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

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

May 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 http://lamoille.org/news-events/wlvb.html.

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.

Youth Mental Health First Aid

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 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.
Self-Advocacy Awards

Mary 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.

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.

ASAP Grant

The 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 while addressing both alcohol and 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 one-day stays in our last fiscal year, and is on track to exceed that number in FY 2016 (which ends on June 30).
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)
Funding Increase

After 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 life-changing 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

LCMHS Welcomes New CIO

In 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 executive-level 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.

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LACiNg Up for Cancer Walk

Each 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.

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Did You Know?

Our 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 solving. In the afternoons, students 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-on-one 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 to regulate their emotions well. Afternoons will be spent in 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

The 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 June 3.
Gubernatorial Candidates Visit LCMHS

LCMHS 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.

Open House

Wednesday
August 3, 2016
4:00 p.m. to 7:00 p.m.
72 Harrel Street
Morrisville

Food Music Silent Auction
Office Tours Games

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
**More on Autism . . .**

### Funding for Autism Treatment

**Joshua Britch**

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

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, 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 individual and his/her environment. Though ABA is sometimes couched in opaque language, it can be properly understood as having the 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 are interested should contact our Intake Coordinator, Bryanne Castle.

cont’d, p.9
**New Autism Program**

LCMHS 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.

**Funding for Autism Treatment, cont’d**

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.
**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 self-confidence 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 1 year experience working with children with emotional and behavioral difficulties; bachelor’s degree with same experience is preferred.

**School-Based Clinician (full- and 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 1 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
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 1 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 2 staff 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 1 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.

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

Centers for Disease Control & Prevention
Mental Health First Aid Class FREE!

Mental 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

Tristan 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.