

Frequently Asked Questions – By Families

Q. What is Partners for Access?

A. Partners for Access is a resource for families seeking therapy or counseling for children and parents in Chittenden County. A Community Access Specialist is available to guide families seeking therapy to available providers in Chittenden County that fit with the families' desired criteria. When an available match cannot be immediately found, the Community Access Specialist will support families through the waiting period and be available to offer additional supports.

Q. What if there aren't any openings for therapists that meet my needs (available providers don't take my insurance, they don't have openings after school/work hours, etc.)?

A. The Community Access Specialist will stay engaged with families until they find an appropriate provider by offering information on other community resources and continuing to outreach to potential providers to check on availability.

Q. Is there a cost to participate?

A. Participation is free to both families and providers.

Q. I can't find an opening for a therapist, what do I do?

A. See Below

- Make sure you are on multiple waitlists – ask PFA for help!
- Ask your insurance company for a list of in-network providers to see if there are any that haven't yet been reached
- Provide extra support and care to your child – this may mean being extra patient or nurturing while they continue to struggle
- Actively practice self-care – take extra good care of yourself and remember that it is okay to ask for help
- Use natural supports including friends, neighbors, colleagues, a faith community, etc. for extra help – keeping you company, helping with meals, spending extra time with your child/family. This is the time to use these supports and you would do the same for them!
- Make an appointment with your pediatrician – they will have perspective/insight about what is going on and may have other resources to connect you with
- Talk to your child's school counselor – it is important for the counselor to know what is going on even if it feels private. They may be able to do extra check ins or have other resources to connect you with
- Connect to a support group/parenting support – there are a number of local supports for parents/families – Vermont Family Network, Vermont Federation of Children and Families, NAMI – online communities (but don't get too caught up with Internet research), 211, Help Me Grow
- Know the signs of a crisis – if you have immediate safety concerns call First Call for Chittenden County 24/7 at 488-7777, call 9-1-1 or go to your nearest emergency room.
- Ask your pediatrician if they have short-term therapy, case management, or a social worker who can help
- Your employer may have brief therapy called and Employment Assistance Program or EAP; this is available to the employee and the family
- COVID Support VT –emotional support and a listening ear at <https://covidsupportvt.org/get-support/>



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