the service of others, caring for our neighbors, family and friends…our community. We’d love to hear about it. Share your story…any story that represents how, as a community and individuals, we bring hope and support together….Email your stories and photos to Heidi French at hfrench@ucsvt.org.

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**UCS is a great place to work.**

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.Check out all current openings here. UCS Job OPENINGS

*Please be advised that the Coronavirus Virus/COVID-19 has altered the way we are currently recruiting at this time. Should you be contacted for consideration, we are limiting job interviews to telephone or video communication, in order to align with guidance by the Centers for Disease Control (CDC). Hiring for certain positions may also be slowed by efforts being used to promote social distancing and other recommended strategies. We thank you for your understanding as we navigate the best way to keep you, employees, and our community safe.*

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All upcoming agency events and trainings through the end of April have been cancelled.