

Healthy

Courtesy of Southwestern Vermont Health Care | Summer—Fall 2023 | vol 2 no 1

Bullying

Recognizing the signs
and keeping
your child safe



Tick Watch

Tips for enjoying
the great outdoors
safely

Prostate Cancer

Facts that may
surprise you

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PARTNERSHIP IS POWERFUL MEDICINE™

Hello,



Pamela M. Duchene, PhD, APRN

Nothing quite compares to summer in our corner of New England. Well, there is fall in our corner of New England ...

No matter what the season, we're fortunate to have access to so many beautiful, natural areas to explore and appreciate. Whether you're venturing out when the sun's at its warmest or you're pulling on an extra layer to take in the pageantry of fall, the extent to which you can make the most of your days depends largely upon the state of your health.

In the pages that follow, you'll find stories intended to help you and your family safely navigate the seasons before us.

From tips on summer tick safety—including how to properly remove the nasty critters—and pointers for quitting smoking, to learning how to recognize signs of bullying when the kids return to school and advice for talking to teens about substance use, you'll find the information and resources to preserve and improve your physical and emotional well-being.

Also included in this issue (p. 12) is an update on the new Kendall Emergency Department slated to open this summer. This opening marks the completion of Phase One of a major renovation project that will increase access to critical services, provide major upgrades to patient care areas, and give our capable providers the technology, resources, and tools needed to provide the highest level of care to every patient who walks through our doors.

We still have many months to go before the entire project is complete but we're already looking forward to sharing more updates on this major milestone for the hospital and community.

In the meantime, please enjoy this issue of *Healthy+* and share it with family and friends who may benefit from the information.

Yours in good health,

Pamela M. Duchene, PhD, APRN

Vice President of Patient Care Services and Chief Nursing Officer

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Making YOU a priority

See p. 14



In short



Tiny terrors abound

About **476,000** Americans are diagnosed and treated for Lyme disease each year.

Source: CDC.gov

See p. 8 to learn how to reduce your risk of contracting a tickborne illness.



School crisis

1 out of every 5 students ages 12–18 report being bullied.

Source: National Center for Educational Statistics

See p. 4 for tips on dealing with bullies.

The kids are alright (sort of)

Substance abuse among U.S. adolescents is diminishing, except for an uptick in cannabis and vaping use.

Source: Columbia University Mailman School of Public Health

See p. 16 for tips on talking to your teen about substance abuse.



Guys, the odds aren't in your favor

A man is **35%** more likely to be diagnosed with prostate cancer than a woman with breast cancer.

Source: American Cancer Society and Prostate Cancer Foundation

See p. 10 to learn more about your risks.



Join the club

More than **3** out of **5** adults who have ever smoked cigarettes have quit.

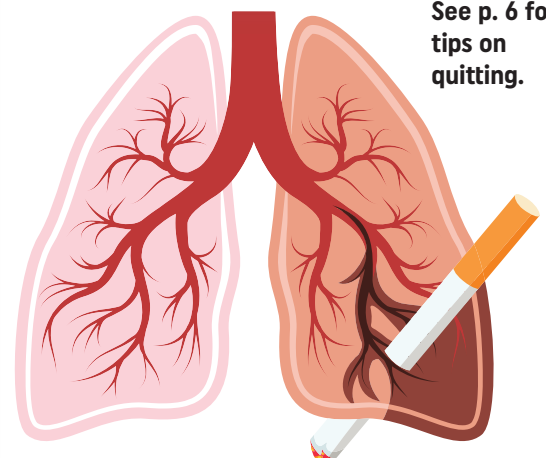
Source: Centers for Disease Control and Prevention

In case you were wondering...

Recent studies show that flu vaccination reduces the risk of flu illness by between **40%** and **60%**.

Source: Centers for Disease Control and Prevention

See p. 20 to learn when and where to get your flu shot.



See p. 6 for tips on quitting.

Bullying

Learn the signs

While for many kids the start of a new school year brings on feelings of excitement and anticipation, for far too many others, the primary emotion experienced is dread.

That's because for 22% of students between the ages of 12 and 18, school is a place where they regularly experience bullying.

From name calling on the bus and spreading rumors in the hall, to being excluded from games on the playground and actual physical acts of aggression, bullying is more than just a moment of discomfort or embarrassment. In fact, students who are subject to bullying frequently suffer academically.

Dr. Meghan Gunn, a pediatrician at Southwestern Vermont Medical Center (SVMC), explains, "Bullied students often experience physical symptoms like stomach aches, headaches, and difficulty sleeping. When you add this to the anxiety they're feeling about going to school or participating in class, it's no wonder they lose interest in their studies or, when possible, skip school. As a result, they fall behind, which further contributes to their low self-confidence. It's a vicious cycle that, over time, can lead to depression, suicidal thoughts, and even violent outbursts."

Do's and Don'ts for helping a bullied child

If you learn your child is being bullied at school, the most important thing you can do is be a calm, listening, and positive source of reassurance that things can get better. Some the key do's and don'ts for dealing with the issue include:

DO's

- **DO** listen to them and believe them
- **DO** assure them that being bullied is not their fault
- **DO** make a plan with the child about how to react in the future (role play and scripting can be helpful)

Is my kid being bullied?

Kids aren't always forthcoming about what's going on at school, which is why it's important to learn to recognize signs of bullying. These include:

- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or interest in going to social events
- Unexplained injuries
- Lost or destroyed books, clothing, electronics, etc.
- Frequent headaches, stomach aches, general complaints of feeling sick, or faking illness
- Changes in eating habits including skipping meals or binge eating. (Kids may come home from school hungry because they did not eat lunch.)
- Difficulty sleeping and/or nightmares
- Decreased self esteem
- Self-harming behaviors such as running away, cutting, disordered eating, or talking of suicide



“Bullied students often experience physical symptoms like stomach aches, headaches, and difficulty sleeping. When you add this to the anxiety they’re feeling about going to school or participating in class, it’s no wonder they lose interest in their studies or, when possible, skip school. ”

— Meghan Gunn, MD, SVMC Pediatrics

- **DO** contact the school regarding the bullying and request a meeting for making a plan to protect your child
- **DO** consider getting a counselor for your child to talk to
- **DO** ask your child what can be done to make them feel safe
- **DO** contact your child’s pediatrician’s office if you need more help, as they can direct you to more resources and support

DON'Ts

- **DON'T** ignore or minimize your child’s concerns
- **DON'T** blame the child for the bullying
- **DON'T** tell the child to physically fight back

Gunn notes that most schools have anti-bullying policies and programs in place. In addition, many states (including Vermont, New York, and Massachusetts) have bullying laws and policies. Make it a point to learn about the laws in your community and, if you have serious concerns about your child's safety, contact the appropriate legal authorities. +



Kick Smoking's Butt

5 steps for learning to live without nicotine

We get it. Quitting smoking and saying goodbye to nicotine is hard. Really hard.

It's estimated that more than 50% of U.S. adult smokers try to quit every year. Unfortunately, less than 10% of them are successful. While that may sound discouraging, the truth is every attempt you make to quit gets you one step closer to succeeding. In fact, the American Cancer Society suggests it takes eight to ten attempts before quitting permanently.

In his experience consulting with patients attempting to quit smoking, Registered Respiratory Therapist and manager of the respiratory care department at Southwestern Vermont Medical Center (SVMC) Andrew Forrest notes, "Quitting smoking is by far one of the toughest things a person can do but it is not an impossible task and, once they fully quit, it's likely to be one of the most rewarding things they ever do."

Forrest encourages people to take advantage of the many resources available for free (*see box*). He also suggests finding a "quit buddy." "Patients have found that the journey of quitting can be easier if they do it along with someone, perhaps a friend or family member. They can hold each other accountable and encourage each other to succeed."

Know the signs

Are you a nicotine addict?

If you're curious about how much you depend on nicotine, take the six-question quiz found at [SmokeFree.gov](https://www.smokefree.gov). The results will help you gauge how serious your addiction is, plus you'll find tips on quitting and resources to support you on your journey to living smoke-free. [smokefree.gov/challenges-when-quitting/withdrawal/nicotine-addiction-quiz](https://www.smokefree.gov/challenges-when-quitting/withdrawal/nicotine-addiction-quiz)

Other steps to success include:

1 Plan and prepare for success

Quitting smoking is serious business, so take it seriously. The more you plan and invest time in your success the more committed you'll be.

- Choose a specific quit date.
- Get rid of all cigarettes and smoking-related items like lighters and ashtrays.
- Write down all the reasons you want quit and how it will improve your life and health. Start every day by reading what you wrote and re-committing yourself to quitting.
- Make a list of triggers that prompt you to smoke and avoid or limit them where possible.
- Remember what you learned from past attempts to quit.

2 Enlist support and encouragement

Research shows that you're more likely to be successful if you share your goals with others and allow them to lend support you.

- Tell your friends, family, and coworkers that you're trying to quit and share why it's important to you.
- Ask them to not smoke in your presence and to keep tobacco out of sight.



“Quitting smoking is by far one of the toughest things a person can do but ... it’s likely to be one of the most rewarding things they ever do.”

— Andrew Forrest, SVMC Respiratory Care



- Ask them to not to give you a cigarette, no matter what you say or do.
- Let them know you may be out of sorts while quitting and that their patience and understanding would be appreciated.
- Take advantage of apps, online resources, and 800#s devoted to helping people quit smoking (*see box at right*).

3 Learn to live smoke-free

One of the hardest parts about quitting smoking is figuring out what to do instead.

- Stock your house (and pockets) with other things to occupy your hands and mouth (e.g., fidget spinners, gum, toothpicks, etc.).
- Find things to do to distract you from urges. Do a jigsaw puzzle, take a walk, knit, call a friend, etc.

4 Medicate correctly

Nicotine Replacement Therapy (NRT) medications can greatly increase your chances of quitting for good. By providing small, steady doses of nicotine, NRTs help stop cravings and relieve symptoms of withdrawal. NRTs are available both with and without a prescription. Talk to your doctor about which option is best for you.

5 Be prepared to try again

Studies show that the greatest risk for relapse is in the first three months after quitting. If you do slip, don’t get discouraged. Recognize how well you did, try to figure out what led to your relapse, and think about what you could do differently next time to be successful. And by all means, set a new “quit date.”

Forrest adds, “Everyone’s journey to quitting is going to be different. I encourage patients to not give up on themselves, even if they have a less-than-perfect day of quitting. Tomorrow, and all the days that follow, are opportunities to do better.” +

Help is here

Apps

QuitGuide

A free app that helps you understand your smoking patterns by tracking your cravings by time of day and location and provides motivational messages and tips to help you build the skills needed to become and stay smokefree.

quitSTART

A free smartphone app that helps you quit smoking with tailored tips, inspiration, and challenges.

Online

SmokeFree.gov

Free information and strategies from the National Cancer Institute for people trying to quit smoking or dipping.

BecomeAnEx.org

Tips and advice through text and email, expert guidance, quitting plans, and interactive tools.

Phone

1-800-QUIT-NOW

Speak confidentially with a

highly trained quit coach. Hours of operation and services vary by state.

1-877-44U-QUIT

Connect with trained counselors at the National Cancer Institute who can offer information and support for quitting. in English and Spanish. Monday through Friday 9:00 a.m. to 9:00 p.m. Eastern time.

Text

QUITNOW or 333888

Get connected to free state or national text messaging services to help you quit smoking. Once you sign up for text messaging services, you will receive messages of encouragement as well as advice and tips for becoming smokefree and being healthier.

SmokefreeTXT

Text QUIT to 47848 to receive daily text messages to support you in quitting smoking.



Tick Talk

Tips for staying safe during tick season



“Tick-borne infections are not something to take lightly.”

—James Poole, MD,
Hospitalist and
Director of SVMC
Inpatient Services

While ticks may be out and about in all but the coldest of months, adult ticks are most active in the summer and fall. And given that over 50% of ticks tested in Vermont are infected with *B. burgdorferi*, the bacteria that causes Lyme disease, it’s in your—and your family’s—best interest to take extra precautions during the height of tick season.

“Tick-borne infections are not something to take lightly,” says Dr. James Poole, Hospitalist and Director of Inpatient Services at Southwestern Vermont Medical Center (SVMC). “Both Lyme and anaplasmosis—the most common tick-borne diseases in our region—can have really unpleasant and potentially disabling symptoms such as muscle and joint pain, fatigue, neurologic



issues, sleep disturbances, cognitive problems, irritability, and depression. Antibiotic treatment lasts for 2 to 4 weeks, but some symptoms can last for months or even years.”

Tips for tick safety

Poole notes, “When it comes to ticks, avoidance is the best strategy. That doesn’t mean avoiding the outdoors but, rather, taking a few precautions to prevent ticks from finding their way onto your body or into your home.” Follow the simple measures (*right*) to reduce your risk of tick bites.

What to do if you find a tick

If you find a tick crawling on your body, you can safely dispose of it by flushing it down the toilet, putting it in alcohol, placing it in a sealed bag, or wrapping it tightly in tape.

If the tick is attached, follow these steps to safely remove it:

1. Use fine-tipped tweezers and firmly grasp the tick as close to the skin as possible.
2. With a steady motion, pull straight up until all parts of the tick are removed.

Do not be alarmed if the tick’s mouthparts remain in the skin. Once the mouthparts are separated from the body of the tick, it can no longer transmit the infection. Leave it be and let your body handle it.

Once the tick is removed, thoroughly wash your hands, and clean the bite area with soap and water, antiseptic, or an alcohol-based hand sanitizer.

If the tick is engorged or was attached to your body for more than 36 hours, contact your doctor for next steps.

Poole adds, “Even if the tick was not attached for more than 36 hours, watch for symptoms of tick-borne illness over the next several weeks. If you have any flu-like symptoms or a rash in the bite area, contact your doctor.” +



Tick Tips

Dress Smart

- Wear long sleeves and pants. If venturing into the woods, tuck your pants into your socks.
- Choose light-colored clothing
- Spray clothing with a tick-repellent such as permethrin
- Wear a hat if venturing into the woods

Manage Your Yard

- Keep grass mowed, especially in areas used for play or gatherings
- Rake and remove leaf debris from around the house
- Keep wood piles away from the house
- Plant deer-resistant flower and shrubs

Perform tick checks

- Thoroughly examine yourself and loved ones when returning inside
- Take a shower
- Change your clothes immediately and put worn clothes in the dryer on high for 10 minutes
- Don’t forget to check pets for hitchhikers

Prostate Cancer

Treatment isn't always the best solution

It's only natural when handed a diagnosis of cancer that your mind jumps to potential treatment options. But, in the case of prostate cancer, treatment isn't always the next best move.

Practicing "Active Surveillance"

According to Matthew Vernon, MD, a radiation oncologist at Southwestern Vermont Regional Cancer Center, "Prostate cancer is really a spectrum of diseases. Not every diagnosis warrants aggressive treatment, or even any treatment at all."

Here's why:

According to Vernon, "The majority of prostate cancers grow very slowly. By the time a cancer shows up on a screening test, it's likely a person has been living with it for months, or even years with no symptoms or ill-effects. And it's likely they can live many more years with it before symptoms develop or it becomes necessary to treat it."

When a person is diagnosed with prostate cancer, the first thing their provider will want to determine is how aggressively it is likely to grow and spread.

FAST FACTS

- **One in eight** American men will be diagnosed with prostate cancer during his lifetime.
- **All men are at risk** of developing prostate cancer, but that risk increases significantly as men grow older
- The **5-year survival rate** for prostate cancer in the U.S. is nearly **100%**.

Source: ZeroCancer.org



There are a number of risk factors she or he will look at to quantify the level of risk involved, such as the stage, the Gleason score (a measure of how abnormal the cancer cells look microscopically on a biopsy), and the level of prostate-specific antigen, or PSA, in the blood. If it is deemed to be of low risk, the best course may be to keep a careful watch on it in the hope that treatment can be delayed or never become necessary at all. Vernon explains, "This strategy used to be called 'watchful waiting' until the medical community actually campaigned to change the term to 'active surveillance.' We did so to emphasize that we aren't just standing idly by and doing nothing; we are actively monitoring for any change in the circumstances, with every intention of intervening if something in the overall situation changes or looks more worrisome."

If treatment's needed, the choice is yours

In cases where treatment is deemed necessary, most patients are offered one of two options: surgery or radiation.

Vernon says, "Treatment recommendations are always personalized to the individual patient, but, for most patients, surgery and radiation are equally effective options. Likewise, the risk of running into side effects or complications for each treatment approach is about the same, though the side effects themselves are different. The decision of treatment modality thus can be complex, based on which side effect profile the patient finds more acceptable, the convenience and logistics of each type of treatment, and their personal preference."

For a comparison of treatment options, including benefits, risks, and potential side effects, see box on the next page. +

“Prostate cancer is really a spectrum of diseases. Not every diagnosis warrants aggressive treatment, or even any treatment at all.”

—Matthew Vernon, MD, Radiation Oncologist
Southwestern Vermont Regional Cancer Center



Treatment Options for Prostate Cancer: Surgery vs Radiation

Surgery

Benefit:

The cancer is extracted by removing as much of the prostate as possible. You should experience fewer gastrointestinal problems than if you have radiation.

Treatment requirements:

Surgery takes about 2 to 4 hours and requires an overnight hospital stay.

Potential side effects and downsides:

- As with any major surgery, there is some risk of pain, bleeding, and infection.
- Use of a catheter may be required for 1 to 2 weeks after surgery.
- You may experience incontinence, or uncontrolled leakage of urine for several weeks after surgery. For about 10-15% of men, incontinence may be permanent.
- You may experience trouble getting an erection after surgery.

Radiation

Benefit:

Does not require you to be put under for surgery or to stay overnight at the hospital. You may experience fewer problems with urination than if you have surgery.

Treatment requirements:

Your cancer is painlessly treated with radiation once a day, 5 days a week, for typically between 6 and 9 weeks (28 to 44 individual treatments, depending on risk factors). There are other, shorter treatment schemes that may be appropriate in select cases.

Potential side effects and downsides:

During Treatment

- You may experience more frequent and softer bowel movements.
- Your urge to urinate may be stronger and more frequent.
- Many patients also need medication to suppress the production of testosterone. That medication may also produce side effects.

After Treatment

- You may develop erectile dysfunction within 5 years of treatment.
- Some patients can develop bleeding in the urine or stool.
- Radiation can (very rarely) cause a new cancer to form many years after treatment.



Kendall Emergency Department Entrance Set to **Open**

Phase One of a \$30 million renovation nears completion



Phase One of Southwestern Vermont Medical Center's most ambitious building project in 40 years is nearly complete. Part of the Vision 2020, A Decade of Transformation campaign, the major renovation and expansion of the hospital's emergency department is just one aspect of an effort that will expand capacity and services, and bring the quality of the facilities into alignment with the level of care provided.

Completion of Phase One includes the opening of:

- A dedicated entrance to the new Kendall Emergency Department
- An expanded waiting area to provide a more comforting experience for patients and family

- An expanded Emergency Crisis Area equipped with five private patient areas featuring natural light, enhanced safety features, and a state-of-the-art BEAM System, which will provide extended stay patients with diversionary activities including patient education, movement therapy, and games
- Eight private emergency exam rooms equipped with negative pressure, enhanced infection-prevention technology
- A centralized nurse and providers workspace to enhance communication and efficiency
- A new main entrance to the hospital





An expanded and centralized provider workspace improves visibility and communication.



New exam rooms offer privacy and infection-prevention technology.

With Phase One complete, the temporary canopy entrance will be removed and patients and visitors will access the hospital through the new main and emergency department entrances. New traffic patterns and parking options will be clearly designated.

Work on the remaining Phases Two and Three of the Kendall Emergency Department renovation will be complete in the fall of 2024, doubling the capacity of the ER and further improving overall care and patient experiences. +

ZERO Tolerance for violence in the ER and beyond

The safety of staff and patients in every setting is a priority for SVHC. The health system's zero-tolerance policy outlines the types of behaviors that will not be tolerated and the potential actions that may be taken against those who compromise the safety of others.

ZERO Tolerance

Southwestern Vermont Health Care does not tolerate abusive or violent behavior, including:

- Threatening language
- Foul language
- Sexual comments
- Physical violence
- Inappropriate touching

These behaviors compromise the safety of patients, visitors, and staff and will result in removal from this facility and/or prosecution to the fullest extent of the law.



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Running on Empty?

How to refill your emotional reserves through simple acts of self-care

So much of life is a matter of give and take. Which is all fine and good except when the “takes” begin to exceed the “gives.”

According to Nancy Berry, MSW, a medical social worker at Southwestern Vermont Medical Center, “It helps to think of your emotional reserves as a bank account. And like a bank account, you make regular withdrawals from and deposits to it. For example, things like providing rides to soccer practice, responsibilities at work, taking care of loved ones, or even valued friendships, are all withdrawals from your emotional reserves. If you’re not doing anything to rebuild those reserves through deposits in the form of self-care, bit by bit, the constant withdrawals are going to leave you feeling depleted and less able to respond to stressful or unexpected situations and crises.”

Saying “yes” to yourself

Despite what marketers and social media influencers say, there’s more to practicing self-care than scented candles, plush robes, and diffusers.

“There’s nothing wrong with treating yourself to a little something,” says Berry, “but, as they say, you can’t buy happiness. True self-care is about taking control of your body and what’s going on with you. It’s about giving yourself permission to take of yourself the same way you take care of others.”

Berry encourages individuals to schedule time for self-care much the same way you would a doctor’s appointment. “It should be a non-negotiable,” she says. “If that means having to say ‘no’ to others so you can say ‘yes’ to taking care of yourself, so be it. You need to shake the idea that a little me-time is indulgent and get into the habit of treating yourself with the same compassion you’d show others.”



Recharge and refresh

The goal of self-care should be recharging your personal batteries. What it takes to do that is completely personal. If being outdoors brings you peace, do that. If you love nothing more than reading a book uninterrupted, find a way to make that happen.

“The key is allowing yourself to be fully present for whatever it is you choose to do,” says Berry. If you find yourself struggling to figure out what you should be doing, Berry suggests thinking of things you always wanted to try. “Maybe it’s taking a class, learning to bake bread, or a hobby like painting or needlework. Your only goal should be to try it. You don’t have to be the best at it. You just have to give yourself the time and permission to have the experience. If you find the experience isn’t bringing you joy or energy, try something new.” +

Self-Care Your Way

There are a million different ways to find joy and restore your energy. The key is finding the one that works for you. Skim this list and note which activities catch your eye. If you find they're all activities done in solitude, then honor that preference.

Similarly, if you find that group activities hold the greatest appeal, then find ways to recharge in the company of others.

Go for a hike

Watch a movie

Lunch/brunch/cocktails with friends

Organize a closet (but only if you enjoy it)

Bake

Paint or draw

Visit a museum

Dance

Listen to a podcast

Read a book

Play video games

Get a massage

Connect with old friends

Sit quietly in a park

Stretch

Binge television

Take a new
exercise class

Visit a
botanical garden

Work out

Handwrite a card, postcard,
or letter

Take a long, slow walk outside

Stop in at a store or at an event
you've never been to before

Attend a lecture on a new-to-you topic

Journal



Connecting with kids about **substance use**

Tips for conversations that matter

By Dare Chammings, Alliance for Community Transformations (ACT) Bennington and Samantha Pearce, The Collaborative

Talking to your children about substance use might feel challenging—it's often difficult to know what to say, and how to encourage young people to make healthy choices. The most important thing is that children know they have a safe, trusted adult to talk to.

Here are some tips for connecting and communicating:

Normalize the conversation by talking openly and frequently with your kids about drugs and alcohol. Take time to learn about their perceptions

of substance use, current trends, social norms, and pop-culture references. Provide them with factual information about illicit drugs as well as legal ones; and how underage use affects brain development.

Acknowledge when kids make good choices and take advantage of times that welcome dialogue: during a hike, on a car ride, or over family dinner. It's never too early to talk about healthy decision making. *To learn how to best approach the conversation by age group, scan the QR code at right.*





Did You Know?

Young people who use high-THC cannabis (marijuana) are 4-7 times more likely than adults to become addicted.

Source: National Institutes of Health

Be supportive and non-judgmental. We all play a role in helping youth feel valued and supported. This begins at home with a safe, affirming environment where kids can be themselves without judgment. Problem solving together fosters resilience and builds healthy coping skills in young people.

Be clear about your rules and expectations. Studies show that children with parents and caregivers that are explicit with their boundaries and consistently enforce them are less likely to start using substances to begin with. You set the tone, so be sure to model healthy behaviors in front of your children. Be mindful that kids are taking cues from the adults in their life on how to cope with stress and adversity.

Always store prescription medications and adult-use substances such as alcohol, tobacco, and cannabis safely and out of reach of minors. Dispose of unused medications at community take-back locations.

Get to know your child's friend group and connect with their parents. Ask about the messages they're giving to their own children about drug and alcohol use so that you can all be on the same page.

Last year, the Bennington County Regional Prevention Partnership (BCRPP) spoke to local parents and caregivers to learn about how they talk to their kids about drugs. The commonality between all of the groups was connection. To support these connections the BCRPP created a campaign, called "Listen. Talk. Connect.," which links local adults with each other and with resources to share ideas for having productive conversations with kids about alcohol, cannabis, vaping, and how to identify warning signs of substance use. To learn more, visit StartConversation.us +

Resources

Online Prevention Resources

ACTBennington.org

TheCollaborative.us

ParentUp.org

KeepConnected.searchinstitute.org/bringing-out-the-best-in-your-family/

SAMSHA.gov/talk-they-hear-you/mobile-application

Treatment & Recovery Resources For vape/nicotine quit help

vt.MyLifeMyQuit.org

TruthInitiative.org/thisisquitting

For substance-use treatment and recovery services

United Counseling Service, 802-442-5491

Bennington Turning Point Recovery Center

1-800-662-HELP (4357), is a confidential, free, information service, in English and Spanish, for individuals and family members facing mental health and/or substance use disorders.

Prescription Drop-Off Locations

VT:

Bennington County Sheriff's Department, 811 US Route 7, Bennington

Bennington Police Station, 118 South Street, Bennington

Manchester Public Safety Facility, 6041 Main Street, Manchester

Southwestern Vermont Medical Center, 100 Hospital Drive, Bennington

The Pharmacy, 205 North Street, Bennington

The Pharmacy Northshire, 34 Ways Lane, Manchester Center

Winhall Police Department, 113 VT Route 30, Winhall

NY:

Cambridge Village Police, 56 N. Park Street, Cambridge

Village of Hoosick Falls Police Department, 24 Main Street, Hoosick Falls

MA:

North Adams Police Department, 11 Summer Street, North Adams

Williamstown Police Department, 31 North Street, Williamstown

It's time to put **You First**

Free health screenings for eligible individuals in Vermont

Getting regular screenings is one of the most important things you can do for your health.

And while Bennington County is actually ahead of the national average for breast screenings, the rate of late-stage diagnosis and death from breast cancer is higher than the national average.

According to Seline Skoug, RN, MS, the breast health nurse navigator at Southwestern Vermont

You First is for you if:

- You live in Vermont.
- You're at least 21 years old.
- You have (or have had) breasts or a cervix or need preventative breast or cervical cancer screenings.
- Your income does not exceed \$36,450 as an individual or \$62,150 as a household of three.
- If you are uninsured, have Medicaid, or have private health insurance, including Vermont Health Connect.

For questions regarding your eligibility, call Wanda Bennett at You First Bennington: 802-447-3700.

For residents of New York and Massachusetts

Free breast, cervical and other screenings are available through the following agencies:

New York State Cancer Services Program:
1-866-442-CANCER (2262)

Massachusetts: Department of Public Health Care Coordination Program, (877) 414-4447

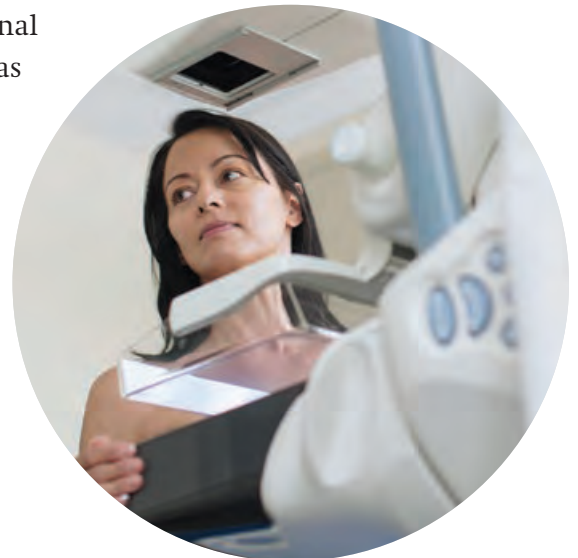
Medical Center (SVMC), “For far too many individuals, getting a screening isn’t easy. Some lack transportation, some are without insurance, and arranging childcare can be an issue. The good news is that You First can help remove these obstacles and more.”

You First provides FREE screenings and more

To help Vermont women and anyone with breasts or a cervix get the care they need, the state’s You First program provides the following services free of charge—including transportation to all eligible appointments—to eligible individuals (see box):

Breast Cancer Screenings

- Starting at age 50 (unless recommended sooner)
- Breast exam every year
- Mammogram every other year (or as often as recommended)
- Additional testing as needed



“For far too many individuals, getting a screening isn’t easy. Some lack transportation, some are without insurance, and arranging childcare can be an issue. The good news is that You First can help remove these obstacles and more.”

– Seline Skoug, RN, MS, SVMC breast health nurse navigator



Cervical Cancer Screenings

- Pap tests every three years (or as often as recommended)
- HPV test
- Additional testing as needed

Heart Health Screenings

- Members aged 30-64
- Blood Pressure
- Height & Weight
- Cholesterol testing
- Blood sugar testing

In addition, You First members aged 30-64 healthy can receive lifestyle perks including one-on-one health coaching, fitness memberships, nutrition and weight-loss programs, passes to Vermont’s state parks, coupons for local farmers markets, and more.

Getting the help you need is easy

You First makes it simple for eligible individuals to start getting the care they need.

“You can sign up by phone or online,” says Skoug. “Just call 800-508-2222, email YouFirst@vermont.com, or visit healthvermont.gov/wellness/you-first. Interpretation services are available for anyone not fluent in English.”

Once you’ve enrolled, you’ll be mailed a You First membership card and information and a You First team member will call to welcome you to the

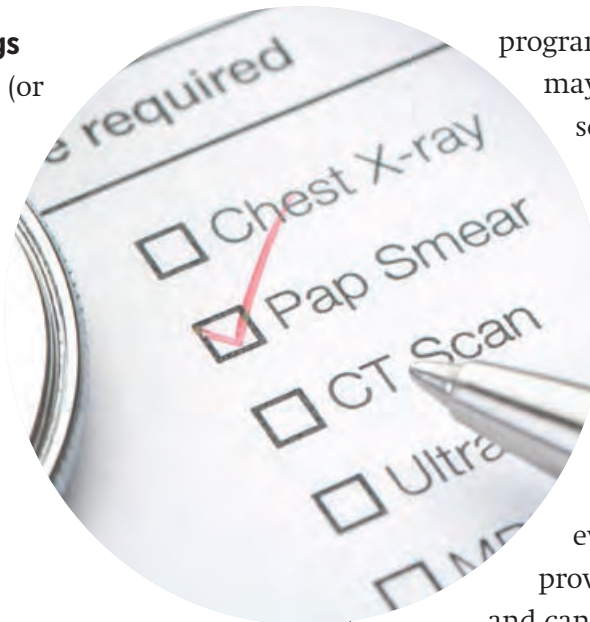
program and answer any questions you may have. You can then schedule your screenings or ask a member of the You First team to help you set up your appointments.

Personalized care for women and the LGBTQ+ community

To best serve LGBTQ+ Vermonters, You First is partnered with the Pride Center of Vermont to ensure every member is connected to a provider that they are comfortable with and can talk openly with about their health.

Services include one-on-one help to find a safe and affirming doctor, assistance getting to appointments, and payment for eligible medical bills.

Skoug notes, “Regardless of your orientation, if you receive a bill for a service You First pays for, you just have to submit it to them for payment. This includes any covered services received up to 90 days before you became a member.” +



Flu vaccines

Your best shot at avoiding the flu

Who should—and shouldn't—get a flu shot?

The CDC recommends everyone six months and older in the United States should get a flu vaccine every season with a few exceptions.

People who **SHOULD NOT** get a flu shot include:

- Children younger than six months of age
- People with severe, life-threatening allergies to any ingredient in a flu vaccine (other than egg proteins). This may include gelatin, antibiotics, or other ingredients.
- People who have had a severe allergic reaction to the flu vaccine. If you have had a severe allergic reaction to a flu vaccine in the past, talk with your health care provider to help determine whether vaccination is appropriate for you.

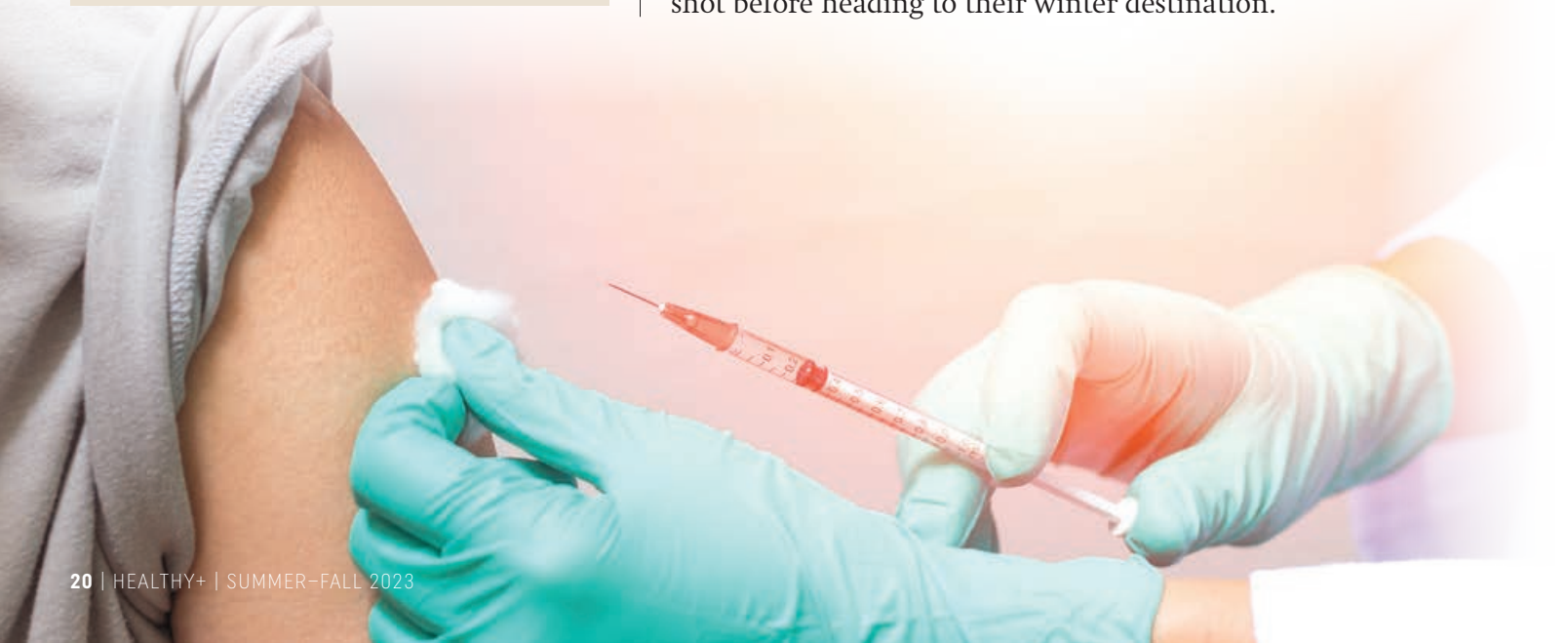
While people tend to mark the end of summer in their own way—one last barbecue, closing the pool, or a quick trip to the beach—there is something that should be on everyone's end-of-summer to-do list: scheduling a flu shot.

The earlier the better

According to Dr. Marie George, an infectious disease specialist at Southwestern Vermont Medical Center, "Influenza viruses are present year-round, but cases tend to spike during the fall and winter months. The exact timing and the nature of the virus varies from year to year, making it hard to pinpoint a 'best time' to get a flu shot. That said, earlier is better."

The reason for that is that it takes your body at least two weeks from the time you get the shot to produce the antibodies that will protect you from the projected flu strains. In the case of children, some may need to get two vaccines four weeks apart, which further extends the time to get the full benefit of the vaccine.

George adds, "There's no evidence to indicate getting the shot in early September versus late October puts you at great risk for getting the flu later in the season. This is particularly great news for senior snowbirds, who should try to get their shot before heading to their winter destination."



“Vaccines and boosters are the best way to protect yourself and others.”

— Marie George, MD, SVMC Infectious Disease Specialist



Never too late to protect yourself—and others

While the Centers for Disease Control and Prevention (CDC) recommend getting a flu shot by the end of October, it’s never too late to get vaccinated. George notes, “The CDC recommendation is just that, a recommendation. If you miss the deadline, you should still try to get the shot.”

George emphasizes that it is possible to develop both a flu and COVID infection at the same time and that co-infections can be more serious than just getting sick with one virus at a time. “The best way

to avoid a complicated double infection is to get a flu shot and remain current with your COVID boosters. Both work to reduce your risk of hospitalization.”

Plus, flu shots and COVID booster work to protect not just yourself but others in the community. “Infants and immuno-compromised people are at greatest risk for serious complications of the flu and COVID,” says George. “For these populations in particular, the effects of the flu or COVID can truly be devastating. Vaccines and boosters are the best way to protect yourself and others.” +

Where to get a flu shot

Flu vaccines are widely available in our region. To find a location near you, visit [vaccines.gov](https://www.vaccines.gov) and click on “Find flu vaccine” to see the options in your zip code.

Vaccines are also available at the following Southwestern Vermont Health Care locations:

SVMC Deerfield Valley Campus

30 Route 100 South
Wilmington, VT
802-464-5311

SVMC Northshire Campus

5957 Main Street—Route 7A
Manchester, VT
802-362-4440

SVMC Pownal Campus

7237 Route 7
Pownal, VT 05261
802-681-2780

SVMC Internal Medicine

140 Hospital Drive, Suite 108
Bennington, VT
802-447-5519

SVMC Twin Rivers Campus

16 Danforth Street
Hoosick Falls, NY
518-686-5770

In addition, vaccines are available FOR ADULTS ONLY on either a walk-in or appointment basis at the following locations:
Big Y Pharmacy
CVS Pharmacy
Hannaford
Price Chopper—Market 32
Stop & Shop
Walgreens
Walmart



Healthy Harvest Recipes

By Laura R. LaCroix, Executive Chef, Southwestern Vermont Health Care

Make the most of your garden's bounty or find the ingredients at your local farmers' market for these family-pleasing recipes. Easy to make and packed with flavor and nutrients, they pair together well for a scrumptious meal that will leave you feeling full and satisfied.

Sweet Potato Shepherd's Pie

This clever winter-inspired ratatouille leans on readily available and affordable seasonal root vegetables, including squash, rutabaga, pumpkin, and onion to deliver great flavor. This vegetarian version is hearty enough to serve as a main entree but also makes a tasty side to roast chicken, pork, or even steak.

Serves 6-8

Ingredients

2 tablespoons butter
2 medium carrots, peeled and diced
1 small pepper, diced
1 small yellow onion, diced
1 cup sliced mushrooms
10 ounces frozen spinach or 1 pound fresh
4 cloves garlic, minced
3 ounces tomato paste
¼ cup water
1 cup canned white kidney beans
1 tablespoon Dash Original Blend

For Sweet Potato Topping:

2 large sweet potatoes (about 12 ounces each), peeled and cubed (roughly 6 cups cubed)
1 tablespoon olive oil
1 teaspoon cinnamon
1 teaspoon Vermont maple syrup
1 cup sliced fresh scallions



**FREEZER-FRIENDLY,
MAKE-AHEAD**



Instructions

1. Preheat oven to 350 degrees F.
2. Steam peeled and diced sweet potatoes until tender. Drain and place in a mixing bowl. Mash and add in olive oil, cinnamon, syrup, and scallions. Stir well to combine.
3. In a medium-sized sauté pan, melt butter at medium heat. Add chopped carrots, pepper, onion, mushrooms, spinach and garlic. Continue cooking until the carrots are soft, about 12-15 minutes. Once vegetables are tender, add tomato paste, water, Dash and beans.
4. Spray a 9x9-inch baking dish
5. Transfer the sauteed vegetable mixture to the baking dish and smooth to create an even layer.
6. Top with sweet potato mixture.
7. Bake for 10 minutes. Remove from oven and serve.



Roasted Brussels Sprouts with Dried Cranberries and Almonds

Serves 6

Ingredients

- 1 ½ pounds Brussels sprouts, trimmed and cut in half
- 2 tablespoons extra-virgin olive oil
- ½ cup dried cranberries
- ½ cup slivered almonds
- 1 tablespoon Dash Original Blend

Instructions

1. Preheat the oven to 425 degrees F.
2. Wash Brussels sprouts, slice off the nubby ends, and remove any discolored or damaged leaves. Cut each sprout in half.
3. In a medium mixing bowl, combine Brussels sprouts, olive oil, dried cranberries, almonds, and Dash. Toss until the sprouts are lightly and evenly coated. Arrange the sprouts in an even layer on cookie sheet.
4. Roast until tender and golden on the edges, about 17 to 25 minutes.

Regional Food Banks and Resources

VT:

Arlington:

Arlington Food Shelf | 802-375-6328

Bennington:

Beth El | 802-442-9645

Bible Baptist Church | 802-447-3618

BROC Food Shelf | 802-447-7515

Commodity Supplemental Food Program | 802-214-4648

GBCS Kitchen Cupboard | 802-447-3700

Green Mountain Christian Center | 802-447-7224

Harvest House Soup Kitchen | 802-447-4739

Meals on Wheels of Bennington | 802-440-5436

Sacred Heart Saint Francis de Sales, HIS Pantry | 802-442-1720

Second Congregational Church | 802-442-2559

Shires Housing/SASH | 802-442-8139

Southern Baptist Disaster Relief | 603-504-4955

Southwestern Vermont Council on Aging | 802-786-5990

Deerfield:

Deerfield Valley Food Pantry | 802-464-0148

Manchester:

Community Food Cupboard | 802-362-0057

North Bennington:

St. John the Baptist Church | 802-447-7504

North Bennington Baptist Church | 802-442-2711

Pownal:

Pownal Food Pantry | 802-440-0217

Shaftsbury:

Shaftsbury United Methodist, The Carpenter's Shop | 802-442-5893

MA:

North Adams:

Berkshire Food Project | 413-664-7378

NY:

Hoosick Falls:

HACA Food Pantry | 518-686-5163
hoosickhaca.org

Berkshire Family YMCA

Connecting people to their potential, purpose, and each other

With a focus on youth development, healthy living, and social responsibility, the Berkshire Family YMCA offers something for everyone regardless of age or ability. Housed in the “Bennington Rec” on Gage Street in Bennington, Vermont, the Y is abuzz with activity every day.

“Our most devoted swimmers and fitness enthusiasts arrive at 6 a.m. somedays and we just get busier as the day progresses, often ending with swim meets hosted by the local high school or club teams,” says the Bennington Branch Director Kayla Becker.

But the Y’s reach goes well beyond the walls of the Gage Street building.

Beginning in 2021, the Y began partnering with local schools to provide afterschool programming.

“Designed for working families, the program provides K-5 students from local schools with a safe and engaging place to be when the school day is done, and a meal before they head home,” says Becker.

“Key to the program’s success—and a key part of our mission—is the staff, which includes a lot of high school-aged teens who serve as counselors. In

addition to leading games and activities, the teen staff members are engaged in a leadership and training program that teaches them important life skills. Many of the counselors eventually move on to work for the Y. In fact, almost everyone who works at our location is born and raised in the Bennington area, which helps reinforce the community spirit we’re striving to build and strengthen.”

New programming opportunities for seniors

Most recently, the Y introduced new programs for older adults.

Hosted at the Bennington Sports Center, the programs were developed in direct response to a need expressed by the Y’s community partners, the Bennington Senior Center and Meals on Wheels.

“While we were offering senior fitness classes,” says Taylor McGuire, the Y’s assistant director, “we learned that many seniors were looking for pure social opportunities. Now there’s a place for them to come together

Monday through Friday and Sunday morning to connect, share a cup of coffee, play board games, and build friendships. For those that are interested, we continue to offer the active walking, yoga, Qigong, and more.”



COMMUNITY PARTNER PROFILE



Y programming is designed for people of all ages and abilities.

A place where everyone is welcome ALWAYS

Since taking over the operations of the Bennington Recreation Center in 2018, the Y has steadily expanded programming and built strong partnerships throughout the community.

Becker says, "Our primary focus is to serve the community in the spirit and manner

The Y's reach goes well beyond the walls of the Gage Street building.

they want and deserve. Thanks to our partnerships, we have a better understanding of what those needs and wants are, and the fact that we're a YMCA allows us to make membership affordable for all. In fact, no one has ever been turned away due to financial need. Everyone deserves a place to belong and we're proud to be here for them." +

Community Health Resources

AGING AND DISABILITY RESOURCES

BENNINGTON COUNTY

Bennington Senior Center

A place that brings together older adults who want to be engaged in their communities and with their peers.

802-442-1052

benningtonvt.org/departments/senior-center/
124 Pleasant St., Bennington, VT

Department of Disabilities, Aging, and Independent Living

A division of Vermont state government focused on making Vermont the best state in which to grow old or to live with a disability—with dignity, respect, and independence.

802-241-2401

dail.vermont.gov

HC 2 South, 280 State Drive, Waterbury, VT

Meals on Wheels of Bennington County

Offers healthy, nutritious, and tasty meals to eligible seniors over 60 years old, and to disabled adults under age 60.

802-442-8012

mowbennington.org

124 Pleasant St.,
Bennington, VT



Meals on Wheels
of Bennington County

Senior Solutions: Council on Aging for SE VT

Senior Solutions offers guidance to older Vermonters, so they can thrive as they age.

866-673-8376

seniorsolutionsvt.org/services

38 Pleasant St., Springfield, VT

Southwestern Vermont Council on Aging

A community force in creating and sustaining opportunities for elders and caregivers in our region to help assure that elders are able to maintain maximum independence and quality of life.

802-442-5436

svcoa.org

160 Benmont Ave. Suite #90, Bennington, VT

Support and Services at Home (SASH)

SASH coordinates the resources of social-service agencies, community health providers, and nonprofit housing organizations to support Vermonters who choose to live independently at home.

802-442-9920

sashvt.org/Bennington-county/

814 Gage St., Bennington, VT



Vermont Center for Independent Living

Vermont Center for Independent Living

Working to promote dignity, independence, and civil rights of Vermonters with disabilities.

802-447-0574

vcil.org

601 Main St., Bennington, VT

WINDHAM COUNTY

Senior Solutions: Council on Aging for Southeastern Vermont

Senior Solutions offers guidance to older Vermonters, so they can thrive as they age.

866-673-8376

seniorsolutionsvt.org/services

38 Pleasant St., Springfield, VT

Support and Services at Home (SASH)

SASH coordinates the resources of social-service agencies, community health providers, and nonprofit housing organizations to support Vermonters who choose to live independently at home.

802-246-1538

sashvt.org/windham-county

PO Box 275, Brattleboro, VT

Vermont Center for Independent Living

Working to promote dignity, independence, and civil rights of Vermonters with disabilities.

802-254-6851

vcil.org

28 Vermont St., Suite 436, Brattleboro, VT

WASHINGTON COUNTY

Washington County Office for Aging and Disabilities Resource Center

Offers unbiased education, information, referral, and service to residents in need of emergency or long term home and community-based supports.

800-848-3303

washingtoncountyny.gov/148/Office-for-Aging

383 Broadway Building B, Fort Edward, NY

RENSELAER COUNTY

The Arc of Rensselaer County

Advocates for the rights and safety of individuals of all ages who have an intellectual disability and/or a developmental disability or delay.

518-274-3110

renarc.org

79 102nd St., Troy, NY

Hoosick Falls Senior Services Center

518-686-7561

Provides a network of supportive services to seniors, socialization opportunities, access to Meals on Wheels, and fitness programs.

townofhoosick.org/seniorcenter.shtml

69 Church St., Hoosick Falls, NY 12090

Independent Living Center of the Hudson Valley

A disability rights organization that is led by and inspires people with disabilities to achieve self-determination and advocate for an integrated society.

518-274-0701

ilchv.org

15-17 Third St., Troy, NY

NYS Office of Temporary and Disability Assistance

Supervises programs that provide assistance and support to eligible families and individuals.

518-473-1090

otda.ny.gov/

40 North Pearl St., Albany, NY

Rensselaer County Department of Aging

Providing a network of supportive and preventive services, which enable the County's elderly to maintain themselves productively and independently within the community.

518-270-2730

rensco.com/departments/department-of-aging

1600 Seventh Avenue, Fourth Floor, Troy, NY

BERKSHIRE COUNTY

Elder Services of Berkshire County

Provides Berkshire elders, caregivers, and individuals with disabilities the opportunity to live with dignity, independence, and self-determination, and to achieve the highest possible quality of life.

413-499-0524

esbci.org

877 South St., Suite 4E, Pittsfield, MA

North Adams Council on Aging

Responsible for understanding, supporting, strengthening, and improving the lives of residents who are 55 or older through advocacy, communication, and collaboration.

413-662-3125

northadams-ma.gov/government/boards_and_commissions/council_on_aging/index.php

10 Main St., North Adams, MA

FOOD SECURITY

BENNINGTON COUNTY

Arlington Food Shelf

A food pantry serving those in the Arlington region.

802-375-6328

Arlington Food Shelf on Facebook
165 Old Mill Rd., Arlington, VT

Bennington County Regional Commission

Maintains a Bennington County Food Asset Map, providing comprehensive information about programs in place to address food insecurity in Bennington County.

802-442-0713

bcrcvt.org/Bennington-county-food-system-asset-map.html

210 South St., Suite 6, Bennington, VT

Bennington Rutland Opportunity Council

A food shelf with necessary staples to keep families fed.

802-447-7515

broc.org

332 Orchard Rd., Bennington, VT

Community Food Cupboard

Provides access to nutritious food and resources that help families in Manchester and fifteen surrounding towns to achieve their potential.

802-362-0057

communityfoodcupboard.org

40 Jeff Williams Way, Manchester Center, VT

Greater Bennington Community Services, Inc.

Operates the Kitchen Cupboard, providing free food to individuals and families in need.

802-447-3700

gbcsbennington.org

121 Depot St., Bennington, VT

Harvest House Soup Kitchen

Soup kitchen offering free meals and fellowship.

802-447-4739

Harvest House Soup Kitchen on Facebook

101 River St., Bennington, VT

Meals on Wheels of Bennington County

Offers healthy, nutritious, and tasty meals to eligible seniors over 60 years old, and to disabled adults under age 60.

802-442-8012

mowbennington.org

124 Pleasant St., Bennington, VT

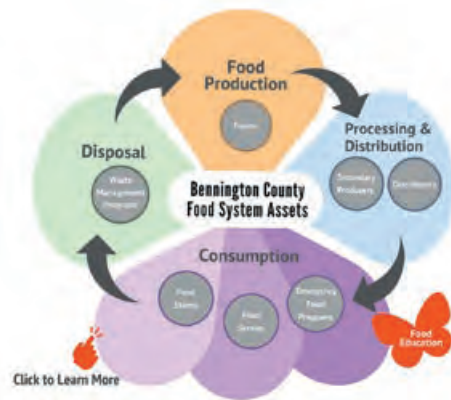
Sacred Heart Saint Francis de Sales Church—HIS Pantry

A ministry of Sacred Heart St Francis de Sales parish that serves locally those in need of supplemental food.

802-442-3141

sacredheartsaintfrancis.org

238 Main St., Bennington, VT



Bennington County Regional Commission food assets map

Women, Infants, and Children (WIC) Program

Provides access to healthy foods, nutrition education, breastfeeding support, and referrals to health care and other community resources.

802-447-6408

healthvermont.gov/local/Bennington/wic

324 Main St., Suite 2, Bennington, VT

WINDHAM COUNTY

Deerfield Valley Food Pantry

Organization ensuring that no one in the Deerfield area goes hungry or lacks the basics for personal care.

802-464-0148

deerfieldvalleyfoodpantry.org

7 Church St., Wilmington, VT

Food Connects

Delivers local food as well as educational and consulting services aimed at transforming the local food system.

802-451-0538

foodconnects.org

22 Browne Court Unit 110, Brattleboro, VT

Groundworks—Foodworks Food Shelf

A program providing supplemental food to individuals in need.

802-490-2412

groundworksvt.org

141 Canal St., Brattleboro VT

St. Brigid's Kitchen and Pantry

Volunteer organization dedicated to feeding the hungry.

802-254-6800

stbrigidskitchenandpantry.org

38 Walnut St., Brattleboro, VT

Townshend Community Food Shelf

A volunteer-run community food shelf offering supplemental food assistance to all people in need.

802-365-4348

46 Common Rd., Townsend, VT

Women, Infants, and Children (WIC) Program

Provides access to healthy foods, nutrition education, breastfeeding support, and referrals to health care and other community resources.

802-257-2882

healthvermont.gov/local/Brattleboro/wic

232 Main St., Suite 3, Brattleboro, VT

WASHINGTON COUNTY

Cambridge Food Pantry and Christian Outreach Center

Food pantry serving the Cambridge region.

518-677-7172

Cambridge Food Pantry & Christian Outreach Center on Facebook.

59 S. Park St., Cambridge, NY

St. James Food Pantry

Food pantry serving those in the Albany region.

518-247-6433

50 Summit Ave., Albany, NY

Washington County EOC Food Pantry

518-746-2390

foodbankofhudsonvalley.org

383 Broadway, Fort Edward, NY

Women, Infants, and Children (WIC) Program

Committed to improving the nutrition and health status of women, infants, and children by providing nutritious foods, nutrition and health education, breastfeeding support, and referrals to health and human service providers for all eligible families within New York State.

518-746-2460

washingtoncountyny.gov/179/WIC-Program

411 Lower Main St., Hudson Falls, NY

RENSELAER COUNTY

Commission on Economic Opportunity (CEO) Family Resource Center

Developing partnerships and creating opportunities for growth and empowerment in the community, with a focus on health, housing, early childhood, and family supports.

518-272-6012

ceoempowers.org

2331 Fifth Avenue, Troy, NY

Food Pantries for the Capital District

A coalition of more than 65 food pantries in Albany, Rensselaer, Saratoga, and Schenectady Counties.

518-458-1167

thefoodpantries.org

32 Essex St., Albany, NY

Hope 7 Food Pantry

A food pantry serving local families.

518-272-1547

hopeseven.com/food-pantry

520 Pawling Avenue, Troy, NY

Community Health Resources *(continued)*

BERKSHIRE COUNTY

Berkshire North Women, Infants, and Children (WIC) Program

A nutrition program that provides nutrition and health education, healthy food, breastfeeding education and support, and other services free of charge.

413-447-3495

berkshirehealthsystems.org/wic

510 North St., Suite #5, Pittsfield, MA

Berkshire Food Project

Seeks to alleviate hunger, food insecurity, and social isolation by serving healthy, no-cost meals and connecting people to other resources, all in a dignified and respectful manner.

berkshirefoodproject.org

413-664-7378

134 Main St., North Adams, MA

Friendship Center Food Pantry

Providing healthy and nutritious supplemental food to those in the northern Berkshire area experiencing food insecurity.

413-664-0123

friendshipfoodpantry.org

45 Eagle St., North Adams MA

Williamstown Food Pantry

Serving residents in need from the Williamstown region.

Williamstown Food Pantry on Facebook.

53 Southworth St., Williamstown, MA.

HOUSING AND SHELTER SERVICES

BENNINGTON COUNTY

Bennington County Coalition for the Homeless

Provides safe shelter, food, and support services for homeless families and individuals in Bennington County.

802-442-2424

bcchvt.org

966 Main St., Bennington, VT

Bennington Housing Authority

Administrates Section 8 and provides affordable rental properties.

802-442-8000

benningtonhousingauthority.org

22 Willowbrook Dr., Bennington, VT

Bennington Rutland Opportunity Council (BROC)

Providing hope, opportunity, and a path forward out of crisis or poverty, so neighbors and communities thrive. Includes housing/fuel/utility assistance and weatherization support.

802-447-7515

broc.org

332 Orchard Rd., Bennington VT

NeighborWorks of Western Vermont: Bennington office

Community development nonprofit supporting individuals, neighborhoods, and communities through community building and engagement efforts, including a focus on homeownership, home repair, efficiency improvements, and loan assistance.

802-438-2303

nwwwvt.org

136 North St., Bennington, VT

Shires Housing

Nonprofit providing quality, affordable housing in Southwestern Vermont including apartments and family homes.

802-442-8139

shireshousing.org

307 North St., Bennington, VT



Windham and Windsor Housing Trust

WINDHAM COUNTY

Brattleboro Housing Partnerships

Ensuring the provision of quality affordable housing opportunities in viable communities for lower income individuals.

802-254-6071

brattleborohousing.org

224 Melrose St., Brattleboro, VT

Groundworks Collaborative

Offering food, health, and other support for individuals in Windham County, including a 30-bed shelter and drop-in center.

802-257-0066

groundworksvt.org

81 Royal Rd., Brattleboro, VT

Windham and Windsor Housing Trust

Providing permanently affordable housing solutions in Southeastern Vermont through property management, homeowner education, low-cost loans and financial assistance, and advocacy.

802-254-4604

homemattershere.org

68 Birge St., Brattleboro, VT

WASHINGTON COUNTY

The Open Door Mission

Serving individuals who are homeless and low income, the Open Door Mission maintains a men's and women's shelter.

518-792-5900

opendoor-ny.org/about-us

226 Warren St., Glens Falls, NY

Shelters of Saratoga, Inc.

Transforming the lives of neighbors facing homelessness with supportive services, safe shelter, and a path to independence.

518-581-1097

sheltersofsaratoga.org

14 Walworth St., Saratoga Springs, NY

WAIT House

Provides homeless youth with shelter, intensive services, and case management for up to 12 months.

518-798-2077

hycwaithouse.org

10 Wait St., Glens Falls, NY

RENSELAER COUNTY

City Mission of Schenectady

Provides shelter to homeless men, women, and children.

518-346-2275

citymission.com

311 Clinton St., Schenectady, NY

Family Promise of the Capital Region

Affirming the humanity and dignity of homeless families and engaging the community in helping them achieve sustainable independence.

518-650-8895

familypromisecr.org

738 New Scotland Avenue, Albany, NY

Interfaith Partnership for the Homeless

Provides services to homeless and at-risk individuals and families, including those with complex mental health, substance use, and health issues.

518-434-8021

iphny.org

176 Sheridan Ave., Albany, NY

Joseph's House and Shelter

Provides non-judgmental services to end homelessness.

518-272-2544

josephshousetroy.org

74 Ferry St., Troy, NY

Unity House of Troy

A Rensselaer County-based human service agency providing a wide range of services, including housing support, to meet the otherwise unmet needs of people in our community who are hurting and struggling.

518-274-2607

unityhousesny.org

2431 Sixth Avenue, Troy, NY

BERKSHIRE COUNTY

Berkshire Community Action Council

Provides weatherization support and fuel assistance

413-663-3014

bcacinc.org

85 Main St., 2nd Floor, North Adams, MA

Berkshire County Regional Housing Authority

Provides housing and consumer education programming, legal and educational services, homelessness prevention and resolution, and anti-poverty resources.

413-443-7138

bcrha.com

1 Fenn St., Pittsfield, MA

Louison House

Comprehensive housing agency working to ameliorate and prevent homelessness in Northern Berkshire County.

413-663-6323

louisonhouse.org

149 Church St., North Adams, MA

ServiceNet

A year-round, 16-bed shelter for single adults, and a cold weather shelter.

413-585-1300

servicenet.org/services/shelter-and-housing/shelters

21 Olander Dr. Northampton, MA

PARENT, YOUTH, AND FAMILY SERVICES

BENNINGTON COUNTY

Berkshire Family YMCA/Bennington Recreation Center

Programming to build healthy spirits, minds, and bodies for all.

bfymca.org

802-442-1053

655 Gage St., Bennington, VT

Sunrise Family Resource Center

Offering a broad range of services at no cost, including home visits, early childhood services, parent education and support, and playgroups.

802-442-6934

sunrisepcc.com

244 Union St., Bennington, VT



Sunrise Family Resource Center



Berkshire Family YMCA

Project Against Violent Encounters (PAVE)

Provides free and confidential services to victims of domestic and sexual violence in Bennington County.

802-442-2370

pavebennington.org

102 Dewey St., Bennington, VT

United Counseling Service of Bennington County

Administers a variety of programs designed to build a stronger community, including Head Start and Early Head Start, psychiatric, mental health, and substance use services, and more.

802-442-5491 (Bennington)

802-362-3950 (Manchester)

ucsvt.org

100 Ledge Hill Dr., Bennington, VT

5312 Main St., Manchester, VT

Vermont Permanency Initiative (VPI) Bennington

Providing individualized comprehensive services to children and adolescents who often have experienced complex developmental trauma.

802-447-1557 ext 100

vermontpermanencyinitiative.org

192 Fairview St., Bennington, VT

Catamount Connections

Supporting families with opportunities to connect to each other and local resources.

802-442-8700

Catamount Connections on Facebook

504 Main St. Unit 1, Bennington, VT

Big Brothers Big Sisters

Providing youth with one-to-one mentoring.

802-689-0092

bbsvt.org

Harvest Teen Center

Teen center for local youth.

802-447-0869

Harvest Teen Center on Facebook

200 School St., Bennington, VT

Bennington Early Intervention

Services and supports available to infants and children with developmental delays and disabilities and their families.

802-447-2768

339 Main St., Suite 200, Bennington, VT

WINDHAM COUNTY

Early Education Services of Windham County

The region's Head Start, Early Head Start, and Parent Child Center.

802-254-3742

earlyeducationservices.org

130 Birge St., Brattleboro, VT

Youth Services

Providing transformative prevention, intervention, and development programs for young people and families in Windham County communities.

802-257-0361

youthservicesinc.org/who-we-are

32 Walnut St, Brattleboro, VT 2



Big Brothers Big Sisters

Boys and Girls Club of Brattleboro

Promotes and enhances the development of children by instilling a sense of competence, usefulness, belonging, and influence.

bgbcrattleboro.org/mission

17 Flat St., Brattleboro, VT

Windham County Safe Place

Supports victims and their non-offending family members through the process of investigation of child sexual abuse.

802-579-1358

safeplacecac.net

62 Black Mountain Rd., Brattleboro, VT

Community Health Resources *(continued)*,

WASHINGTON COUNTY

Parent to Parent of NYS Inc.

A place where families of individuals with special needs and the professionals who support them can meet and share information.

518-381-4350

parenttoparentnys.org

500 Balltown Rd., Schenectady, NY

Northeast Parent and Child Society

Provides coordinated, innovative, comprehensive, and responsible delivery of human services.

518-426-2600

neparentchild.org

LEAP Head Start

Aids individuals and families in defining and reaching their goals economically and educationally, and administers Head Start programming.

518-746-2390

leapservices.org

383 Broadway, Fort Edward, NY

Washington County Youth Bureau

Provides training and opportunities for youth to grow up healthy, caring, and responsible.

518-746-2330

washingtoncountyny.gov/165/Youth-Bureau

383 Broadway, Building B, Room 17,
Fort Edward, NY

Big Brothers Big Sisters of the Southern Adirondacks

Matching children with caring adults to guide them on a path to success.

bbssadk.org

1 Lawrence St., Suite 1B, Glens Falls, NY

RENSSELAER COUNTY

Adoptive Families of the Capital Region

Adoption support group for adoptive families and individuals hoping to build their family by adoption.

518-763-8019

adoptivefamiliesny.org

P.O. Box 603 Glenmont, NY

Southern Rensselaer County Family Resource Center

518-694-9915

ceoempowers.org

1641 Third St., Rensselaer, NY

Boys & Girls Club of Southern Rensselaer County

Inspires and enables youth from all walks of life to reach their full potential as productive, caring, and responsible citizens.

518-465-3403

bgcsorensco.org

544 Broadway, Rensselaer, NY

Department for Youth

Providing youth with opportunities, through positive leisure activities and social intervention, to mature into responsible, productive adults.

518-270-2860

rensco.com/departments/department-for-youth/

547 River St., 2nd Floor, Troy, NY

Colonie Youth Center

Provides a variety of childcare, recreation, and wellness services designed to enhance the living experience for all people in the greater Capital Region.

518-438-9596

coloneyouthcenter.org

15 Avis Drive, Latham, NY

Equinox Youth Outreach Center

Offers Rensselaer County youth with one-to-one help obtaining services, connecting to resources, problem-solving, and more.

518-462-5528

equinoxinc.org

21 Delaware Ave., Albany NY

BERKSHIRE COUNTY

18 Degrees: Family Services for Western Massachusetts

Provides education, parenting skills and support, prevention and intervention, advocacy, and life skills across a spectrum of programs serving people in early education and care, foster care and adoption, and youth and community development.

413-448-8281

18degreesma.org

480 West St., Pittsfield, MA

Child Care of the Berkshires

Strengthening families through high quality child care, education, support services, and advocacy.

413-663-6593

ccberkshire.org

210 State St., North Adams, MA

Berkshire County Kids' Place

A safe place where help can begin for children who have experienced violence in their lives, either as victims of abuse or witnesses to domestic violence.

413-499-2800

kidsplaceonline.org

63 Wendell Avenue, Pittsfield, MA



Norman Rockwell Early Childhood Center in Pittsfield, part of Child Care of the Berkshires

Berkshire Family YMCA

Programming to build healthy spirits, minds, and bodies for all.

413-663-6529

bfymca.org

22 Brickyard Court, North Adams, MA

Boys and Girls Club of the Berkshires

Enhancing the quality of life for youth as participating members of a richly diverse society, including a children's center and after school program.

413-448-8528

bgcberkshires.org

16 Melville St., Pittsfield, MA

SUBSTANCE USE PREVENTION, TREATMENT, RECOVERY SERVICES

BENNINGTON COUNTY

The Alliance for Community Transformations

Community-based coalition focused on supporting Bennington-area youth in making healthy choices.

802-430-3347

actbennington.org

215 South St., Second Floor, Bennington, VT

AIDS Project of Southern Vermont Syringe Service Program

Providing access to and disposal of sterile syringes and injection equipment and mobile delivery of harm-reduction bags.

802-440-6776

aidsprojectsouthernvt.org

324 Main Street, Bennington, VT

Center for Restorative Justice

Community justice agency that provides a full continuum of restorative justice programming and services, helping both young people and adults take an active role in becoming positive, contributing members of their community.

802-447-1595

bcrj.org

439 Main St., Suite 2, Bennington, VT

The Collaborative

Community based substance abuse prevention coalition.

802-824-4200

thecollaborative.us

91 VT-11, Londonderry, VT

Spoke Services

Information regarding treatment resources in the Bennington region.

802-440-4234

<https://blueprintforhealth.vermont.gov/about-blueprint/hub-and-spoke>

100 Hospital Drive, Bennington VT

CHILD CARE OF THE BERKSHIRES

Turning Point Center of Bennington

Recovery center in Bennington County
802-442-9700
tpcbennington.org
160 Benmont Ave, Suite C481
Bennington, VT

United Counseling Service of Bennington County

Administers a variety of programs designed to build a stronger community, including Head Start and Early Head Start, psychiatric, mental health, substance use services, and more.
802-442-5491 (Bennington)
802-362-3950 (Manchester)
ucsvt.org
100 Ledge Hill Dr., Bennington, VT
5312 Main St., Manchester, VT

WINDHAM COUNTY

Brattleboro Retreat

Psychiatric and addiction hospital serving children, adolescents, and adults.
802-257-7785
brattlebororetreat.org
1 Anna Marsh Ln., Brattleboro, VT

Turning Point of Windham County

Peer-run recovery center
802-257-5600
turningpointwc.org
39 Elm St., Brattleboro, VT

Windham County Consortium on Substance Use

Works across the span of harm reduction, prevention, treatment, and recovery to understand and address the impacts of opioid and other substance use.
cosvvt.org
51 Fairview St., Brattleboro, VT

Voices of Hope

Providing harm-reduction bags, Narcan, and Narcan training for the community.
802-490-5645
voicesofhopevt.org
Wilmington, VT

NEW YORK STATE

NYS Helpline

Helpline staff can answer questions related to addiction and help connect individuals with treatment options in their area. Available 24 hours a day, every day of the year.
1-877-846-7369 or text: 467369
OASAS.ny.gov

WASHINGTON COUNTY

Center for Recovery

Array of outpatient services including evaluations for substance use disorders, individual and family counseling, group therapy, and medication-assisted treatment.
518-747-8001
bhsn.org
340 Main St., Hudson Falls, NY

Council for Prevention

Fosters healthy communities, schools, families, and individuals through addressing the issues of mental health, substance abuse, disease prevention, treatment, and recovery.
518-746-1527
councilforprevention.org
214 Main St., Second Floor, Hudson Falls, NY

Warren Washington Association for Mental Health

Improving the quality of life for those affected by mental illness and promoting the awareness and importance of mental well-being in the community.
518-747-2284
wwamh.org
3043 State Route 4, Hudson Falls, NY

Washington County Alternative Sentencing

Provides opportunities for adults and juvenile offenders to make positive life changes.
518-746-2333
washingtoncountyny.gov/185/Alternative-Sentencing
383 Broadway, Building B, Room 18, Fort Edward, NY

RENSELAER COUNTY

Conifer Park

Addiction treatment center.
800-989-6446
coniferpark.com
79 Glenridge Rd., Schenectady, NY

Rensselaer County Recovery Helpline

Offering confidential crisis intervention and referrals related to substance use disorders
9 a.m. to 9 p.m. daily.
833-HOPE-123

St. Peter's Addiction Recovery Center Program

Services for those with alcohol or drug addiction.
1-877-525-2227
sphp.com

Senior Hope

Non-intensive outpatient clinic for mature members of the community, 50 years and older, and their families.
518-489-7777
seniorhope.org
650 Warren St., Albany, NY

BERKSHIRE COUNTY

Berkshire Harm Reduction

Offering syringe services, Narcan, Narcan training, and testing for Hep-C, AIDS, and STDs.
6 West Main Street, North Adams, MA
413-398-5603
510 North Street, Pittsfield, MA
413-447-2654
berkshirehealthsystems.org/programs-and-services/berkshire-harm-reduction



Berkshire Harm Reduction Mobile Unit

Offering syringe services, Narcan, Narcan training, and testing for Hep-C, AIDS, and STDs.
413-822-6876
berkshirehealthsystems.org/programs-and-services/berkshire-harm-reduction

Berkshire Opioid Abuse Prevention Collaborative

Implements local policy, practice, systems, and/or environmental changes to prevent the misuse of opioids and to prevent and reduce deaths and poisonings associated with opioids.
413-442-1521 ext. 37
berkshireplanning.org/initiatives/boapc

Brien Center for Mental Health and Substance Abuse Services

Providing a continuum of care for children, adolescents, adults, and families who suffer from serious and persistent behavioral health disorders.
413-499-0412
briencenter.org
333 East St., Pittsfield, MA

Northern Berkshire Community Coalition

Focusing on community empowerment, prevention, and wellness.
413-663-7588
nbccoalition.org/about-us/history
61 Main St., Suite 218, North Adams, MA

SaVida

Providing medication-assisted treatment of opioid and alcohol addiction.
77 Hospital Ave Suite 104, North Adams, MA
413-398-5180
svidahealth.com/opioid-addiction-treatment-north-adams-ma-1

Southwestern Vermont Medical Center

Resources Directory

BREAST CARE

Medical Office Building
140 Hospital Dr. Suite 206
Bennington, VT 05201
802-447-4240

CANCER CARE

SW VT Regional Cancer Center
140 Hospital Dr.
Bennington, VT 05201
802-447-1836

CARDIOLOGY

Medical Office Building
140 Hospital Dr. Suite 211
Bennington, VT 05201
802-447-0212

DERMATOLOGY

Medical Office Building
140 Hospital Dr. Suite 205
Bennington, VT 05201
802-447-5544

DIABETES EDUCATION

802-440-4025

EMERGENCY DEPARTMENT

100 Hospital Dr.
Bennington, VT 05201

ENDOCRINOLOGY

Medical Office Building
140 Hospital Dr. Suite 307
Bennington, VT 05201
802-447-4555

EXPRESSCARE

Medical Office Building
140 Hospital Dr. Suite 111
Bennington, VT 05201
802-440-4077

GASTROENTEROLOGY

Medical Office Building
140 Hospital Dr. Suite 307
Bennington, VT 05201
802-447-4555

GENERAL SURGERY

Medical Office Building
140 Hospital Dr. Suite 205
Bennington, VT 05201
802-447-5060

IMAGING

100 Hospital Dr.
Bennington, VT 05201
802-447-5541

INFECTIOUS DISEASE

Medical Office Building
140 Hospital Dr. Suite 307
Bennington, VT 05201
802-447-4555

INTERNAL MEDICINE

Medical Office Building
140 Hospital Dr. Suite 108
Bennington, VT 05201
802-447-5519

NEUROLOGY

Medical Office Building
140 Hospital Dr. Suite 307
Bennington, VT 05201
802-447-4555

OB/GYN

Medical Office Building
140 Hospital Dr. Suite 302
Bennington, VT 05201
802-442-9600

OCCUPATIONAL HEALTH

Medical Office Building
140 Hospital Dr. Suite 301
Bennington, VT 05201
802-447-5317

ORTHOPEDICS

SVMC Orthopedics
332 Dewey St.
Bennington, VT 05201
802-442-6314
Northern Berkshire Orthopedics
375 Main St.
Williamstown, MA 01267
413-398-1000

PALLIATIVE & SUPPORTIVE CARE SERVICES

140 Hospital Dr. Suite 116
Bennington, VT 05201
802-447-1836

PEDIATRICS

Medical Office Building
140 Hospital Dr. Suite 210
Bennington, VT 05201
802-447-3930

PRIMARY CARE

Deerfield Valley Campus
30 Route 100 South
Wilmington, VT 05363
802-464-5311
Mountain Medical Services
13 Grand Summit Way
West Dover, VT 05356
802-464-9300
Northshire Campus
5957 Main Street
Manchester Ctr, VT 05255
802-464-9300

Pownal Campus

7237 Route 7
Pownal, VT 05261
802-681-2780

Twin Rivers Medical PC

16 Danforth St.
Hoosick Falls, NY 12090
518-686-5770

PLASTIC SURGERY

Medical Office Building
140 Hospital Dr. Suite 205
Bennington, VT 05201
802-447-5060

PULMONOLOGY

Medical Office Building
140 Hospital Dr. Suite 307
Bennington, VT 05201
802-447-4555

REHABILITATION

120 Hospital Dr.
Bennington, VT 05201
802-447-5140

RHEUMATOLOGY

Medical Office Building
140 Hospital Dr. Suite 307
Bennington, VT 05201
802-447-4555

SLEEP DISORDERS

Medical Office Building
140 Hospital Dr.
Bennington, VT 05201
802-440-6031

SPORTS MEDICINE

332 Dewey St.
Bennington, VT 05201
802-442-6314

TRAVEL CLINIC

Medical Office Building
140 Hospital Dr. Suite 301
Bennington, VT 05201
802-447-5317

URGENT CARE

856 State Road
North Adams, MA 01247
413-727-8088

UROLOGY

Medical Office Building
140 Hospital Dr. Suite 100
Bennington, VT 05201
802-447-6253

WOMEN'S AND CHILDREN'S

100 Hospital Dr.
Bennington, VT 05201
802-447-5160

EXCEPTIONAL CARE CLOSE TO HOME

Southwestern Vermont Health Care (SVHC) is a comprehensive health care system servicing Bennington and Windham Counties in Vermont, eastern Rensselaer and Washington Counties in New York, and northern Berkshire County in Massachusetts.

MISSION

SVHC exists to provide exceptional health care and comfort to the people we serve.

VISION

SVHC is recognized as a preeminent, rural, integrated healthcare system that provides exceptional, convenient, safe, and affordable care.

VALUES

Quality | Empathy | Safety | Teamwork | Stewardship





The care you need, when you need it.

SVMC ExpressCare is open seven days a week without an appointment.

We offer care for people of all ages with minor illnesses or injuries. That means you don't need to wait for your doctor's office to open for care you need now.

Open 8 a.m. - 6 p.m. daily.
Use parking lot P1.

120 Hospital Drive, Bennington, VT
802-440-4077 | svhealthcare.org

**Southwestern
Vermont** 
MEDICAL CENTER

 **Dartmouth
Health**

PARTNERSHIP IS POWERFUL MEDICINE™