

# Community Resource Guide

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FOR EMERGING ADULTS

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DCF – FAMILY SERVICES DIVISION |

**Table of Contents**

Vermont 211 ..... 1  
Vermont Parents' Home Companion & Resource Directory ..... 1  
Balanced and Restorative Justice (BARJ) ..... 1  
Child Care ..... 1  
Community Action ..... 1  
Department for Children and Families – Economic Services Division ..... 2  
Department of Health ..... 2  
Department of Labor ..... 3  
Designated Agencies ..... 3  
Division of Alcohol and Drug Abuse Programs (ADAP) ..... 6  
Health Insurance ..... 7  
Housing First ..... 7  
Prevention and Stabilization Services for Youth and Families (PSSYF) ..... 7  
Shelter/Housing for Youth ..... 8  
Shelter/Housing for Adults ..... 8  
Vocational Rehabilitation ..... 8

**Vermont 211**

- Statewide database containing detailed descriptions of programs and services available to Vermonters through local community groups, social service and health-related agencies, government organizations, and others. Services include basic needs, consumer services, criminal justice and legal services, education, environment/public health/public safety, health care, income support and employment, individual and family live, mental health and substance abuse services, and organizational/community services.
- <http://www.vermont211.org/>

**Vermont Parents' Home Companion & Resource Directory (VPHC)**

- A parenting guide to child development and a list of local, statewide, and national resources for children and families by each county in Vermont.
- <https://www.pcavt.org/vt-parents-home-companion>

**Balanced and Restorative Justice (BARJ)**

- Serves youth on juvenile probation, truant from school, or at risk of becoming involved with the juvenile justice system. Services include restorative processes, restitution supports, screening, case management, restorative skills development, and prevention and community outreach.
- <https://dcf.vermont.gov/youth/justice/BARJ>

**Child Care**

- Resources for help with finding childcare providers and applying for financial assistance: <https://dcf.vermont.gov/cdd/cccsa>.
- [Bright Futures Child Care Information System](#)

**Community Action**

- Helps lower-income Vermonters meet their basic needs and become self-sufficient. Services may include emergency fuel help, fuel and utility assistance, Head Start, housing assistance, income tax assistance, information and referral and training.
- BROC – Community Action in Southwestern Vermont
  - Bennington: (802)447-7515
- Capstone Community Action (Central Vermont)
  - Bradford: (802)222-5419
  - Morrisville: (802)888-7993 or (800)639-8710
  - Randolph: (802)728-9506 or (800)846-9506
- Champlain Valley Office of Economic Opportunity (CVOEO)
  - Addison Community Action: (802)388-2285
  - Chittenden Community Action: (802)863-6248
  - Franklin/Grand Isle Community Action: (802)527-7392
- Northeast Kingdom Community Action (NEKCA)
  - Canaan: (802)-266-7134
  - Island Pond: (802)723-5276
  - St. Johnsbury: (802)748-6050
- Southeastern Vermont Community Action (SEVCA)
  - Brattleboro: (802)254-2795
  - Springfield: (802)885-6153
  - White River Junction: (802)295-5215

**Department for Children and Families – Economic Services Division**

- <https://dcf.vermont.gov/esd>
- 3 Squares VT
- Fuel Assistance
- Essential Person
- Reach Up
- Emergency/General Assistance- apply in person at ESD Office (1-time rent/security deposit, fuel/utilities, personal needs/incidentals)

**Department of Health**

- Public health programs and services working in partnership with health care providers, schools, businesses, community organizations, and individuals. Services include WIC, Maternal and Child Health, Immunizations, Alcohol and Other Drug Use, Tobacco Prevention, Emergency Preparedness, Childhood Trauma, Physician Activity and Nutrition, Dental Health, and more.
- Barre - (802)479-4200
- Bennington - (802)442-3929
- Brattleboro - (802)257-2885
- Burlington - (802)863-7561
- Middlebury – (802)388-4644
- Morrisville - (802)888-2581
- Newport - (802)334-4391
- Rutland - (802)786-5876
- St. Albans - (802)524-7918
- St. Johnsbury - (802)751-0170

- Springfield – (802)289-0600
- White River Junction - (802)295-8835

### **Department of Labor**

- Workforce Development Program: <https://labor.vermont.gov/workforce-development>

### **Designated Agencies**

- The Department of Disabilities, Aging and Independent Living (DAIL) designates one Designated Agency (DA) in each geographic region of the state as responsible for ensuring needed services are available through local planning, service coordination, and monitoring outcomes within their region.

#### **ADDISON – Counseling Services of Addison County (CSAC)**

- For more information call (802)388-4021 or (802)388-6751
- Champlain Valley Academy is an educational/behavioral program offers intensive intervention for up to twelve middle and high school aged youth who require these services, outside the public-school setting. The program is located at the Catamount Park site. Staff focuses on assisting students academically and in learning and using emotional and behavioral skills enabling them to return to the public-school setting.
- JOBS provides services to high-needs youth ages 16 – 27 with mental health barriers to successful employment. The program coordinates treatment services as well as provides job development and support. The target population is young people who aren't in school.
- Intellectual Disabilities - At least age 19 and eligible for services and supports
- Youth - Ages 16-26 defined as “at risk” and eligible for services and supports
- Adults in Recovery – serves people, at least age 18, with substance abuse problems and in treatment
- Adults with Chronic Mental Health Issues - At least age 18 and eligible for services and supports through the CRT program
- Adolescent Addiction Recovery - office-based individual and group assessment and treatment. Outreach services are also available to this population.

#### **BENNINGTON – United Counseling Services (UCS)**

- For more information: <http://www.ucsvt.org>, (802)442-5491 or (802)442-4968
- Jump on Board for Success (JOBS) works with youth ages 15 to 22, to develop positive work ethic, team work skills, help with job and career exploration and development, preparation for job interviews, assistance with developing resumes and cover letters. JOBS also works with community partners to maintain supportive work environments for youth.
- Teens 4 Change is a young adult peer group that meets weekly, volunteers in the community and hosts leadership events for youth. They work to support young adult voice through leadership and empowerment.
- Therapeutic Case Management provides community Trauma-informed services for youth at risk and families in Bennington County. The program is open for at risk youth between the ages of 0 to 22. Case management offers coordination of services to youth and families in the community, parent education and support, individual, family and group community support, training for community partners and team members, advocacy for youth, school education and consultation.

- Transitional Living Program is designed to teach youth ages 16 to 21 basic independent living skills and to help them work toward living independently.
- Youth Outreach Program supports at risk young adults ages 14 through 21 with transition to adulthood. The goal of the program is to promote positive mental well-being by making sure young adults have enough preparation and solid support systems in place as they transition out of their teenage years. Our goal is that all transition age young adults feel connected to their community and have the support necessary to identify and achieve their personal goals.

**CALEDONIA, ESSEX, ORLEANS – Northeast Kingdom Human Services (NKHS)**

- For more information: <http://www.nkhs.org>, (800)696-4979 (Orleans and Northern Essex Counties), (800)649-0118 (Caledonia and Southern Essex Counties)
- Northeast Kingdom Human Services (NKHS) serves Caledonia, Essex, and Orleans counties except for the towns of Craftsbury, Greensboro, Hardwick, and Stannard for children’s services.
- Adolescent Outpatient Services for youth ages 12 to 19 years are provided substance abuse services including; Co-occurring screening, assessment and evaluation, Individual and group treatment, case management, school based intervention and support, community assessment and treatment in collaboration with Youth Services

**CHITTENDEN – Howard Center**

- For more information: (802)488-6500, <https://howardcenter.org/>
- START (Stabilization, Treatment, And Recovery Team) is a community program within Crisis Services that provides support to individuals ages 18 and older who are experiencing emotional distress and/or an increase in mental health symptoms. The goal of the program is to help prevent the need for higher levels of care services, such as hospital or police involvement. For more information about START, call (802)488-6424 or (802)488-6000.
- Street Outreach Program works with individuals in the downtown Burlington business district who have mental health, substance use, homelessness, and unmet social service needs. The team helps to coordinate services for those individuals, and the primary goal is to increase access to services for all individuals. A secondary goal is to address concerning behaviors that require immediate intervention but do not rise to the level of an emergency response.

**FRANKLIN AND GRAND ISLE – Northwestern Counseling and Support Services (NCSS)**

- For more information: (802)524-6554, <https://www.ncssinc.org/>
- Services include crisis services, case management, autism supports, truancy intervention, family supports, JOBS, housing support services, youth leadership services, substance treatment services, school-based services, Soar Learning Center, Parent Child Center, Camp Rainbow, adolescent services, community based services, and respite.

**LAMOILLE – Lamoille County Mental Health (LCMH)**

- For more information: [www.lamoille.org](http://www.lamoille.org), 802-888-4914 (Weekdays: 8:00 am - 4:00 pm), 802-888-4231 (Nights and Weekends), and (802) 888-5026

- Lamoille County Mental Health (LCMH) provides services in Lamoille county and also children's services for the towns of Craftsbury, Greensboro, Hardwick, Stannard, and Woodbury.

#### **ORANGE – Clara Martin Center (CMC)**

- For more information: <http://www.claramartin.org>, (800)639-6360, (802)728-4466, (802)222-4477
- Clara Martin Center (CMC) serves Orange county (except for the towns of Orange, Washington, and Williamstown), and includes services for the towns Granville, Hancock, Bethel, Rochester, Royalton, Sharon, and Stockbridge.
- Transition Age Youth (TAY) Program provides services to youth 16-22 years of age, utilizing the Resiliency Model to meet clients “where they are at.” Providing therapeutic services and supports in the youth’s environment help adolescents and young adults succeed. TAY supports the adolescent or young adult in developing and maintaining caring relationships by being held to high expectations and giving them opportunities to participate and contribute to their community.
- Jump on Board for Success (JOBS) is an employment support program that provides job supports to youth ages 16-22 with severe emotional disturbances who are out of school, or are at risk of dropping out of school, have issues with substance abuse, homelessness, physical or other abusive behaviors, or other concerning behaviors. JOBS supports young adults on preparing, securing, and maintaining employment. Due to funding changes, JOBS services are currently only provided in the Randolph Region.

#### **RUTLAND – Rutland Mental Health Services**

- For more information: <http://www.rmhsccn.org/>, (800)775-1000, (802)775-2381
- Rutland Mental Health serves towns in the Rutland county.
- Rapid Response - crisis stabilization services are offered in the office and community for the purpose of providing follow-up stabilization supports to children/families with mental health issues following a crisis assessment through the RMHS Crisis Team. These services are short-term, intensive, and focused on the immediate problem. When additional services are needed, the child is typically referred to outpatient services for on-going support. In situations where a child is hospitalized, Rapid Response services can be instrumental in discharge planning and ensuring access to immediate supports upon the child's return to their home.
- Adolescent Outpatient Substance Use Disorder Treatment provides services for children and adolescents needing support around challenges related to self-medication and substance use. Substance use and mental health services are integrated throughout the program, which anticipates a very high degree of co-occurring issues among adolescents.
- Respite Services provides respite services for children in Rutland County who are engaged in other services at RMHS, and whose family system would benefit from brief separation (one to four hours) of the child from the home environment. We also offer short-term respite services for families who need this extra support to help them get through a crisis period.
- School-Based Programs offer contracted clinical and behavioral support services to schools in Rutland County for the provision of on-site mental and behavioral health services. Schools have the option of contracting for a Clinician, Case Manager or Behavioral Interventionist. Through these contracts RMHS is able to provide a more accessible intake

process for students and develop more active collaborations with families, schools and treatment teams.

- JOBS Program (Jump On Board for Success) The JOBS Program is an innovative supported employment and intensive case management service that targets eligible youth, ages 16 through 21, whom are considered to be at-risk in the community.
- Youth Transitional Services (YTS) is focused on the empowerment of youth in making healthy life choices and reaching self-directed goals through accessible, community-based treatment services.

#### **WASHINGTON – Washington County Mental Health (WCMHS)**

- For more information: <http://www.wcmhs.org/>, (802)229-0591, (802)223-6328, (802)476-1480, (802)479-4083
- Washington County Mental Health Services (WCMHS) serves Washington County and the towns of Orange, Washington, and Williamstown.
- **CSP**
- **Outpatient Program**
- STARS School at Choice Academy - works with youth up to age 22
- Children, Youth & Family Services offers a variety of groups and provides services to children, youth, and families.
- Brief Urgent Care/Short-Term Services provide stabilization to help clients get back to their community and connected to local services as soon as possible. These community-based services programs include Adult Access, Children's Access, and the Street Interventionist Program.
- Crisis Bed and Home Intervention is a residential crisis bed program for adults, with on-site psychiatric, nursing and mental health services. The program is located in a residential area and provides 1:1 support services to people with especially high needs.

#### **WINDHAM AND WINDSOR – Health Care and Rehabilitation Services (HCRS) of Southeastern Vermont**

- For more information: <http://www.hcrs.org/>, (800)622-4235
- HCRS serves Windham and Windsor counties (except for the towns of Bethel, Rochester, Royalton, Sharon, and Stockbridge).
- Transition Age Youth program (Springfield) is designed to help youth between the ages of 16 and 22 who are struggling with significant emotional, behavioral, and substance use issues make a successful entry in the adult world through clinical assessment and treatment, employment supports, case management, and assistance in getting access to physical health care services.
- Outpatient clinical program
- JOBS Program helps eligible youth prepare for the workplace and paid employment by assisting youth in preparing their resume, coaching them in how to prepare for and present in a job interview, and can teach core skills in how to succeed in a workplace environment. Case management services also assist youth with education, housing, independent living skills, and connecting to other resources and supports in the community.

#### **Division of Alcohol and Drug Abuse Programs (ADAP)**

- VT Helplink, (802)565-LINK, <https://vthelplink.org/>

- Substance Abuse Prevention Consultants, Information and Referral, Training and Consultation on Substance Abuse and Prevention Best Practices, Community Organizing
- (802)651-1550

### **Health Insurance**

- The Department of Vermont Health Access administers the Vermont Medicaid health insurance program and Vermont's state-based exchange for health insurance.
- To apply: <https://portal.healthconnect.vermont.gov/VTHBELand/welcome.action> or call: (855)899-9600

### **Housing First**

- Housing First is an evidence-based, permanent supportive housing program that supports individuals to maintain independent housing and lead meaningful lives in their community. The program immediately ends homelessness by supporting individuals and families to locate independent apartments in the community. Housing First clients are provided long-term, multidisciplinary community supports, including service coordination, drug & alcohol counseling, employment support, psychiatry, nursing care and representative payee services.
- Pathways has joined a system of Coordinated Entry, which provides referrals from local communities (Addison, Chittenden, Franklin, Washington, Windsor and Windham counties).
- Addison County, *Charter House*, (802)989-9746
- Caledonia, Essex and Orleans Counties, *Northeast Kingdom Community Action*, (802)334-7316
- St. Johnsbury, *Northeast Kingdom Community Action*, (802)748-6040
- Rutland County, *Homeless Prevention Center*, (802)775-9286
- Bennington County, *BROC – Community Action in Southwestern Vermont*, (802)447-7515
- Chittenden County, *Champlain Valley Office of Economic Opportunity (CVOEO)*, (802)295-6500
- Hartford Area, *Upper Valley Haven*, (802)295-6500
- Springfield Area, *Springfield Supported Housing*, (802)885-3034
- Brattleboro Area, *Groundworks Collaborative*, (802)257-5415
- Grand Isle and Franklin Counties, *Champlain Valley Office of Economic Opportunity*, (802)527-7392
- Lamoille and Washington Counties, *Capstone Community Action*, (802)888-7993 or (800)639-8710, (802) 477-5242 or (800)639-1053

### **Prevention and Stabilization Services for Youth and Families (PSSYF)**

- Services for at-risk youth ages 12 to 23 that are at-risk of becoming involved, or further involved, with DCF-Family Services. PSSYF works with youth and their families to support well-being, education and employment, permanent connections, and stable living environments. Services include crisis response, assessment and case planning, case management, family preservation services, and access to health care.
- St. Albans, *Northwestern Counseling & Support Services (NCSS)*, (802)524-6554
- Burlington, *Spectrum Youth & Family Services*, (802)864-7423
- Hartford, *Clara Martin Center*, (802)728-4466
- St. Johnsbury, *Northeast Kingdom Youth Services*, (802)748-8732
- Brattleboro, *Youth Services, Inc.*, (802)257-0361
- Barre, *Washington County Youth Service Bureau*, (802)229-9151
- Newport, *Northeast Kingdom Community Action*, (802)334-7316



- Rutland, Easter Seals VT, (802)855-8437
- Springfield, Windsor County Youth Services, (802)228-6885
- Bennington, United Counseling Services, (802)442-5491
- Morrisville, Lamoille Family Center, (802)888-5229

### **Shelter/Housing for Youth**

- Brattleboro/Bellows Falls - Youth Services, (802)257-0361
- Burlington – Spectrum Youth & Family Services, (802)864-7423
- Ludlow/Cavendish – Windsor County Youth Services, (802)226-7500
- Middlebury – Addison County Parent/Child Center, (802)338-3171
- Montpelier – Washington County Youth Service Bureau, (802)229-9151
- Morristown – Lamoille Family Center, (802)888-5229
- Newport – Northeast Kingdom Community Action (NEKCA), (802)334-7316
- St. Albans – Northwestern Counseling & Support Services, (802)524-6554
- St. Johnsbury – Northeast Kingdom Youth Services (NEKYS), (802)748-8732

### **Shelter/Housing for Adults**

- Barre – Good Samaritan Haven, (802)479-2294
- Bennington – Thatcher House, (802)359-2754
- Bennington – Bennington County Coalition for the Homeless, (802)518-4289
- Brattleboro - Groundworks Collaborative, (802)257-0066
- Brattleboro – Brattleboro Housing Partnerships, (802)254-6071
- Burlington - Anew Place, (802)862-9879
- Burlington – COTS, (802)864-2651
- Lebanon, NH – Waypoint, (603)298-8237
- Middlebury – Charter House, (802)989-9746
- Rutland – Open Door Mission, (802)775-5661
- Springfield – Springfield Supportive Housing, (802)885-3034
- St. Albans – Samaritan House, (802)527-0847
- Vergennes – John Graham Housing and Services, (802)877-2677
- White River Junction – Upper Valley Haven, (802)295-6500

### **Vocational Rehabilitation**

- Free, flexible services to any Vermonter or employer dealing with a disability that affects employment. VocRehab tailors services to individual job goals and needs. Services include vocational counseling, assessment tools for career exploration, benefits counseling, transition services for youth, specialized vocational counseling for deaf Vermonters, job placement and retention services, assistive technology for employment, and post-employment support.
- Barre-Montpelier Office, (802)479-4210
- Bennington Office, (802)447-2781
- Brattleboro Office (802)257-0579
- Burlington Office (802)863-7501
- Middlebury Office (802)388-4636
- Morrisville Office (802)888-5976
- Newport Office (802)334-6794

- Rutland Office (802)786-5866
- Springfield Office (802)289-0567
- St. Albans Office (802)524-7950
- St. Johnsbury Office (802)748-8716
- White River Junction Office (802)295-8850