

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 or 802-279-9069 and say a bit about your background and goals.