

Vermont Association for  
**Mental Health &  
Addiction Recovery**

*Want help with mental health, substance use, and employment?*

*Want someone to talk to when you're having a hard time who knows what its like to return to the community after incarceration who has overcome major challenges?*

Join *Beyond Bars!*

### **What**

The *Beyond Bars* program seeks to help Vermonters who have been incarcerated help overcome mental health and substance use challenges, get and keep good jobs, and meet their other goals.

### **How**

You'll be connected to a *Peer Mentor* who's been incarcerated and overcome major challenges who's doing well in the community now. They can:

- Talk to you about challenges you're having.
- Help pay for rent, food, transportation, childcare, and other needs while you get back on your feet
- Represent you in meetings to help you understand complicated systems and get the services you want.
- Introduce you to people and organizations that can help with substance use and mental health.
- Introduce you to people and organizations that can help you get a job.
- Give you on-the-job support.
- Help get you more training and education to get a higher paying, more rewarding job.

### **Who**

To be eligible, you must want to be in the program and:

- Have been incarcerated anywhere in Vermont, ideally within the past 90 days.
- Have a goal of employment and working towards a "dream job" over time.
- Be living with mental health or substance use challenges.
- Live in Orleans, Caledonia, Lamoille, or Washington County.
- If you're interested in joining, email or text Will at [director@recoveryvermont](mailto:director@recoveryvermont) or 802-279-9069 and say a bit about your background and goals.