## FY22 Annual Impact and Outcomes Report

JULY 1, 2021-JUNE 30, 2022 | PLUS 2022 AGENCY HIGHLIGHTS







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#### **Thank You Board, Council, and Staff Members**





We thank outgoing board member **Christina DeGraff-Murphy** (left) and welcome new board member **Amanda Peden** (right).

We thank retiring Chief Client Services Officer **Catherine Simonson** (left) and welcome new Chief Client Services Officer **Beth Holden** (right).





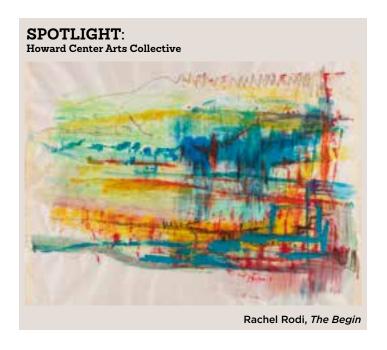
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A network of Howard Center supporters and friends

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Cover art by Howard Center Arts Collective Artist Sherridan Rose, Neighbors.



Dear Friends,

It is a privilege to present our FY22 Annual Report and to demonstrate just how embedded Howard Center is in the community, and how directly we serve those dealing with tremendously difficult circumstances.





Every day our Street Outreach and Community Outreach Teams help people with mental health, substance use, or other needs connect with services, often in coordination with state and local first responders. Meanwhile, our First Call for Chittenden County crisis line staff are answering calls 24/7/365, dispatching clinicians directly to people's homes when necessary.

These critical community programs and many of our other lifesaving services are currently facing challenges due, in part, to dire workforce shortages. The dramatically higher numbers of people needing help as the pandemic unfolded have not subsided. Despite the added strain, our frontline staff continue to provide counseling, treatment, therapeutic education, residential services, and other supports to about 19,000 neighbors annually. In the face of these complex challenges, we have been privileged to share in so many clients' stability, growth, and recovery.

As we work to provide our 50+ programs with proper staffing and support, we are regularly impressed with the compassionate care provided by our talented staff. Throughout these pages, you will see original art created by the many gifted members of our Howard Center Arts Collective, who are every day generously sharing their art and stories of recovery with our community. This group hosted several events this year, tackling a variety of subjects, including mental health, substance use, disability, and eugenics. The Arts Collective exemplifies the resilience found in so many of our clients at Howard Center.

We continue to be reassured by the hundreds of caring Howard Center clinicians, peer support workers, teachers, counselors, nurses, and others out in the community helping people every day. Their work is supported by hundreds of generous contributors and partners who join us in ensuring **Help is here**.

We hope you enjoy reading about a few of our many programs that serve the community.

Regards,



Bob Bick, CEO

Meg H. O'Donnell, Board President

#### In Memorium

Our hearts are with those we lost this year.

#### SPOTLIGHT: Howard Center Arts Collective



Adam Forguites, Breaking the Curse of 23rd Street

#### **OUR MISSION**

We help people and communities thrive by providing supports and services to address mental health, substance use, and developmental needs.

#### **OUR VISION**

Howard Center is a national leader in the delivery of integrated and seamless community-based supports for individuals, families, and communities in need.

Help is here.

#### **OUR VALUES**

- Clients are at the heart of our decision making.
- We are committed to individual and collective well-being and success.
- We are responsible stewards of the resources entrusted to us.
- We are steadfast in our practice and pursuit of excellence.

#### **About Howard Center**

Howard Center has a long and rich history as a trusted provider in the community.

With a legacy spanning 157 years, we provide progressive, compassionate and inclusive, high-quality care and supports to those in need.

We offer an array of exemplary mental health, substance use, and developmental services across the lifespan. Our annual conference, numerous professional trainings, and free public education events help to improve care, inform our community, and decrease stigma.

#### People helped by service



5,338 in Outpatient Services



1,895 in Medication-Assisted Treatment



1,813 in School-Based Services



2,197 in Community-Based Support



4,384 in Crisis Services



929 in Residential Services



473 in Employment Programs



3,424 in Multiple Services

#### **Howard Center by the numbers**



Individuals helped in FY22	19,513 *
Total new clients in FY22	3,024
Howard Center locations	60+
Howard Center employees	1,600
When we provide service	24/7/365

These numbers include 11,513 clients and thousands of others who receive support and services without officially enrolling as clients.

Who We Help — By Age**		
Ages 0 - 5	410	4%
Ages 6 - 12	1,300	11%
Ages 13 - 17	1,510	13%
Ages 18 - 25	1,519	13%
Ages 26 - 64	6,024	<b>52</b> %
Ages 65 and over	608	5%
Age unknown	142	1%

<sup>\*\*</sup> Numbers are rounded to illustrate categories more simply.

#### **Services By Category**

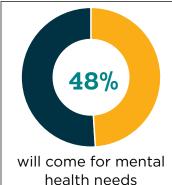
**Community Support • Criminal Justice • Crisis** 

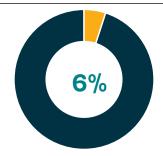
**Services • Educational Services • Employment** 

**Support Services • Outpatient Services •** 

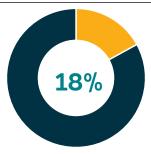
**Residential Services • Substance Use Services** 

#### Who We Help

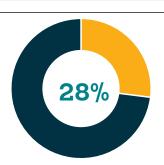




will come for developmental disabilities and autism



will come for substance use treatment



will have multiple needs

Our percentage of Developmental Services (DS) appears low in this illustration, but DS provided 263,454 of the total 762,967 services provided, or roughly 34% of all services.

#### Client satisfaction is our top priority. Here's what our clients have to say:



The services I received were right for me.



My quality of life improved.



The services I received made a difference.



The services provided by phone/video were as effective as in-person services.



The services provided during COVID were helpful.



Staff treated me with respect.



I received the help that I needed.

Total hours of service provided

12,080,310

Total number of services provided

762,967

# Other measured indicators of health and wellness

**58**% of clients were rated "improved" at discharge from Howard Center services.

**64**% of clients were offered a face-to-face appointment within five days of initial contact.

**58**% of clients were seen for treatment within 14 days following their assessment.

69% of new clients were screened for depression.

84% of new clients were screened for substance use problems.

99% of new clients were screened for domestic violence.

93% of new clients were screened for trauma history.

96% of clients were housed.

#### **Outreach to our community**

A common theme throughout Howard Center's 157-year history is its ability to respond to the emerging needs of the community we serve. Howard Center's Outreach Programs are one of the efforts that help the organization to provide services to people when they most need them, while eliminating barriers to accessing services, such as transportation or childcare.

Programs such as the Street Outreach Program, the Community Outreach Program, First Call for Chittenden County, and the newly created Safe Recovery Mobile Outreach and Family Crisis Response teams work with local communities and first responders and medical, law, and service professionals to help individuals and families in crisis.

In addition, the crisis teams work proactively to address increasing public health concerns surrounding social service needs, such as housing, substance use, community safety, and mental health crisis throughout Chittenden County.

Our aim is to provide people with immediate access to help when they need it. Often, this is the first step to creating a long-term relationship with an individual or family and opens the door for connection to additional ongoing supports.

#### SPOTLIGHT:

Howard Center Arts Collective



Rafad Amjed, The Journey to Peace

#### **Cultural Liaison Highlight**

When 16-year-old Keisho and his family arrived in Burlington,
Vermont, from Bhutan, they
were grieving the loss of many family members, friends—
and the community they had left behind. They had already experienced more trauma than many experience in a lifetime.
Now they faced the challenge of creating a new life in an unknown culture. The family reached out to Howard Center for mental health counseling and support.

To protect client confidentiality, the descriptions included here represent a composite of clients.

Counselors in Howard Center's new Cultural Liaison service helped Keisho and his family understand and access Howard Center services.

"Thank you for your support. It has been so helpful for my family."

- A parent





#### Mobile Syringe Exchange Outreach

This year, Howard Center launched a mobile syringe exchange program to serve individuals—primarily in rural Franklin and Grand Isle Counties—who are unable to make it to a brick-and-mortar site for treatment and counseling. The project is funded through a grant from the federal Substance Abuse and Mental Health Services Administration. Mobile services allow people to receive treatment in their own community and help remove health, mental health, behavioral issues, childcare, or transportation barriers. The van will be based at Howard Center's Safe Recovery Program and will offer Narcan overdose reversal medication and training, sterile injection supplies to prevent infection, HIV and Hepatitis C testing, fentanyl test strips, and referrals to treatment.



#### **Cultural Liaison Team**

Our cultural liaison staff, part of Howard Center's Access and Intake team, aim to build connections with our refugee, resettled, and immigrant communities to support access to, and information about, mental health, substance use, and developmental services. Because these staff are also from the resettled and immigrant communities, their shared experience helps them to support individuals and their families.

The cultural liaison staff offer education about available services by explaining concepts and clarifying professional language that may be unfamiliar. They support community members while they are seeking and receiving services. Cultural liaisons are not interpreters, but they help to coordinate interpretation services. The team works closely with the Association for Africans Living in Vermont, the Family Room, Connecting Cultures, the U.S. Committee for Refugees and Immigrants, ONE Spectrum Youth Center, the Somali Bantu/Somali Association, Burlington School District liaisons, and other local cultural communities. We will continue to develop partnerships to serve the community. To learn more about how the cultural liaison team can help, please call 802-488-6000.



#### Mobile Outreach Highlight

Rosie, a 29-year-old single parent of a six-year-old son, Jamie, is in recovery from opioid use and receives regular support from Howard Center's Safe Recovery. Since she began her recovery three years ago, she has struggled with transportation and childcare challenges that interfere with her ability to travel to the nearest clinic, nearly 40 minutes away from her home in rural Franklin County, Vermont. Thanks to Howard Center's Mobile Outreach van, Rosie's transportation and childcare barriers have been eliminated. In addition, she is now able to work a part-time job as she continues on her road to recovery.

To protect client confidentiality, the descriptions included here represent a composite of clients.

"Recovery means the chance to realize my potential, work hard to achieve my goals, and to keep growing as a person. Where I am today is a place I never dreamed I could get to, and I couldn't be more grateful to be a person in recovery. I really believe it is a gift, and it has helped me to see and appreciate life in a very different way than I think most people do."

- A client

SPOTLIGHT: Howard Center Arts Collective



Jacob Weber, Shattered Fragility: A Portrait of Henry F. Perkins (1877 - 1956)

#### LTSS Program Highlight

Ginny has received support from Howard Center Developmental Services since she was a young child in elementary school. She is

always lived with her parents, she dreamed of having her own apartment and getting a job. Because of the support she received from LTSS, Ginny has gained life skills that have helped her become more independent. With Howard Center's assistance, Ginny was able to find a safe and appropriate apartment—on the bus line—and a part-time job

now 27, and although she has

at a local supermarket. In addition, she volunteers once a week at her local church.

To protect client confidentiality, the descriptions included here represent a composite of clients.

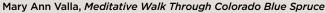
"Safety Connection is good for me because I find there is someone I can talk to at night if I need them. They are always ready to help me."

— A Safety Connection participant

#### SPOTLIGHT:

**Howard Center Arts Collective** 







#### **Long-Term Services and Supports**

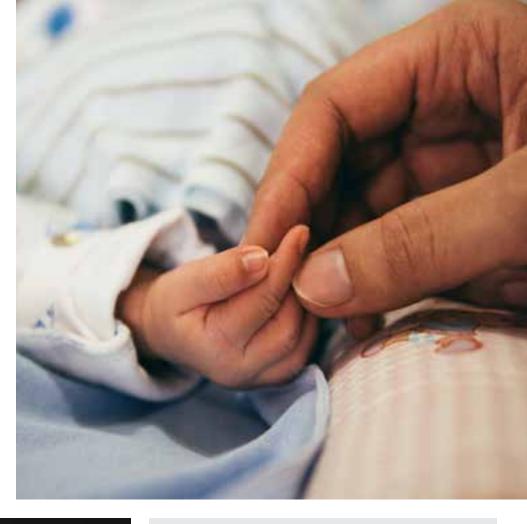
Howard Center's Long-Term Services and Supports (LTSS) serves individuals with a developmental disability or a mental health challenge. The program provides ongoing, long-term support and treatment to help people live in the most supportive setting in the community and to foster increased independence. Most receive ongoing individualized support to help them attain their goals. Services may include case management, employment, community, clinical, crisis, and residential services. Typically, the type of support changes throughout an individual's life as needs and situations in their life change. For example, as individuals age, they may require higher levels of support to prevent hospital and nursing home care.

To ensure clients are receiving the support they need, LTSS coordinates with nearly every other Howard Center program and dozens of community organizations, including those that focus on housing, like Burlington Housing Authority, Cathedral Square, and Champlain Housing Trust.

# Perinatal Support Services

Howard Center's Perinatal Support Services offer support for individuals and families experiencing perinatal mood and anxiety disorders, including depression, anxiety, panic attacks, obsessive compulsive disorder, posttraumatic stress disorder, and in rare instances, postpartum psychosis. Services include assessment, education, in-home support, and office-based or telehealth therapy. Perinatal is defined as the period between pregnancy and postpartum, one year following birth.

Howard Center and its Early Childhood Program and Perinatal Support Services hosted a foundational training in September for professionals serving pregnant, birthing, and postpartum families.





#### **When Survivors Give Birth**

with Selena Shelley, MA, LMHC, CD, LCCE

September 22, 2022 | 8:30am-4:30pm

Washington-based Selena Shelley shared her expertise in working with parenting trauma survivors with our provider community. Shelley is an adjunct faculty in the midwifery department at Bastyr University and an approved trainer for *When Survivors Give Birth* workshops.

The free, two-day virtual training provided hundreds of nurses, doulas, midwives, social workers, doctors, psychotherapists, childbirth educators, and others with the resources to better serve their clients/patients, many of whom may not disclose a history of sexual abuse.

"This was an excellent training and Selena did an amazing job with presenting information, balancing potentially triggering topics and being mindful of the heaviness of this topic."

A training attendee

#### 2021-22 Event Highlights

#### **Spring Conference**

Last April, Howard Center hosted over 500 attendees at its fifth annual conference, *Vision, Visionaries and Voices*. The virtual event featured international speakers Mary Bassett, Anita Hill, Byron Katie, Ethan Nadelmann, and Tara Westover. The conference tackled subjects pertaining to mental health, such as confronting stigma, improving access to support, continuing advocacy, and advancing policy.

SAVE THE DATE for this year's Spring Conference, Breaking Barriers: Finding Purpose and Possibilities Together, on April 19 at the Doubletree by Hilton Hotel Burlington.



#### SPOTLIGHT: Howard Center Arts Collective



Amjed Jumaa, Saint Man of Peace



#### **World Mental Health Day**

Howard Center connected with the global world mental health movement and hosted its second annual recognition of World Mental Health Day in October.

The free, virtual series offered sessions on resilience, good beginnings, compassion fatigue, and included a conversation with best-selling author Ashley C. Ford.

Thanks to our supporters and sponsors, we raised over \$50,000 to support services to our community.





all Zoom webinars

802-488-6912

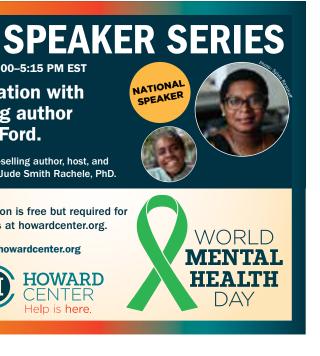




#### Zoe's Race

After a two-year hiatus for the pandemic, our 12th annual Zoe's Race returned to raise funds for local individuals and families who need support to make their homes accessible. 225 participants gathered in Oakledge Park for 1K, 5K, and 10K races along the Burlington bike path. The races were followed by live music, great food, and awards. Zoe's Race raised over \$50,000 to help make homes accessible.

SAVE THE DATE for the 2023 Zoe's Race: August 27.



# THE MARNA AND STEPHEN WISE TULIN COMMUNITY EDUCATION SERIES FREE AND OPEN TO THE PUBLIC

# Marna and Stephen Wise Tulin Community Education Series

Each spring and fall, Howard Center's Community Education Series presents expertise and dialogue on important and timely issues, bringing together presenters with diverse perspectives.

Participants gathered virtually in March to engage in discussions on problem gambling, cyberbullying, and how to make Vermont more welcoming and inclusive for our diverse community.

"The Upstanders film was moving and informative—even hopeful. The panelists really added from their professional and personal experiences. I felt more aware of the issues involved in cyberbullying and inspired for the future work that can be done to help."

- An attendee



#### **Howard Center School Programs**

At the core of Howard Center's school programs is the recognition that not all students are alike. Students come from different backgrounds, enjoy different interests, and have different learning styles and needs. The professional educators and clinicians focus on each student's unique strengths and goals to help remove barriers to learning and to create a positive educational experience.

Howard Center partners with all schools throughout Chittenden County to support students in need of specialized emotional and behavioral treatment and education. These interventions help students improve their social skills, academic learning, and overall functioning all critical for future life success. Interventions include:

- School based clinicians who provide individual, family, and school-wide supports
- Individualized student supports that are provided in a 1:1 model in public schools and community settings
- Four licensed, independent schools

By focusing on individual student strengths in a supportive and welcoming environment, educators and clinicians help students develop skills and behaviors that they can use to overcome present and future challenges.

#### **Autism Spectrum Program**

#### WHO WE HELP

Children and youth ages 2-22 with an autism spectrum disorder

#### **HOW WE HELP**

The Autism Spectrum Program provides intensive, specialized instructional and behavioral treatment and support in home, school, and community settings. Interventions target the teaching of essential social communication, adaptive behavior, daily living, and functional learning skills.

Because of ASP, students were able to maintain independence within the public-school setting.

A school partner

### Artwork by students from Fay Honey Knopp School.





James, age 17



#### **School Services**

#### **WHO WE HELP**

Students in grades K-12

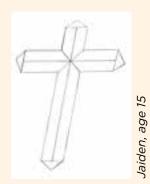
#### **HOW WE HELP**

The School Services Program provides social work services and therapeutic interventions for children and families, through the public schools, to address a range of needs that impact healthy development and school success.

The help and support they give me and others—it's a community of people that help me feel safe in their office. I went there when I was at my lowest, and the way they treat others like an actual person is great.

A student







#### **INCLUSION Program**

#### **WHO WE HELP**

Students in grades K-9

#### **HOW WE HELP**

The INCLUSION Program partners with public school staff to develop and manage all aspects of the behavioral and therapeutic elements of a student's educational program, within the regular education environment and community-based tutorial services.

These programs have been essential to my family's well-being. We are incredibly grateful.

A caregiver



#### **Baird School Highlight**

Adam was referred from his home school district to the Baird School when he was in the third grade. His behavioral challenges made it difficult for him to focus on learning, and he was struggling with learning to read. At Baird School, he received the individualized attention he needed, and he learned how to control his behavior—in school and at home. When he

returned to his home school district in the fifth grade, he was reading at grade level and had gained new skills to help him succeed in school.

To protect client confidentiality, the descriptions included here represent a composite of clients.

The Baird School changed my son's perspective on school. He was traumatized by public school. Now he loves school and his Baird family!!!

- A caregiver



#### **Baird School**

#### **WHO WE HELP**

Students in grades K-8

#### **HOW WE HELP**

Baird School offers multifaceted academic, social, emotional, and behavioral programming to help students develop skills and strategies to improve successful functioning at school, at home, and in their communities.

#### **Centerpoint School**

#### **WHO WE HELP**

Students in grades 7-12

#### **HOW WE HELP**

Centerpoint School provides educational supports and programs to teens and young adults with emotional, behavioral, mental health needs, and/or substance use disorders. Centerpoint is a collaboration of three agencies: Howard Center, Northeastern Family Institute, and Matrix Health Systems.

# Fay Honey Knopp School (Park Street Program)

#### **WHO WE HELP**

Adolescent males ages 12-17 with sexual-harming behaviors

#### **HOW WE HELP**

The Fay Honey Knopp School provides education and therapeutic supports for residents of the Park Street Program. This residential treatment center serves young men with sexual-harming behaviors, with the goal of reintegration into the most supportive environment for successful community living.

#### **Jean Garvin School**

#### WHO WE HELP

Students in grades 7-12

#### **HOW WE HELP**

Jean Garvin School provides intensive special education and therapeutic interventions to help students succeed in school, home, and the community.

#### **Community Partnerships**

Howard Center staff partnered with the Vermont Old Cemetery Association (VOCA) to complete a restoration at Lakeview Cemetery in Burlington. The project included restoring and resetting the gravestone markers of children who lived at the Home for Destitute Children in the late 1800s, a forerunner to Howard Center today. The gravestone markers in the cemetery plot were donated in part by Louisa Howard, a generous, early benefactor of Howard Center in the 1800s.

A combined group of a dozen volunteers from Howard Center and VOCA completed the restoration. Several local community members stopped by the restoration, some with family members who had lived at the Home, and some who had other interests, like Dr. Meghan Cope, a Professor of Geography at the University of Vermont. As part of her *Mapping American Childhoods* project, Dr Cope's research team has transcribed and cataloged logbook information for over 1,700 children who lived at the Home for Destitute Children from 1899-1941. For more information: https://blog.uvm.edu/mcope-childhoods/home-for-destitute-children/

"Our members are so pleased to be able to work with Howard Center to complete this restoration. It's always an honor to do this work and especially meaningful to revitalize children's memorials."

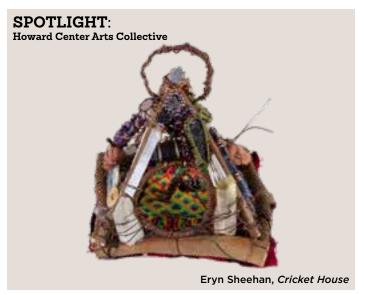
- Tom Giffin, VOCA President











#### **Howard Center Arts Collective**

The Howard Center Arts Collective works collaboratively to ensure that there are opportunities for artists with lived experience to connect, create, and exhibit work. We strive to create a supportive, non-hierarchical community that fosters mutuality, creative expression, and empowerment. We value the transformative power of the creative process on a personal, social, and systemic level, and we acknowledge that we are stronger when everyone has a voice.

#### **FLETCHER FREE LIBRARY**

Artists from the Howard Center Arts Collective proudly presented their work for the 2022 Summer Show at the Fletcher Free Library. The monthlong exhibit invited visitors to view the artwork through the windows of the reading room, day or night.

#### **CONNECTIONS**

Arts Collective artists painted 13 used mailboxes—submitted by the community—each in their own unique style and color palette. The mailboxes

sit on swiveling painted posts at 300 Flynn Avenue next to colorful benches, inviting visitors to sit and reflect on how we make connections in the 21st century. The exhibit was unveiled at a reception during the Burlington South End Art Hop and will be on display through August 2024.

#### **CALL & RESPONSE**

Howard Center Arts Collective exhibit, Call & Response, was presented at the Fleming Museum of Art from October to December 2022. In a unique monthslong collaboration with the Fleming Museum, the exhibit was the first time the Arts Collective has embarked on this collaborative approach to creating and exhibiting artwork.

Call & Response featured artwork created by 15 artists. Each artist selected a piece from the Fleming Museum online archives, viewed and discussed their selections in-person with other artists and museum staff, and responded with reimagined creations. The exhibit portrayed personal and political interpretations of the artists, including commentary on Vermont's involvement in the eugenics movement regarding race, mental health, and disabilities. Visit howardcenter.org for more information or to see the video about the collaboration.

#### SPOTLIGHT:

**Howard Center Arts Collective** 



Thomas G. Stetson, Progression of Modern Medicine





# Diversity, Equity, and Inclusion (DEI) Initiatives

In 2022, Howard Center initiated the next step in its diversity, equity, and inclusion efforts by establishing the new position of Director of Diversity, Equity, and Inclusion (DEI). The director will lead our efforts to ensure a welcoming, inclusive, equitable, and diverse environment at Howard Center for our staff, the people we serve, our partners, and the community. This is a particularly important step at this time as the organization continues to serve more individuals and families across backgrounds and cultural experiences.

Catarina Campbell, M.Ed., was hired as the agency's first DEI director. With degrees from Middlebury College and the University of Vermont, Campbell comes to Howard Center from the University of Vermont's Women and Gender Equity Center. Catarina's positive and focused efforts will help direct the organization's goal of expanding racial justice initiatives and diversity, equity, and inclusion.

"I have deep admiration and respect for each person connected to Howard Center. The work done here requires so much commitment and compassion. I am excited for us to co-create a community culture where all can belong and thrive."

— Catarina Campbell

The Diversity, Equity, and Inclusion Team has made significant progress this year, with a range of initiatives underway to promote education and culture change within the organization. One highlight has been the continued offering of our core curriculums: *Discovering Bias* and *Pronouns & Inclusive Language*. We continue to develop toolkits, facilitation guides for smaller group discussions, and foundational racial justice trainings for all employees.

In collaboration with various partners within Howard Center, we have also implemented measures to closely analyze demographic data related to staff experiences. We have collaborated with Human Resources to create policies and offer mediation, advocacy, and cultural education. Understanding that culture change involves interpersonal relationships, we partnered with Employee Affinity Network chairs to host social gatherings for our diverse communities within the organization. If you would like to learn more about our work, please don't hesitate to contact HCDiversity@howardcenter.org.

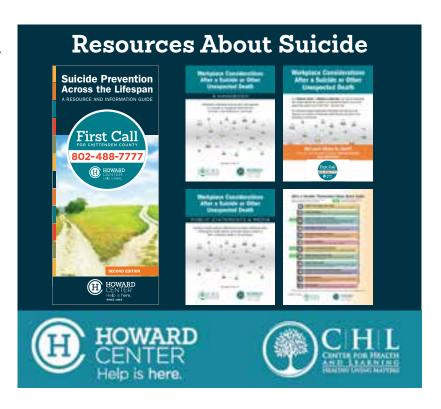


#### **Resources Available**

With funding from the Vermont Community Foundation, Howard Center and the Center for Health and Learning created informational materials for employers to use to introduce suicide prevention messaging for employee manuals, orientations, and staff trainings.

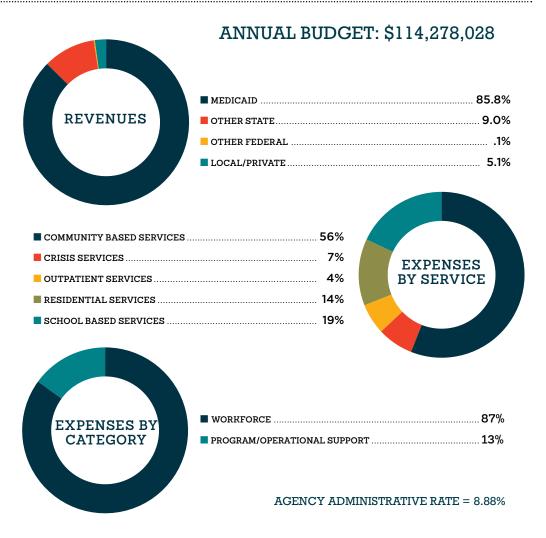
Howard Center is leveraging its close ties with the business community to share these resources and offer technical assistance for their use.

This recent initiative is a further expansion of our ongoing efforts to make suicide prevention materials and other important resources available to the public. For more details, visit howardcenter.org/suicide-prevention/ or call 802-488-6910.



# FY22 Financial Summary

Howard Center is significant to the region as an employer and as a service provider. Our FY22 budget of over \$114M included complex, multiple funding streams. Over 90% of our services are funded through the state. 86% of our budget is allocated for our workforce in direct support of the people we serve. While our scope and services are essential, many of our programs are not funded adequately. This disparity requires that we continue to depend on grants, private donations, and entrepreneurial initiatives to bridge the gap.





**Join our team** to make a difference in your community. Howard Center has over 50 programs serving our community, and we have opportunities for everyone to be part of our team. From residential counselors to clinicians, environmental service technicians to nurses, we are hiring now for jobs that start *immediately*.

Full-time, Part-time, and Substitute Positions Available • Flexible

Schedules • Competitive Compensation • Great Benefits, including

36 days of paid time off • Inclusive Work Culture



To apply or for more info:
802-488-6946
integratedrecruitment@howardcenter.org
www.howardcentercareers.org

Sign-on bonuses available for many positions.



#### **Howard Center Main Number**

Access and Intake Line: 802-488-6000 Available Monday-Friday, 8:30am-5pm

- General information
  - Brief screenings
- Intake assessments
- Support and connection to resources and services at Howard Center or in the community

Cultural liaisons are available to support our refugee and immigrant communities.



# First Call FOR CHITTENDEN COUNTY 802-488-7777 HOWARD CENTER Help is here

#### **Crisis Hotline**

First Call for Chittenden County: 802-488-7777
Available 24/7/365

- Phone and in-person support
- Individual crisis assessment
- Short-term crisis management
- Referral to appropriate services
- Information about community resources
  - Post-tragedy and disaster response
    - Suicide prevention training

This report is a publication of Howard Center's Development and Communications Office, 208 Flynn Avenue, #3J, Burlington, VT 05401. For questions, contact DevelopmentTeam@howardcenter.org.





