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# PERSPECTIVES 2025

Confronting Stigma, Cultivating Compassion

## FEATURING



Alexandra Collins, PhD



Ashley C. Ford



Anne Lamott



Damon Tweedy, MD

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May 13, 2025 | 8:30 am–4:30 pm | DoubleTree by Hilton, South Burlington, VT

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# PERSPECTIVES 2025

## Confronting Stigma, Cultivating Compassion

**MAY 13, 2025 | 8:30 am – 4:30 pm**

### — CONFERENCE SCHEDULE —

7:30 am – 8:30 am	Continental breakfast   Registration and check-in
8:30 am – 9:00 am	Welcome – Sandy McGuire, MBA, Howard Center CEO, and event host Special guest remarks Musical performance by KeruBo
9:00 am – 10:00 am	<b>DAMON TWEEDY, MD</b> followed by Q & A, moderated by Beth Holden, MS, LCMHC, LADC
10:00 am – 10:20 am	Break   Book signing and sales   Networking
10:20 am – 10:35 am	Reading by Jodi Girouard, author and speaker
10:35 am – 10:50 am	Spotlight video: Howard Center Arts Collective Remarks by Kara Greenblott, Howard Center Arts Collective Coordinator
10:50 am – 12:00 pm	<b>ANNE LAMOTT</b> A conversation with Anne Lamott, moderated by Jane Lindholm and followed by Q & A
12:00 pm – 1:15 pm	Lunch Break   Networking   Book signing and sales
1:15 pm – 1:35 pm	Musical performance by KeruBo Remarks by Vermont State Treasurer Mike Pieciak
1:35 pm – 1:45 pm	Spotlight video: Howard Center Substance Use Services Mobile Unit
1:45 pm – 2:45 pm	Rob Mitiguy, Dominion Diagnostics, introduces <b>ALEXANDRA COLLINS, PhD</b> followed by Q & A, moderated by Beth Holden, MS, LCMHC, LADC
2:45 pm – 3:05 pm	Break   Book sales   Networking   Dessert Bar
3:05 pm – 3:15 pm	Spotlight video: Mental Health Urgent Care
3:15 pm – 4:15 pm	<b>ASHLEY C. FORD</b> followed by Q & A, moderated by Catarina Campbell, M.Ed
4:15 pm – 4:30 pm	Conference close   Book signing and sales

***Some of today's subject matter may be sensitive. Please take care of yourself.***

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## Who We Are

The New England Addiction Technology Transfer Center is part of the national ATTC network comprised of 10 Domestic Regional Centers and a Network Coordinating Office.

Together the Network serves the 50 U.S. states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and several Pacific Islands.

The vision of the ATTC Network is to unify science, education, and service to transform lives through evidence-based and promising treatment and recovery practices.

Learn more by view our Explainer Video here.

## Mission

- **Accelerate** the adoption and implementation of evidence-based and promising addiction treatment and recovery-oriented practices and services;
- **Heighten** the awareness, knowledge, and skills of the workforce that addresses the needs of people with substance use or other behavioral health disorders; and
- **Foster** regional and national alliances among diverse practitioners, researchers, policy makers, funders, and the recovery community



## Contact Us

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## ABOUT THE SPEAKERS

### Alexandra Collins, PhD



Alexandra (Alex) Collins is a medical social scientist and an Assistant Professor in the Tufts University Department of Community Health and holds an Adjunct Assistant Professor position at the Brown University School of Public Health. Dr. Collins uses

community-engaged qualitative and ethnographic methods to examine social, structural, and environmental factors that impact people who use drugs across drug use risk environments, with a focus on how these intersect across social locations to shape drug use practices and healthcare access. She is particularly interested in the role of housing, criminalization, and built environmental factors at impacting access to harm reduction interventions; the impact of the changing drug supply on drug use practices and health outcomes; gendered experiences of drug use and overdose risk; and the implementation and effectiveness of harm reduction and treatment interventions.

Before joining Tufts, she was an Assistant Professor at Brown University. She received a BA in Anthropology and French from the University of Connecticut, and an MSc and PhD in Health Sciences from Simon Fraser University in Canada. During graduate school she conducted fieldwork in Sierra Leone and Canada and worked at the British Columbia Centre on Substance Use and the British Columbia Centre for Excellence in HIV/AIDS. She is also an Associate Editor for the *International Journal of Drug Policy*.

### Ashley C. Ford



Ashley C. Ford's *New York Times* best-selling memoir, *Somebody's Daughter*, was published by Flatiron Books in June 2021. Ford is the current host of *Into the Mix*, a Ben & Jerry's + Vox Creative podcast, and formerly hosted: *The Chronicles of Now* podcast and The HBO companion podcast *Lovecraft Country Radio*. She

currently lives in Indianapolis, Indiana, with her husband, poet and fiction writer Kelly Stacy and their chocolate lab Astro Renegade Ford-Stacy. Ford has written or guest-edited for *GQ*, *ELLE* Magazine, *Marie Claire*, *Slate*, *Teen Vogue*, *New York Magazine*, *The New York Times*, *Domino*, *Cup of Jo*, and various other web and print publications.

### Anne Lamott



Anne Lamott writes and speaks about subjects that begin with capital letters: Alcoholism, Motherhood, Jesus. But armed with self-effacing humor – she is laugh-out-loud funny – and ruthless honesty, Lamott converts her subjects into enchantment. Actually, she writes about what most of us don't like to think about. She

wrote her first novel for her father, the writer Kenneth Lamott,

when he was diagnosed with brain cancer. She has said that the book was “a present to someone I loved who was going to die.” In all her novels, she writes about loss – loss of loved ones and loss of personal control. She doesn't try to sugarcoat the sadness, frustration and disappointment, but tells her stories with honesty, compassion and a pureness of voice. As she says, “I have a lot of hope and a lot of faith and I struggle to communicate that.” Anne Lamott does communicate her faith; in her books and in person, she lifts, comforts, and inspires, all the while keeping us laughing.

Anne Lamott is the author of seven novels. She has also written several bestselling books of nonfiction. Lamott has also authored several collections of autobiographical essays on faith. Her newest book, *Somehow: Thoughts on Love*, is a #1 *New York Times* bestseller. Publishers Weekly praised “...her ability to distill complex truths with a deceptive lightness” in their star review.

Lamott has been honored with a Guggenheim Fellowship and has taught at UC Davis, as well as at writing conferences across the country. Academy Award-winning filmmaker Freida Mock has made a documentary on Lamott, entitled *Bird by Bird* with Annie (1999). Anne Lamott has also been inducted into the California Hall of Fame. Lamott is a columnist for the *Washington Post*. Her next book, a collaboration with her husband Neal Allen, will be *Good Writing* (Avery Penguin Random House, 2026). She also has a new podcast series with Allen titled *The Big Questions*, available exclusively on the Ritual app.

### Damon Tweedy, MD



Damon Tweedy, MD, is a professor of psychiatry at Duke University School of Medicine and staff physician at the Durham Veteran Affairs Health System. His 2015 book, *Black Man in a White Coat*, was a *New York Times* bestseller, selected by *TIME*

magazine as one of the top 10 non-fiction books of that year. He has also published articles about race and medicine in the *Journal of the American Medical Association* (JAMA) and the *New England Journal of Medicine* (NEJM). His columns and op-eds have appeared in the *New York Times*, *Washington Post*, and various other print publications. His latest book *Facing the Unseen* explores the marginalization of mental health care within society and medical practice. Damon Tweedy lives outside Raleigh-Durham, North Carolina.

**Photo policy:** By registering for a Howard Center event, you grant permission to the event organizers and its representatives to take photographs and/or videos of you during the event. These photographs and/or videos may be used for promotional purposes. If you do not wish to be photographed or recorded, please notify a member of the event staff on-site.

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## ABOUT THE HOST AND MODERATORS

### Sandy McGuire, MBA



Our host Sandy McGuire, MBA, is Howard Center's Chief Executive Officer. Sandy joined Howard Center in 1999 and has been in several roles since, including leading the effort for Howard Center to become a licensed Child Placing Agency and serving for a decade as Chief Financial and Operations Officer. Her work with the agency through significant growth and service expansion has shaped her perspective about the interdependence and importance of all roles in carrying out Howard Center's mission. Sandy's financial background has sharpened her focus on sustainability to ensure Howard Center's services balance need, impact, and resources to best support those we serve. Sandy is a Certified Therapy Dog Team handler and holds a BS in psychology from Virginia Tech and a MBA from Champlain College. She serves as president of the Vermont Foundation for Children and Families board and on the Collaborative Solutions Corporation and Navigator Casualty, Ltd. boards and is a member of the Green Mountain Care Board Advisory Committee.

### Catarina Campbell, M.Ed



Moderator Catarina Campbell, M.Ed, (they/them) is the Director of Diversity, Equity, and Inclusion at Howard Center. They come to the role with a background in grassroots organizing, trauma-informed advocacy, and affinity-based programming at community centers in the United States and Brazil. Previously, Catarina served as the Director of the SafeSpace Anti-Violence Program and the Coordinator for Programs and Leadership at the Women & Gender Equity Center at the University of Vermont.

Catarina has also served on the boards of the Vermont ACLU and the Woven Collective. Honoring and celebrating our right to be embraced for all of who we are, Catarina strives to bring joyful and meaningful connection to their communities by tending to interpersonal connection as a conduit for social change.

### Beth Holden, MS, LCMHC, LADC



Moderator Beth Holden, MS, LCMHC, LADC, is a Licensed Clinical Mental Health Counselor and a Licensed Alcohol and Drug Counselor in the state of Vermont. She holds a Master of Science degree in community counseling from the University of Vermont. She has worked as a clinician, supervisor, and administrator in the mental health and substance use fields with adults, youth, and families for 30+ years.

Beth is Howard Center's Chief Client Services Officer and previously held the position of Director of Home and Community Services, as well as serving in the Children's

Co-Director role in the state designated agency system. She has specialty training in emergency mental health services, co-occurring disorders, trauma-integrated practice, managing suicidality, and supervision.

Beth is a believer and supporter of community mental health services and provides leadership in developing increased competencies for all staff providing integrated services, trauma-informed practice, and suicide care. She is level two trained in EMDR, a certified state of Vermont Attachment, Regulation and Competency (ARC) trainer and has been a clinical supervisor for 25+ years. Beth is an experienced presenter and provides workshops on many topics related to trauma-informed practice and mental health. She has served on the Parallel Justice Commission since 2023 and also served as an instructor for the UVM Graduate Counseling Program and taught classes on trauma-informed care and counseling children and adolescents. She previously served on the Vermont Addiction Professionals Association Board and the UVM Graduate Counseling Program Advisory Board.

### Jane Lindholm



Jane Lindholm is the host, executive producer and creator of *But Why: A Podcast For Curious Kids*. In addition to her work on the international kids show, she produces special projects for Vermont Public. Until March 2021, she was host and editor of the award-winning Vermont Public program *Vermont Edition*.

Jane joined Vermont Public in 2007 to expand Vermont Edition from a weekly pilot into the flagship daily newsmagazine it is today. She has been recognized with regional and national accolades, including several Murrow, PRNDI and GRACIE awards. In 2016 she started the nationally recognized *But Why*, which takes questions from kids all over the world and finds interesting people to answer them.

Before returning to her native Vermont, Jane served as director/producer for the national business program Marketplace, based in Los Angeles. Jane began her journalism career in 2001, when she joined National Public Radio (NPR) as an Editorial/Production Assistant for Radio Expeditions, a co-production of NPR and the National Geographic Society. During her time at NPR, she also worked with NPR's *Talk of the Nation* and *Weekend Edition Saturday*.

Jane graduated from Harvard University with a BA in Anthropology and has worked as writer and editor for *Let's Go Travel Guides*. She has had her photojournalism picked up by the BBC World Service and her reporting has aired on NPR, APM, and the CBC. Her hobbies include photography, running, beekeeping, and wandering the woods and fields of New England. She lives in Addison County with her family.

**Some of today's subject matter may be sensitive.  
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Help New England ATTC continue to support professional educational events and address the needs of our region by completing a brief evaluation.



## THE FOLLOWING VERMONT CEUs HAVE BEEN APPROVED:

Board of Mental Health Practitioners (LCMHC)	4.0 CEUs	Approved
Alcohol and Substance Use Counselors (LADC)	4.0 CEUs	Approved
Social Work (LICSW)	4.0 CEUs	Approved
Board of Psychological Examiners	4.0 CEUs	Approved
Certified Recovery Coaches	4.0 CEUs	Approved

CEU certificates are available following the conference by emailing [CEU@howardcenter.org](mailto:CEU@howardcenter.org).



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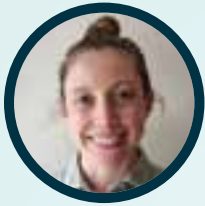
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## SPEAKER PRESENTATION INFORMATION

### “Rethinking the continuum of care for people who use drugs: exploring the role of overdose prevention centers”

**Alexandra Collins, PhD**



Citing examples from her fieldwork experiences and research background, Dr. Collins will discuss the cultural and social factors that impact the creation of effective harm reduction and service programs, including overdose prevention centers (OPCs).

She will outline the social, structural, and environmental factors that impact people who use drugs, with a focus on how these influence drug-use practices, overdose risk, and healthcare access. She will provide an overview of harm reduction practices and OPCs and discuss what communities can expect when integrating these practices into the continuum of care. Additionally, she will address the role of housing, criminalization, and the changing drug supply on people's engagement with harm reduction interventions.

### “How We Begin and Who We Become”

**Ashley C. Ford**



Ashley C. Ford relies on her lived experience to write and talk about some of today's most serious cultural and social issues, including race, inclusion, diversity, trauma, mental health, and body image. Her presentation will include a discussion of the connection


between writing and the truth-telling process and how the intersection of those two are helpful to ourselves and others. While her presentation will rely on her own experiences, including the stigma associated with being the daughter of an incarcerated parent and the resulting feelings of isolation, she offers a path forward to help others recognize and create meaning from trauma and chaos. The larger conversation is a story about life in general and those things that connect us—family, the courage to be one's true self, and the necessity of cultivating compassion to create a healthier life.





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#### SPEAKER PRESENTATION INFORMATION

### “A conversation with Anne Lamott” Anne Lamott



Lamott’s presentation will include insights about her own personal experiences with addiction, forgiveness, self-care, and personal faith. Her presentation underscores the theme of this year’s conference—confronting stigma and cultivating compassion. Filled with humor, Lamott’s stories inspire us all to be more compassionate versions of ourselves and to become more accepting of others, as we recognize, explore, and celebrate life’s challenges. Conference attendees will feel hopeful and inspired to create an inclusive community based on compassion and understanding, while recognizing and supporting each individual on their journey to becoming healthier.

### “Facing the Unseen: Centering Mental Health in Medicine”

Damon Tweedy, MD



Dr. Tweedy’s presentation will rely on a combination of clinical experience, scientific research, and his personal experience as a Black physician. He will discuss the importance of comprehensive health care systems which integrate mental health and physical health care, while focusing on a patient’s overall well-being. He will also address some of the cultural and personal biases, such as race, that historically have been present in the medical field. In addition, Dr. Tweedy will outline some of the challenges associated with providing mental health care within a society that often stigmatizes those most in need of services. With passion and compassion, Dr. Tweedy will inspire attendees to examine the implications of their own identities and backgrounds as they cultivate and advocate for integrated, patient-focused health care.

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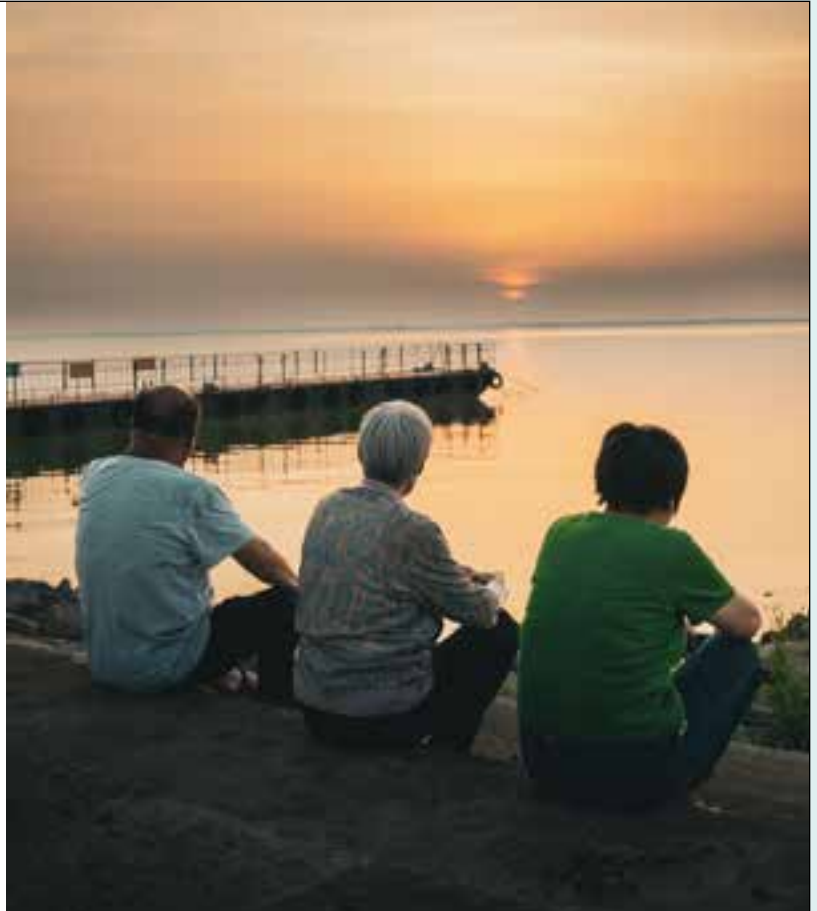
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## MUSICAL PERFORMANCE



**KeruBo** is a singer/songwriter and Afro-Jazz artist, born in Kendu Bay, Kenya, who now lives in the Burlington, Vermont area.

KeruBo is engaged in social work as a case manager at a local NGO, which is focused on helping refugees.

She has more than 20 years of experience performing all over the world in music festivals. Her style of music is a blend of African traditional music, with inflections of Brazilian samba/bossanova, jazz, and blues. Her love for music began at a very young age. She is the middle child of seven children who sang a cappella together with their parents.

Her debut album, titled *Hali ya Utu*, is Swahili for the state of humanity. KeruBo challenges the human condition and the need to reconnect to what “utu,” or brotherhood, really means. The album speaks to KeruBo’s mission for social justice. Every song tells a story, from lamenting the struggles of life to encouraging words of self-acceptance.

KeruBo is a case manager, women’s groups coordinator, and TST-R Provider at the Association of Africans Living in Vermont in Burlington. She uses the Trauma Systems Therapy for Refugees method in her work and is passionate about representation among marginalized groups that have been deeply impacted by inadequate social structures.

## Howard Center Arts Collective

The Howard Center Arts Collective works collaboratively to ensure that there are opportunities for artists with mental health and/or substance use 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.

We are proud to share artwork from the Arts Collective membership throughout the day. Questions should be directed to [artscollective@howardcenter.org](mailto:artscollective@howardcenter.org) or stop by our exhibit table.



**Kara Greenblott** has a master’s degree in Economic and Political Development from Columbia University. She spent the first 20 years of her career living and working in war zones throughout Africa and Asia, managing USAID-funded projects. She made a dramatic

career change 10 years ago, coming to the

Howard Center and working with people living with mental health and substance use challenges. Since 2017, she has focused on growing and strengthening the Howard Center Arts Collective, a vehicle for artists with lived experience to make, share, and exhibit their art as a community.

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## OTHER HIGHLIGHTS

### FILM: “Let the Fabric Speak” — A Video Documentary of an Arts Collective Exhibition

In October 2023, the Howard Center Arts Collective began preparations for a yearlong exhibition at the UVM’s Fleming Museum. For this unique show, members came together for a fabric swap, exchanging pieces of curtains, pajamas, hats, ribbons, and other fabrics from their lives. Over the next nine months, they created original artwork from those pieces, letting the fabric tell their stories. In a complimentary exhibition, entitled “A Symphony of Us”, 70 artists painted nearly 400 CDs for a massive installation in the Fleming’s Marble Courtyard. This film goes behind the scenes, giving the artists a chance to express their thoughts and share what being a member of a creative community means to them. These exhibitions are on display at the Fleming until May 17, 2025.

## AUTHOR READING



**Jodi Girouard** is a Vermont author whose latest memoir, *The Long Hall*, was released this year. It takes the reader on a journey with her through a series of Vermont landscape photographs. These photographs lined the hall of the psychiatric hospital where she was staying. Through her writing about escaping into the natural landscapes of Vermont, she was able to begin the healing process and the desire to live again. *Living With the Neighbors* is a previous memoir of her path to heal, to accept, and to survive her mental illness. She has been published in a collection of essays, *Much Madness*, released in November 2019. She has previously published two books of poetry, won several writing contests, and has been published online. She has a website ([jodigirouard.wordpress.com](http://jodigirouard.wordpress.com)) where she writes poetry daily. Jodi holds a Bachelor of Arts degree in Education and English and has previously taught elementary school.

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## SPEAKER BOOKS

Books are available for sale at the conference or online through Phoenix Books. See conference agenda for book signing schedule.

<p><b>HOW TO ORDER BOOKS:</b></p> <p>Visit Phoenix Books online to access the conference book catalog or scan the QR code.</p> <p>Free domestic shipping for books on orders of \$50 or more.</p> <p>Phoenix Books Essex • Burlington • Rutland Vermont</p> <p><a href="http://www.phoenixbooks.biz">www.phoenixbooks.biz</a></p>  		<p><b><i>Somebody's Daughter: A Memoir</i></b> <b>(Available in Paperback \$18.99)</b> <b>By Ashley C. Ford</b></p> <p>One of the most prominent voices of her generation debuts with an extraordinarily powerful memoir: the story of a childhood defined by the looming absence of her incarcerated father.</p>
 <p><b><i>Living with the Neighbors</i></b> <b>(Available in Paperback \$20.00)</b> <b>By Jodi Girouard</b></p> <p>A memoir of hope that takes the reader through the struggles, trauma, and healing that Jodi lives through with her mental health experience. The “neighbors” are the symptoms she writes about. If the hallucinations she hears are just the neighbors, then it is just noise and doesn’t have to be so terrifying.</p>		<p><b><i>The Long Hall</i></b> <b>(Available in Paperback \$20.00)</b> <b>By Jodi Girouard</b></p> <p><i>The Long Hall</i> describes the path to healing Jodi took while at a hospital that was unsanitary and with little treatment available. Vermont landscape photographs lined the hall and Jodi chose to try to heal through becoming part of the pictures and learning to love her younger self.</p>
 <p><b><i>Almost Everything: Notes on Hope</i></b> <b>(Available in Hardcover \$20.00)</b> <b>By Anne Lamott</b></p> <p>In this profound and funny book, Lamott calls for each of us to rediscover the nuggets of hope and wisdom that are buried within us that can make life sweeter than we ever imagined.</p>		<p><b><i>Bird by Bird: Some Instructions on Writing and Life</i></b> <b>(Available in Paperback \$17.00)</b> <b>By Anne Lamott</b></p> <p>For a quarter century, more than a million readers—scribes and scribblers of all ages and abilities—have been inspired by Anne Lamott’s hilarious, big-hearted, homespun advice. Advice that begins with the simple words of wisdom passed down from Anne’s father—also a writer—in the iconic passage that gives the book its title.</p>
 <p><b><i>Dusk, Night, Dawn: On Revival and Courage</i></b> <b>(Available in Hardcover \$20.00)</b> <b>By Anne Lamott</b></p> <p>How can we recapture the confidence we once had as we stumble through the dark times that seem increasingly bleak? As bad news piles up—from climate crises to daily assaults on civility—how can we cope?</p> <p>We begin, Lamott says, by accepting our flaws and embracing our humanity.</p>		<p><b><i>Hallelujah Anyway: Rediscovering Mercy</i></b> <b>(Available in Hardcover \$20.00)</b> <b>By Anne Lamott</b></p> <p>“Mercy is radical kindness,” Anne Lamott writes in her enthralling and heartening book, <i>Hallelujah Anyway</i>. It’s the permission you give others—and yourself—to forgive a debt, to absolve the unabsolvable, to let go of the judgment and pain that make life so difficult. <i>Hallelujah Anyway</i> is profound and caring, funny and wise—a hopeful book of hands-on spirituality.</p>



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	<p><b><i>Operating Instructions: A Journal of My Son's First Year</i></b> (Available in Paperback \$18.00) By Anne Lamott</p> <p>It's not like she's the only woman to ever have a baby. At thirty-five. On her own. But Lamott makes it all fresh in her account of how she and her son and numerous friends and neighbors and some strangers survived and thrived in that all important first year. From finding out that her baby is a boy (and getting used to the idea) to finding out that her best friend and greatest supporter Pam will die of cancer (and not getting used to that idea), with a generous amount of wit and faith (but very little piousness), Lamott narrates the great and small events that make up a woman's life.</p>		<p><b><i>Small Victories: Spotting Improbable Moments of Grace</i></b> (Available in Hardcover \$22.95) By Anne Lamott</p> <p>Anne Lamott writes about faith, family, and community in essays that are both wise and irreverent. It's an approach that has become her trademark. Now in <i>Small Victories</i>, Lamott offers a new message of hope that celebrates the triumph of light over the darkness in our lives. Our victories over hardship and pain may seem small, she writes, but they change us—our perceptions, our perspectives, and our lives. Lamott writes of forgiveness, restoration, and transformation, how we can turn toward love even in the most hopeless situations, how we find the joy in getting lost and our amazement in finally being found.</p>
	<p><b><i>Some Assembly Required: A Journal of My Son's First Son</i></b> (Available in Paperback \$16.00) By Anne Lamott</p> <p>In this book, Lamott enters a new chapter in her life: grandmotherhood. Stunned to learn that her son, Sam, is about to become a father at nineteen, Lamott begins a journal about the first year of her grandson Jax's life. In careful and often hilarious detail, Lamott and Sam—about whom she first wrote so movingly in <i>Operating Instructions</i>—struggle to balance their changing roles.</p>		<p><b><i>Somehow: Thoughts on Love</i></b> (Available in Hardcover \$22.00) By Anne Lamott</p> <p>In <i>Somehow: Thoughts on Love</i>, Lamott explores the transformative power that love has in our lives: how it surprises us, forces us to confront uncomfortable truths, reminds us of our humanity, and guides us forward. "Love just won't be pinned down," she says. "It is in our very atmosphere" and lies at the heart of who we are. We are, Lamott says, creatures of love.</p>
	<p><b><i>Black Man in a White Coat: A Doctor's Reflections on Race and Medicine</i></b> (Available in Paperback \$18.00) By Damon Tweedy, MD</p> <p><i>Black Man in a White Coat</i> examines the complex ways in which both black doctors and patients must navigate the difficult and often contradictory terrain of race and medicine. As Tweedy transforms from student to practicing physician, he discovers how often race influences his encounters with patients. Through their stories, he illustrates the complex social, cultural, and economic factors at the root of many health problems in the black community.</p>		<p><b><i>Facing the Unseen: The Struggle to Center Mental Health in Medicine</i></b> (Available in Hardcover \$30.00) By Damon Tweedy, MD</p> <p>In <i>Facing The Unseen</i>, Tweedy guides us through his days working in outpatient clinics, emergency rooms, and hospitals as he meets people who are grappling with physical and psychological illnesses. In powerful, compassionate, and eloquent prose, Tweedy argues for an approach where people with mental illness have a health care system that places their full well-being front and center.</p>

ABOUT HOWARD CENTER

Since 1865, Howard Center has been providing progressive care and treatment for community members in need. Today, as Vermont’s largest designated agency, our 1,500 staff help some 19,000 people each year in over 60 locations throughout Vermont, in collaboration with hundreds of community partners.

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.



Who We Are

 <b>19,000*</b> Neighbors helped in FY24	 <b>24/7/365</b> Round-the-clock service	 <b>60+</b> Howard Center locations
 <b>1,500</b> Howard Center employees	 <b>5th Largest</b> Employer in Chittenden County	 <b>11th Largest</b> Employer in Vermont

How We Help: Individuals Served\*

 <b>2,469</b> in Outpatient Services	 <b>2,202</b> in Medications for Opioid Use Disorder Treatment	 <b>948</b> in Residential Services
 <b>1,217</b> in School-Based Services	 <b>2,353</b> in Community-Based Support	 <b>500</b> in Employment Programs

\* These numbers from FY24 include 9,760 individuals enrolled as clients and thousands of others who receive support and services from Howard Center, including our Community Outreach, Street Outreach, Safe Recovery, and crisis programs, without officially enrolling as clients.





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# 2025 Howard Center Arts Collective Exhibitions



Uplifted (2024) by Eliza Roberts, Pamela Champagne, Jens Arts, Anna Marie Manson, Bernie Greene, Edward Burke, Jordan Earle, Randy Pikul, & Ivan Cruz

## LET THE FABRIC SPEAK!

The Fleming Museum of Art at UVM  
61 Colchester Ave, Burlington, VT  
September 3, 2024 - May 17, 2025

## DREAMSCAPES

Burlington City Hall  
135 Church St, Burlington, VT  
January 15 - March 31, 2025

## FEATURED ARTIST SHOWS

Flynnndog Gallery  
208 Flynn Ave, Burlington, VT  
Currently on rotation through August

## ART HOP 2025

Flynnndog Gallery  
208 Flynn Ave, Burlington, VT  
August - October, 2025  
Reception: Art Hop 2025 (date/time TBD)



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