Message from the Executive Director and Board Co-Presidents

We are drawn to the fact that early in life we were taught to learn this lesson: look both ways. For safety sake, look to the right and to the left, look ahead and behind. Another way to describe this perspective is to look back in memory, and look forward in hope. Our memory reminds us that CSAC has always been about people and about community. In life, sometimes we get to be the helper and sometimes we are grateful for help. In effect, we are a bridge of people coming together and helping each other grow, learn, and cope.

Len Rowell
Ingrid Pixley
Bob Thorn

Looking ahead, the pace of change is accelerating and we must ride the wave but also steer the boat as we sustain and enhance existing services, learn from the people we serve, adapt new practices and discover more effective ways to serve our communities. Without doubt there are challenges ahead but this does not dampen our enthusiasm as we look to build on our current initiatives and accomplishments of the past.

Accomplishments

- Enhancement of Community Partner Relationships – forging new and enhancing existing relationships that increase/improve access to services, e.g. Porter Nursing Home, local law enforcement, Middlebury College, Addison County Home Health and Hospice
- Successful integration with Vermont’s healthcare initiatives
- Adult Community Enhancements – increased services to provide flexible case management and crisis support, intensive day treatment, furthering wellness, recovery groups and peer services
- Development of “The Cottage,” a short term residential support program for adults coping with mental health crises
- Participant in Support and Services at Home (SASH) to begin to implement comprehensive elder services
- Integrated Family Services (IFS) – Vermont’s pilot site in development and implementation of a new funding and service model for youth & family services
- Expansion of existing eldercare to incorporate comprehensive services into community care systems, including new opportunities for psychiatric consultation
- Began to receive Medicaid incentive payments for implementing Electronic Health Records
- Awarded Governor’s Worksite Wellness GOLD Award which recognizes CSAC’s efforts to support employees in making healthy choices
- Contract with Middlebury College – reportedly the oldest in the US – over 30 years

Mental Health Services

Adults: both short- and long-term mental health and substance abuse services to adults. Based on eligibility, these services can include:
- Individual and group psychotherapy
- Assessments and consultations
- Flexible case management and support
- Eldercare – home-based social service & clinical supports
- Psychiatric
- Wellness and recovery day programs
- Residential services
- Residentially based short term crisis supports
- Intensive outpatient
- Peer support & services
- Employee Assistance Program (EAP)
- Vocational Rehabilitation
- Supported Employment Services

Children and Families: birth to 22 with social, emotional, behavioral and developmental needs with a variety of services and interagency collaboration in a range of home, community, office and school based settings:
- Therapy
- Case management
- Assessments
- Life skills development
- Parenting supports
- Substance abuse treatment
- Adventure-based & youth employment programs
- Intensive supports for youth in schools
- Access Team that provides crisis response for children and their families during the week. Our clinicians provide support to communities and schools in the aftermath of critical incidents and tragedies.

Developmental Services

Provides services to individuals with developmental disabilities and their families such as:
- Employment opportunities & training
- Community involvement
- Residential supports
- Personal care
- Service coordination
- Respite

The Emergency/Crisis Services

are offered 7 days a week, 24 hours a day for residents of Addison County experiencing a mental health crisis such as depression, acute anxiety, suicidal or homicidal behavior, family problems, mental illness or alcohol/drug emergencies. Callers are assisted in resolving the immediate crisis and in making plans for follow-up services if needed.
LOCATIONS
Administrative Offices
109 Catamount Park, Middlebury, VT 05753
(802) 388-6751

Adult Mental Health, Emergency, Psychiatric
and Substance Abuse Services
89 Main Street, Middlebury, VT 05753
(802) 388-6751

Evergreen House
17 Court Street, Middlebury, VT 05753
(802) 388-3468

Addison County Employment Services
89 Main Street, Middlebury, VT 05753
(802) 388-8185

Community Associates
109 Catamount Park, Middlebury, VT 05753
(802) 388-4021

Employment Associates
109 Catamount Park, Middlebury, VT 05753
(802) 388-3488

Youth & Family Services
67 Catamount Park, Middlebury, VT 05753
(802) 388-6751

Bristol Office
25 Mountain View Lane, Bristol, VT 05443
(802) 388-6751

Emergency/Crisis 24 hour hotline
(802) 388-7641

ACCESSIBILITY POLICY
Auxiliary aid and reasonable accommodations will be
made upon request to insure that all benefits, services,
and activities of CSAC are fully accessible to all
individuals.

www.csac-vt.org

Service Hours Provided in Addison
County Towns:

<table>
<thead>
<tr>
<th>Town</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addison</td>
<td>32,823</td>
</tr>
<tr>
<td>Bridport</td>
<td>21,764</td>
</tr>
<tr>
<td>Bristol</td>
<td>11,129</td>
</tr>
<tr>
<td>Cornwall</td>
<td>404</td>
</tr>
<tr>
<td>Ferrisburgh</td>
<td>21,243</td>
</tr>
<tr>
<td>Goshen</td>
<td>7,777</td>
</tr>
<tr>
<td>Hancock</td>
<td>8,503</td>
</tr>
<tr>
<td>Leicester</td>
<td>33,722</td>
</tr>
<tr>
<td>Lincoln</td>
<td>5,528</td>
</tr>
<tr>
<td>Middlebury</td>
<td>328,570</td>
</tr>
<tr>
<td>Monkton</td>
<td>566</td>
</tr>
<tr>
<td>New Haven</td>
<td>28,864</td>
</tr>
<tr>
<td>Orwell</td>
<td>22,407</td>
</tr>
<tr>
<td>Panton</td>
<td>21,723</td>
</tr>
<tr>
<td>Ripton</td>
<td>8,100</td>
</tr>
<tr>
<td>Salisbury</td>
<td>52,806</td>
</tr>
<tr>
<td>Shoreham</td>
<td>28,442</td>
</tr>
<tr>
<td>Starksboro</td>
<td>29,699</td>
</tr>
<tr>
<td>Vergennes</td>
<td>76,905</td>
</tr>
<tr>
<td>Waltham</td>
<td>5,834</td>
</tr>
<tr>
<td>Weybridge</td>
<td>7,312</td>
</tr>
<tr>
<td>Whiting</td>
<td>11,634</td>
</tr>
</tbody>
</table>

Addison County 865,355
Others 93,892
Total Service Hours: 959,247

The Counseling Service of Addison County
is committed to promoting stable and safe
communities by helping people live
emotionally healthy and satisfying lives.
We strive to provide the best mental health,
substance abuse, and developmental services
to improve the quality of life for all commu-
nity members. We work collaboratively with
community organizations to help individuals
and families achieve maximum wellness.

CSAC Board of Directors
2011 ~ 2012
Ingrid Pixley, Co-President
Leonard Rowell, Co-President
Junius Calitri, Vice President
Joanne Scott, Treasurer
Penny Battison  David Hallam
Michael Furey        Ted Tighe
Gary Margolis  Cheryl Mitchell
Kitty Oxholm     M. Beth Davis
Caryn Etherington  Lewis Holmes