We are all in this together. We 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.

Somewhere inside all of us is the power to change the world.

Roald Dahl

Be heard. Vote November 3rd.

Do you want to make a positive impact? Voting gives you that chance! Support the candidates and ballot measures that can help your community, state, and even the nation for the greater good. Make your voice heard in these elections.

Voting is one of the most effective ways you can impact your community.

Vote November 3rd!

UCS clinicians bring equine therapy to their clients.

UCS has partnered with Rhythm Hollow Stables in North Bennington to introduce EquiLateral™, an equine-assisted therapy program that combines two well-regarded treatment protocols: Eye Movement Desensitization and Reprocessing Psychotherapy (EMDR) and Equine Assisted Psychotherapy (EAP).

EMDR is an eight-phase program that helps children and adults address mental health challenges such as anxiety, depression, bipolar disorders, post-traumatic stress (PTSD), substance abuse and addiction, and more. EAP is based on the precept that healthy relationships are the foundation of healing and recovery. Using EAP, clients learn to communicate
and develop a rapport with horses, who are highly sensitive to human energy and actions. The combined program encourages a high degree of self-agency in the therapeutic process.

Lori Vadakin, UCS's Director of Outpatient and Substance Use Services is certified as an EMDR Equilateral Therapist. She also provides clinical consultations at the barn to other clinicians who are learning EMDR. “The relationships that clients build with the horse is so meaningful and impactful,” says Vadakin. “To be able to provide this experience is invaluable. The horses provide the clients with a feeling of calm and a sense that they can cope with anything.” One of Vadakin's clients shared her experience using EquiLateral. “I am calmer, I am not worrying a lot, I am leaving everything that bothers me behind, and I am right here with the horse.”

United Counseling Service’s goal is to continue with this therapy and expand the program as additional clinicians obtain the requisite certification. Additionally, the agency hopes to offer both individual and group sessions in the future.

Picture: Lori Vadakin and Tully

It’s not too late to be a superhero!

The third annual United Counseling Service Superhero 5K and Kids’ Dash is right around the corner. There is still time to register! This year’s race is virtual, and everyone is encouraged to channel their inner superhero and run or walk a 5K route of their choosing, with your own personal photo stops and check-ins along the way. Make sure to post them on your social media and use #UCSSuperhero5K—or send them to us at skenyon@ucsvt.org.

Join fellow superheroes at 9 a.m. on Saturday, November 7 for a live virtual warm-up with super coach Andrea Malinowski and the UCS Superhero Team as we get ready to run our 5K. The November 7 kickoff will be streamed live on the UCS Superhero 5K Facebook page; however, participants are welcome to complete the 5K anytime between November 6–8.

Get more information and instructions, and register at ucsvt.org/events. There will be prizes for the best costume for adults and kids and all racers will be entered into a drawing to win some Superhero swag. UCS thanks sponsors MVP Health Care, Bennington Banner, Manchester Journal, Heritage Family Credit Union, Northeast Benefits Management, LLC and MSK Engineering for supporting the event.

Photo: Andrea Malinowski leads racers in warm up at last year's event.

Intensive Outpatient Group to Start November 10 with In-person Treatment and Telehealth Options

United Counseling Service (UCS) continues to provide outstanding substance abuse services for addicted individuals with the addition of a new Intensive Outpatient Program (IOP) in Bennington. There is an increased demand for higher-intensity treatment for many who are working through addiction and mental-health related issues. The
The program is designed to address multiple factors concurrently, to help participants maintain and achieve sobriety and improved everyday functioning. The treatment includes evidence-based protocols, including Wellness Recovery Action Plan (WRAP), Collaborative Network Approach (CNA), and Dialectical Behavior Therapy (DBT), and several other healing modalities.

The program will begin on Tuesday, November 10 and includes three hours of group therapy, three days a week for a period of six weeks. To learn more or register please contact United Counseling Service at 802.442.5491.

Support Mentoring at UCS

Help make a difference while you celebrate the holidays. The Mentoring at UCS Annual Wreath Sale helps raise money to support children and youth in Bennington County. Mentoring has been proven to improve outcomes for youth—including lower drop-out rates, decrease in substance use, and positive feelings about themselves and others. Buy a wreath and make a difference. To order a wreath email lsallisky@ucsvt.org.

Even better, consider becoming a mentor—using technology and safe social distancing practices, this can be done even in a pandemic—and it is more URGENTLY needed than ever. An hour a week is all you need to participate and change a child’s life. Contact our Bennington or Manchester office to learn more, or visit our website for information.
Wreath Sale

Place your wreath order today!

1st order deadline is Monday, November 2nd with delivery on Monday, November 23rd.

2nd order deadline is Friday, November 27th with delivery on Monday, December 7th.

- 12” wreath~ $19
- 18” wreath~ $25
- 24” wreath~ $30
- 36” wreath~ $65
- Kissing Ball~ $28

Ribbon choices of plaid, red, or combo.

Please email Laurie Sallisky at LSallisky@ucsvt.org with your wreath size and ribbon color. Payment is due upon pickup. Checks can be made out to "Mentoring at UCS".

ALL PROCEEDS DIRECTLY BENEFIT MENTORING AT UCS.
Rec Center expansion will increase opportunity.

The approximately 13,000 square foot addition to the Bennington Recreation Center will increase the opportunities for young children and their families. The addition will house two preschool and three infant-toddler early childhood classrooms, as well as a multi-use community space plus a new building entrance, lobby and elevator.

"Our expansion will increase the opportunities for young children and their families," said Betsy Rathbun-Gunn, Director of Early Childhood Services. "It is our commitment to provide opportunity and improve the future of the Bennington Community."

The new Early Childhood Center will allow an increased capacity of up to 18 additional infants and toddlers than UCS now serves.

Pictured: Senior Leadership and Board members toured the construction site.
Pictured: Phase One. The project is expected to be completed in early 2021.

Join our team!

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.

We are currently seeking qualified candidates to fill the following positions:

- Managed Care Coordinator
- Family Outreach Clinician (Head Start)
- Outpatient Clinician
- Therapeutic Case Manager
- Transitional Living Case Manager
- Direct Support Professional – Specialized Services
- Direct Support Professional – Residential Support Provider
- Direct Support Professional – Job Coach

Check out all current openings at [UCS JOB OPENINGS](#)

Please be advised that the Coronavirus/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.

Additional Resources for COVID-19 Information

- COVID Support VT
- Vermont Department of Health
- Centers 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
Money available through state program to pay overdue utility bills - Green Mountain Power Corp has opened up a Limited Time to Apply for State Funding Assistance, $8 Million Available... Read more.

NAMI frontline wellness - Frontline professionals face many challenges in their day-to-day work life. From the pressure of making sure people get the help and care they need to working long shifts — health care and public safety are stressful fields of work.

VPR-Vermont PBS Poll Reveals Pandemic's Toll On Finances, Mental Health

You are Not Alone! Support Counselors Available to Take Your Calls

Please Consider Supporting UCS

Support from our donors is vital to ensure that UCS can 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

You can also make a secure online donation using a credit card:

DONATE NOW

$200 million donated to charities

Shop at smile.amazon.com or with AmazonSmile ON in the Amazon Shopping app to generate donations.

Please remember us this holiday season. Support United Counseling Service when shopping this holiday season at Amazon Smile.

Support UCS at Amazon Smile.
We respect **WOMEN**, **MEN** and **NON-BINARY** people • We value **BLACK LIVES** • We stand with our **LGBTQIA+ COMMUNITY MEMBERS** • We celebrate **CHILDREN** • We stand with **IMMIGRANTS, REFUGEES**, with **INDIGENOUS PEOPLES**, and **PEOPLES OF ALL FAITHS** • We support **INDIVIDUALS** and **FAMILIES** challenged by mental health, substance use and developmental disabilities.

We stand with our **COMMUNITY**.

**HATE HAS NO BUSINESS HERE.**

**All are Welcome Here.**