

Volume 3, Issue 2

Summer 201

YEAR

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Uly 2016 marks the fiftieth anniversary for Lamoille County Mental Health Services and a milestone in its service to the Lamoille Valley community.

The world has come a long way since 1966, when gasoline was \$.32 per gallon, the average home price was \$14,200, and the very first Star Trek episode aired. By 1972, after six years of operation, the population LCMHS served (Lamoille County) was about 13,000. We had fewer than 40 employees, and our revenues were approximately \$116,000.

Decades later, the Lamoille County population has doubled, our revenues have increased to \$15,000,000 (although we need every penny and more!), and 240 employees serve over 1,000 individuals in nearly 20 different programs:

ACCESS (crisis services for children)	Enhanced Family Services
Adult Outpatient Mental Health	Flexible Family Funding
Alcohol & Substance Abuse Awareness	Johnson Group Home
Bridge Program (transition to adult)	Mobile Crisis Team
Children's Integrated Services	Oasis House
Children's Outpatient Mental Health	Psychiatry
Community Rehabilitation Treatment	Redwood Program
Community Psychoeducational Services	Respite Care (children)
Copley House	Supported Employment
Development Services	



As part of our fiftieth anniversary celebrations, we will be holding an Open House on August 3 at our offices at 72 Harrel Street in Morrisville. We invite you to join us for a cookout, games, and music. You can also meet our staff, take an office tour, and learn more about the myriad services we offer to our consumers.

Also on August 3, we will be holding a blood drive in conjunction with the American Red Cross from 1:00 p.m. to 6:00 p.m. Donate blood and then join us for our Open House!

Mental Health Month: A Recap

ay was Mental Health Month, and LCMHS held a number of events to celebrate that. LCMHS adopted the theme of Mental Health America (the organization that developed Mental Health First Aid)—Life with Mental Illness. We encouraged consumers to share what mental illness feels like on social media and on the Mental Health America web site.

WLVB Radio

Each Wednesday in May, representatives from various LCMHS programs joined Roland Lajoie, morning host on WLVB, to talk about the services we provide to our consumers:

May 4: Children, Youth & Family Services — Kiah Palumbo & Chris Glowac May 11: Alcohol and Substance Awareness Program — Leslie Chilton

- May 18: Developmental Services Sherry Jones
- May 25: Community Cadre Sherry Marcelino

The recordings of these interviews can be found on our website at <u>http://lamoille.org/</u><u>news-events/wlvb.html</u>.



Children's Day

On May 20, the Children, Youth, and Family Services division held its fourth annual Children's Day in celebration of Mental Health Month. CYFS encouraged participation by children and adolescents of all ages by asking older adolescents to participate

in the planning and implementation of the event, creating the art activities, painting faces, and baking cupcakes to share. Twenty-five youths from age 3 to 17 attended and enjoyed making balloon animals, rock painting, face painting, basketball, and planting sunflowers. The weather was beautifully sunny, and it was an absolute joy to see kids from all programs playing together.

LCMHS provided a free Youth Mental Health First Aid Training session for several members of the public on May 14. We were able to provide this free of charge on this occasion through a Project AWARE grant from the Substance Abuse and Mental Health Services Administration of the federal government (SAMHSA). Youth Mental Health First Aid is designed to teach adults who regularly interact with young people (parents, family members, teachers, peers, etc.) how to help an adolescents (age 12-18) who are experiencing mental health or addiction challenges or who is in crisis. The course introduces common mental health challenges for

youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.



Roland Lajoie, left, and Sherry Jones, Supported Employment Coordinator



Sherry Marcelino, Community Support Manager

Youth Mental Health First Aid



Self-Advocacy Awards

ary Ellen Sudol, a service coordinator in LCMHS' Developmental Services division, was awarded the 2016 Ally of the Year award for the local Getting Acquainted Through Self-Advocacy (GATSA) group from the Green Mountain Self-Advocates organization. Marilyn Shanks was awarded the 2016 Self-Advocate of the Year.



Mary Ellen Sudol, left, Service Coordinator, and Marilyn Shanks, right.

The Ally of the Year award is given to the individual in each area who has shown the most outstanding support for Green Mountain Self-Advocates and its mission for Vermonters with developmental disabilities: to educate peers to take control over their own lives, made decisions, and speak for themselves.

The Self-Advocate of the Year Award is presented to an individual who is active in the local advocacy group, helps other self-advocates speak up for themselves, brings good ideas to his or her group, and listens to others' ideas.

GMSA presented these awards at the Voices and Choices conference held in South Burlington on May 9 and 10.

LU REASONS TO EXERXCISE FOR YOUR Mental Health 1. Reduce Stress 2. BOOST YOUR MOOD 3. Reduce Anxiety

4. IMPROVE YOUR SELF-ESTEEM

5. Increase Confidence

6. RELAX AND IMPROVE SLEEP

7. Relieve Tension

8. Keep your Mind Sharp

9. HELP MANAGE ADDICTION

10. Improve Focus and Memory

RebsGarcia.com

ASAP Grant

he Alcohol and Substance Awareness Program (ASAP), an LCMHS "public inebriate" program, recently received notice that the state funding for the program will be increased by over 40% in the next fiscal year.



LCMHS has been requesting this increase in order to continue supporting a key service. ASAP allows intoxicated individuals to stay out of incarceration

addressing both alcohol and while drug intoxication, providing assistance to those who need brief non-medical detoxification, and referring individuals for residential or intensive community treatment. ASAP has become an important partner of law enforcement in helping local residents with addiction issues. In 2010, ASAP recorded 100 one-day stays by individuals. The program has grown to provide over 200 oneday stays in our last fiscal year, and is on track to exceed that number in FY 2016 (which ends on June 30).

A Successful Zumbathon for LCMHS



CMHS held its first annual Zumbathon—and first-ever fundraiser—on April 30 at Lamoille Union High School. Ten licensed Zumba instructors volunteered their time to lead the event, and attendance was great!

We would like to extend our gratitude for the generosity and support of the following corporate sponsors and those who donated items for our silent auction and raffles:

Aubuchon Hardware Brass Lantern Inn Community Health Services of Lamoille Valley Concept 2 Copley Health Systems, Inc. El Toro Green Mountain Inn **Green Mountain Support Services** Hannaford The Head Shed The Houle Farm Keurig Green Mountain Lamoille County Players Laraway Youth & Family Services Howard A. Manosh Nick Manosh

Manufacturing Solutions, Inc. Menard's Agway & Rental **Morrisville PAB Properties** Pall Spera, Realtor Poulos Insurance Shine Communications Union Bank Wheelhouse Designs Marie Marcoux McMahon's Menard's Agway & Rental **Price Chopper** Purely Patrick Shaw's Stowe Bowl Williams and Green, P.C.

Thank you to the volunteer Zumba instructors as well. Instructors came from throughout the state and made this a fun, energetic event—we could not have done it without you!

Barbara Bluto (Alburg) Cat Manning (Burlington) Colleen O'Donnell Niering (Rutland) Erin Potvin (North Hero) Jill LeClair (Swanton) Luciana Swenson (LCMHS) Maureen Sodaro (Franklin) Meredith McGee (Morrisville) Shelby Leigh Bigelow (Cambridge) Toni Kunker (Burlington)





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LACiNg Up for Cancer Walk

ach year, a group of LCMHS employees and consumers participate in the Lamoille Area Cancer Network's LACiNg Up for Cancer Walk. This year's walk was held on June 25. The LCMHS group included our very own superhero, whose



alter ego is Monique Reil, Emergency Services Manager.

LCMHS Welcomes New CIO

n collaboration with Washington County Mental Health Services, LCMHS welcomes Sean Thomson, our new Chief Information Officer. Sean will be working with both LCMHS and WCMHS in providing executivelevel information management services to both organizations.

Sean comes to LCMHS and WCMHS from his position at the State of Vermont, Judicial Branch, where he was manager of applications, development, and business analysis. Sean will begin work with our organizations on July 5.



an Thomson CIO

Funding Increase

fter press conferences, advocacy, appearances at Mental Health Advocacy

Day, letters, personal appeals, and reporting from the Green Mountain Care Board, LCMHS and the designated agencies in Vermont were granted a 2% increase in Medicaid



reimbursement rates starting in September 2016 (which effectively means a 1.67% increase for fiscal year 2017). This is considerably less than the 3% increase the designated agency system lobbied for, but we appreciate that the legislature can recognize the importance of our work, not only to our consumers directly, but the effect it has on our communities.

Support LCMHS

LCMHS serves children, youth, families, and adults, providing treatment and supports—at home, in school, and at work. **No one is turned away, regardless of their ability to pay.** However, the need for LCMHS' services continues to grow at a rate that outpaces the state's ability to fund them.

Support from our donors is absolutely vital to ensuring that LCMHS can continue to provide lifechanging services and care to Lamoille County.

You can help by donating on our website (we accept credit cards) at **www.lamoille.org** or by sending your gift to:

LCMHS Attn: Savi Van Sluytman 72 Harrel St. Morrisville, VT 05661

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Did You Know?

ur services for school-aged children don't end when school lets out! Each summer, LCMHS hosts two therapeutic camps for children and adolescents who receive services from LCMHS. . The Redwood Program, our school-based behavior support program, operates a six-week therapeutic camp for its students. The camp provides a continued opportunity for the students to be part of a peer group and to practice appropriate peer group interactions through one-on-one instruction and support in maintaining their individual goals. They also receive opportunities to work on self-regulation skills, team building, and problem In the afternoons, students solving. attend a community outing, such as a visit to the lake, equine therapy, or bowling.

In the second camp, about 30 children will spend a fun week at our third annual Mental Health Camp. Each camper will be paired with a one-onone staff and develop specific individual goals related to their overall treatment plans. Campers will spend the mornings in structured activities aimed at teaching social skills, developing healthy relationships, and increasing their ability regulate their emotions to Afternoons will be spent in well. outings around the community to put this learning into practice. Campers will spend lots of time outside enjoying the summer weather and the natural beauty of Vermont as we swim, hike, fish, and play outdoor games. This is the first year that we will offer two sessions of Mental Health Camp, one in June and one in August, and we're very excited to see our summer programming growing!













Community Garden

he LCMHS Community Psychoeducational Service (CPS) team has been an organizing leader to help establish a community garden in the "backyard" of the adult Behavioral Health program at LCMHS. Sarah Williams (CPS Medical Coordinator), who has experience in landscaping and horticulture, led the design of the garden, while efforts by Sarah, Mimi Bernier (CPS Nurse Director), and Luciana Swenson (Executive Assistant) have resulted in a number of donated and at-cost items to help begin the garden. The project got underway on lune 3.



Sarah Williams, right, and Robert Sholan plant vegetables in a raised bed.



Things are already growing!

Gubernatorial Candidates Visit LCMHS

CMHS hosted visits by the Republican and Democratic candidates for governor at its office at 72 Harrel Street during May and July. Matt Dunne, a Democratic candidate, spoke to a group at LCMHS on May 20 and suggested, among other ideas, that the legislature should move toward need-based budgeting for the DA system, rather than the current revenue-based budgeting.

Phil Scott, Republican candidate for governor, visited LCMHS on June 16. He brought his message regarding the need for economic development in Vermont. Mr. Scott acknowledged that there are individuals we must help, and believes that economic development is the way to achieve that.

Bruce Lisman, also running as a Republican candidate, appeared at LCMHS on June 29. Mr. Lisman stressed his believe that "leadership matters," and expressed his support for mental health needs to be a priority in Vermont government.

Sue Minter, a Democratic candidate for governor, has been contacted to visit LCMHS, but we have not yet been able to schedule her visit.



Matt Dunne May 20



Phil Scott June 16





American Red Cross

Blood Drive

August 3, 2016 1:00 p.m. to 6:00 p.m.

Lamoille County Mental Health Services 72 Harrel Street Morrisville

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More on Autism . . .

Funding for Autism Treatment Joshua Britch

utism Spectrum Disorder ("ASD" or "autism") is a serious condition that affects many children and adults today. The quest to find the best treatment for ASD has had ephemeral success. The solution for autism is not only elusive but so too the political will to fund treatments for autism. In many states today, treatment for autism is still not funded properly. And, in many cases, children and adults who have autism still have to tolerate a society that is unwilling to rise to the challenge of fully including communication, academics, social skills, reading, adaptive living skills, etc. Treatments can include speech therapy, occupational therapy, physical therapy, Applied Behavioral Analysis, and other evidence-based treatments.

Applied Behavioral Analysis is considered one of the most effective forms of treatment for autism. ABA is often seen as controversial, but can be understood broadly as an approach that seeks to better understand the interaction between an

understanding their potential. This story, though a familiar one, is starting to change. This change in Vermont began with Act 127.



individual and h i s / h e r environment. Though ABA is sometimes couched in o p a q u e language, it c a n b e p r o p e r l y understood as having the

Act 127 was a

Vermont law passed in 2010 regarding payment for various treatments for those diagnosed with autism. The law required insurance companies to cover services from the time of diagnosis up to 6 years old. Though progressive at the time, the law was seen as yet another ephemeral success. The shortcoming for many advocates was that the law did not cover a lot of people with autism who needed services, specifically, autistic individuals who were beyond childhood but still needed services to live a fulfilling life. This shortcoming of Act 127 was corrected with the newer Act 158.

Act 158 was passed by the Vermont Congress and signed into law in 2012. Sponsored by Anthony Pollina and signed into law by Governor Shumlin, the law requires all health insurance, including Medicaid, to cover autism services. These services apply to all age groups and thus the law does not specifically focus solely on early intervention. The interventions that must be covered can include a host of treatments and skill development methods, fundamental goal of increasing desired behaviors while decreasing undesirable behaviors. ABA sees this approach as vital to helping a person with autism live well within their community. This goal of integration for all into our community is at the heart of LCMHS' mission.

LCMHS is opening a new ABA clinic, called Valley ABA, that offers ABA services to children with autism. Valley ABA will offer services such as ABA Therapy, Parent Training, Social Skills Group, Teacher/Staff Trainings and consultations. We will serve children 18 months to 5 years old who have been diagnosed with ASD. The clinic is run by our in-house Board Certified Behavior Analyst, Paula Reynolds. She is nationally certified in providing ABA services and will be conducting hour-long intensive interventions at Valley ABA. Those who contact our are interested should Intake Coordinator, Bryanne Castle.

GATSA Summer Pot Luck Noon, August 19 Lake Eden Recreational Area

ach year, our Developmental Services GATSA (Getting Acquainted Through Self-Advocacy) self-advocacy group hosts a Summer Pot Luck. Please bring a dish to share and join us at noon on August 19 at Lake Eden Recreation Area to learn more about how self-advocacy works and to meet some of our self-advocates. For more information, you can contact Danielle Cote, DS Service Coordinator at danielleco@lamoille.org or at 802-888-5026, ext. 144.



LCMHS at Art on Park

n Thursdays the Stowe Vibrancy group organizes and hosts Art on Park, a Summer series event in which residents and visitors shop for local artisan ware, and enjoy great food, music, and company. Each week they invite one community non-profit to participate in the event. LCMHS was invited for the June 30 event, and was represented by members of our senior

leadership team. They provided public awareness and shared information about our programs and services throughout the evening.



Kathleen Schwarz from Stowe won an LCMHS canvas tote bag by guessing there were 1,500 beans in our prize jar. The exact count was 1,626.

Funding for Autism Treatment, cont'd

New Autism Program

CMHS is excited to announce a new program called Valley ABA ("Applied Behavior Analysis"), scheduled to start in

the summer of 2016. Valley ABA is an early intervention program geared towards young children diagnosed with Autism Spectrum Disorder (ASD), and will offer a comprehensive



program focusing on early intervention and building communication and social skills using an individualized treatment plan for each child. The program will utilize evidence-based practices, such as Discrete Trail Training (DTT) and Naturalistic Environmental Teaching (NET), and will be led by Paula Reynolds, M.Ed., our board-certified Behavior Analyst. For additional information, please contact Paula at paula.reynolds@lamoille.org.

We appreciate that the Vermont legislature recognizes the importance of funding for autism treatment and of meeting the needs of those with ASD. Recently, however, the legislature reduced the amount of Medicaid payment for autism treatment, leading to concerns about whether treatment providers—at designated agencies and otherwise—will be able to continue providing their services. Funding for autism treatment is an ongoing concern for individuals with ASD, family members, treatment providers, and our community at large.

Joshua Britch is a Service Coordinator in the Developmental Services division of LCMHS. He is a graduate of St. Michael's College in Colchester, Vermont.

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Children, Youth & Family Services

CYFS Director

The CYFS director, a member of the agency's senior leadership team, is responsible for the success of the day-to-day operations of the CYFS program, and insures that the CYFS division is providing quality programs, services, and supports to children, adolescents, and families through our various programs. Must be licensed as psychotherapist or psychologist and experience with children's mental illness, as well as supervisory experience required.

Behavior Interventionist

Behavior Interventionists are responsible for one-on-one therapeutic interventions in school and community settings with schoolaged children who have developmental disabilities or emotional and/or behavioral disorders. A bachelor's degree is preferred, or high school diploma with at least 1 year of relevant experience.

Outpatient Therapist

The Outpatient Therapist provides assessment, and individual and group outpatient counseling to children, adolescents, and their families, along with some case management. The position requires strong clinical skills and working on complex teams. Must be licensed or rostered as a psychotherapist; at least I year's experience working with children with emotional and/or behavioral disorders & their families.

Access Case Manager

The Access Case Manager provides and coordinates clinical services in the office and in the community for children and families that are experiencing mental health crises. This position has a strong connection with Emergency Services. Must have a bachelor's degree, preferably in the human services field, and/or relevant experience in exchange for human services degree. Master's degree in human services preferred.

Community Skills Worker

CSWs are required to work a flexible schedule involving after school and weekend hours. Their work involves developing activities which will enhance the selfconfidence and self-esteem of the participants, using effective strategies of play, acceptance, curiosity, and empathy in working with youth where complex trauma and attachment issues are prevalent. Need at least a high school diploma or equivalent and I year experience working with children with emotional and behavioral difficulties; bachelor's degree with same experience is preferred.

School-Based Clinician (fulland part-time)

School-Based Clinicians provide a range of clinical services within a school and/or home setting. Services may include therapy, specialized rehabilitation, and a limited amount of case management. Must be licensed or rostered as a psychotherapist; at least I year's experience in providing mental health services to children and adolescents.

Behavior Support Specialist

Behavior Support Specialists support students with a mental health diagnosis and, in some cases, a developmental disability by developing and overseeing implementation of behavior support plans, collecting and presenting relevant data, and sharing clinical insight and recommendations. Responsibilities include full clinical oversight of the supports provided to assigned students. Minimum qualifications include a master's degree containing minimum course requirements for ABA certification. BCBA designation preferred.

Emergency Services

Alcohol & Substance Awareness Program Screener

The ASAP Screener works directly with clients to provide assessment, referral, and follow-up services for alcohol and substance abuse as indicated as part of LCMHS' public inebriate program.

Adult Behavioral Health

CRT Case Manager

The CRT Case Manager provides case management services to consumers with severe and persistent mental illness. Services include individual, group, couples and family therapy, case management, community support, outreach, relapse prevention, service coordination, and treatment planning. *Minimum qualifications include a bachelor's degree required; a master's degree in human services, social work, psychology is preferred.*

AOP Case Manager

The AOP Case Manager provides case management services to consumers with mild to moderately severe mental health conditions. Services may include individual, group, couples and family community based support, outreach, relapse prevention, service coordination, and treatment planning. *Minimum* qualifications include a bachelor's degree required; a master's degree in human services, social work, psychology, and a willingness to pursue substance

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use apprenticeship and/or licensing as LADC preferred.

Residential Support Staff

LCMHS has immediate openings for full-time Residential Support Staff at both our Group Home in Johnson and at Copley House in Morrisville. Our residential staff works as part of a team to maintain a caring, safe, and therapeutic environment for residents. Responsibilities may include implementation of treatment plans, daily log notes, cooking, and shopping.

Substitute Support Staff

LCMHS is looking for individuals to work on an on-call, as-needed basis in supporting our consumers in the community and at our residential facilities.

Medical Director

The Medical Director provides psychiatric services to identified consumers of LCMHS, and maintains medical responsibility for LCMHS consumers. He or she will also regularly provide case and program consultation and review individual treatment plans in accordance with state, federal and agency regulations. *Minimum Qualifications: MD and licensing in the state of Vermont; board certification in psychiatry.*

Developmental Services

Lead Community Integration Specialist

The Lead CIS is responsible for training and mentoring CIS. He or she also provides support and services to persons with developmental disabilities, based on the consumer's need for support in the community, in employment, and/ or in their home. This position requires a rotation of evening and weekend hours and a flexible schedule. At least I year of experience as a CIS in the LCMHS Developmental Services division required.

IVY Program Manager

The Intervention Venues for Youth Program Manager (IVY) directs and coordinates this program designed for youth 3-22 years old with developmental and mental health diagnoses. The incumbent performs case management duties, writes home support plans; trains staff and families on support plans; and supervises staff. Requires a master's degree in human services field and relevant experience.

In-home Support Staff

The in-home support staff is responsible for one-on-one supports in a home working with a child on daily living skills while also engaging him in different activities. We are currently looking for 1 or 2staff who would be interested in working Monday through Friday, 7 a.m. to 8:15 a.m. and/or 3 p.m. to 5 p.m. The agency provides ongoing training and supports.

Service Coordinator

DS Service Coordinators are responsible for providing strategic therapeutic individual plans of care and services to individuals with developmental disabilities and their families and/or guardians to promote self-directed, productive lives within the home and community. Must have at least a bachelor's degree and at least I year's experience in developmental disability services.

Registered Nurse

The Developmental Services RN is responsible for ensuring that the state health and wellness guidelines are followed and maintained for all DS consumers. The incumbent in this position is also responsible for oversight activities such as chart audits, verification of medical procedures, and training for staff and home providers. Must be licensed in the State of Vermont as a registered nurse and have at least 2 years' experience.



Please send your resume & cover letter to jobs@lamoille.org

Number of children in the U.S. with one or more developmental disabilities

> Centers for Disease Control & Prevention

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LAMOILLE COUNTY MENTAL HEALTH SERVICES

Board of Directors

Beverly Allen Nancy Durand Ted Lambert Mary Anne Lewis Sharon Menard Fred Ober Chip Troiano Francinne Valcour David Vinick

Mental Health First Aid Class FREE!

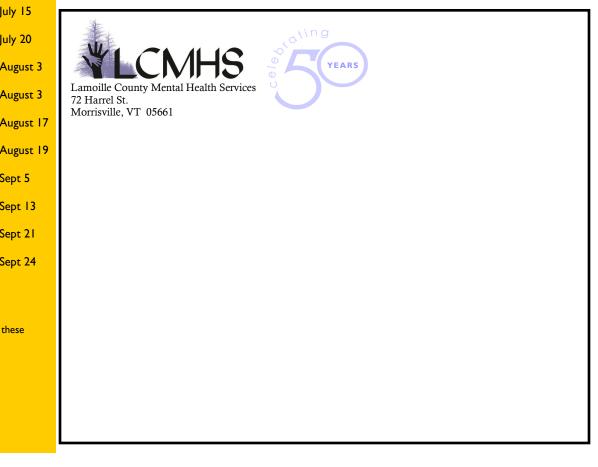


September 13, 2016 8:00 a.m.

ental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders. LCMHS is once again offering MHFA, taught by certified instructors, at our offices at 72 Harrel Street in Morrisville at no charge to you! If you would like to attend or need additional information, please contact Luciana Swenson at luciana.swenson@lamoille.org.

Academic Honors for LCMHS Staff

ristan McNamara, LCMHS School-Based Clinician Manager, recently received his doctorate degree in education and was additionally awarded the Susan Brody Hasazi Doctoral Dissertation Award from the University of Vermont, which is presented to the individual whose dissertation best demonstrates the legacy of scholarship and educational leadership pioneered by Dr. Hasazi.



Upcoming Events

*Independence Day	July 4
*Staff Development Day	July 15
Board Meeting	July 20
Red Cross Blood Drive	August 3
LCMHS Open House	August 3
Board Meeting	August 17
GATSA Pot Luck	August 19
[*] Labor Day	Sept 5
Mental Health First Aid	Sept 13
Board Meeting	Sept 21
NAMI Walk	Sept 24

*The Agency is closed on these days.