

50
YEARS
of
PEOPLE
helping
PEOPLE



1966 2016

deep roots ♦ strong future

Clara Martin Center



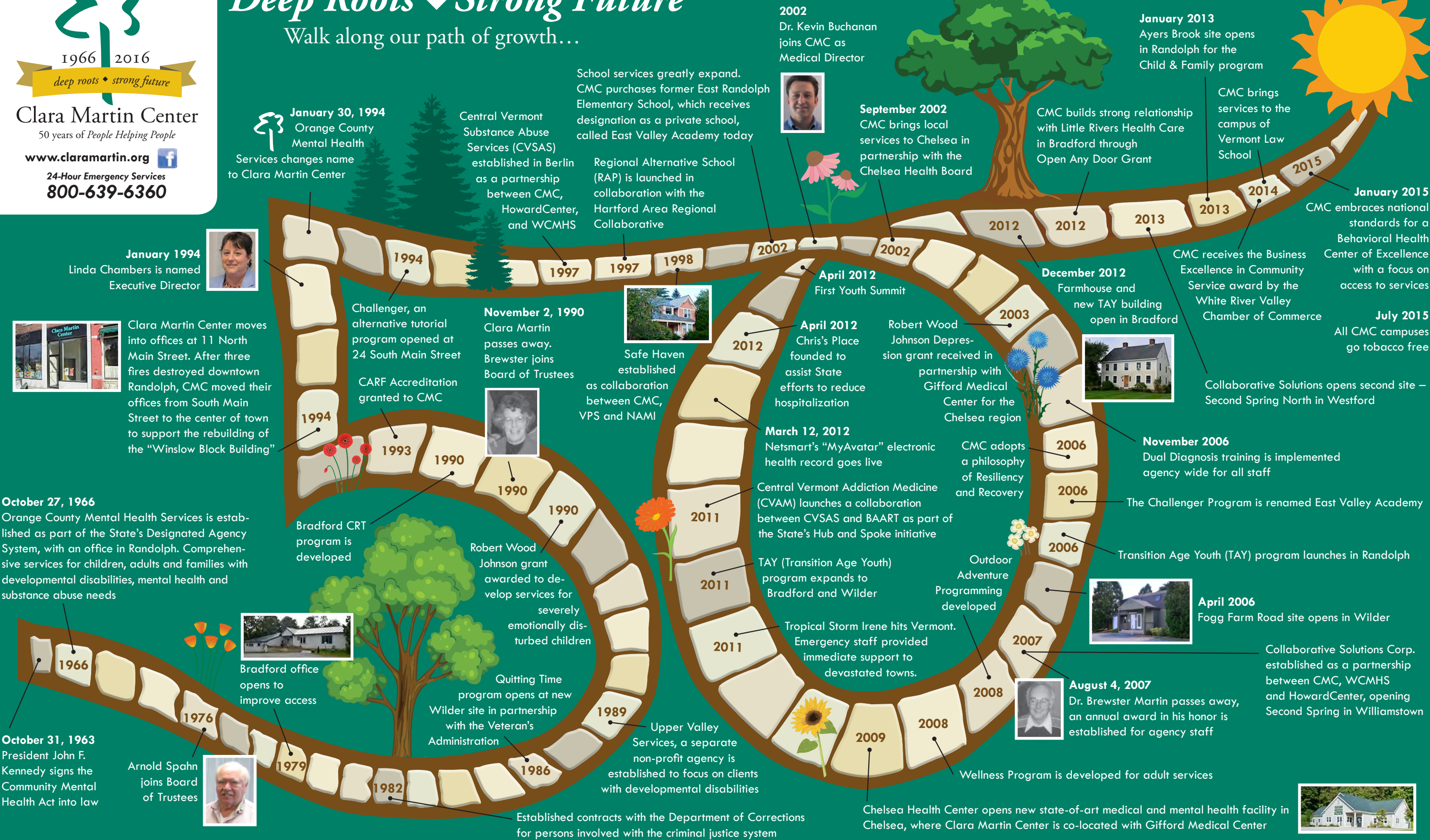
2016 OUTCOMES REPORT



Clara Martin Center
50 years of *People Helping People*
www.claramartin.org
24-Hour Emergency Services
800-639-6360

Deep Roots ♦ Strong Future

Walk along our path of growth...



October 27, 1966
Orange County Mental Health Services is established as part of the State's Designated Agency System, with an office in Randolph. Comprehensive services for children, adults and families with developmental disabilities, mental health and substance abuse needs

October 31, 1963
President John F. Kennedy signs the Community Mental Health Act into law

1966
Bradford office opens to improve access

1976
Arnold Spahn joins Board of Trustees



1994
Clara Martin Center moves into offices at 11 North Main Street. After three fires destroyed downtown Randolph, CMC moved their offices from South Main Street to the center of town to support the rebuilding of the "Winslow Block Building"

1994
Linda Chambers is named Executive Director

1994
Services changes name to Clara Martin Center

January 30, 1994
Orange County Mental Health Services changes name to Clara Martin Center



1993
Challenger, an alternative tutorial program opened at 24 South Main Street

1990
CARF Accreditation granted to CMC

1990
Bradford CRT program is developed

1990
Robert Wood Johnson grant awarded to develop services for severely emotionally disturbed children

1990
Quitting Time program opens at new Wilder site in partnership with the Veteran's Administration

1990
Upper Valley Services, a separate non-profit agency is established to focus on clients with developmental disabilities

1990
Established contracts with the Department of Corrections for persons involved with the criminal justice system

1997
Central Vermont Substance Abuse Services (CVSAS) established in Berlin as a partnership between CMC, HowardCenter, and WCMHS

1997
Regional Alternative School (RAP) is launched in collaboration with the Hartford Area Regional Collaborative

1997
School services greatly expand. CMC purchases former East Randolph Elementary School, which receives designation as a private school, called East Valley Academy today

1998
Safe Haven established as collaboration between CMC, VPS and NAMI



2002
Dr. Kevin Buchanan joins CMC as Medical Director

2002
April 2012 First Youth Summit

2002
April 2012 Chris's Place founded to assist State efforts to reduce hospitalization

2002
September 2002 CMC brings local services to Chelsea in partnership with the Chelsea Health Board

2002
CMC builds strong relationship with Little Rivers Health Care in Bradford through Open Any Door Grant

2002
CMC brings services to the campus of Vermont Law School

2002
January 2015 Ayers Brook site opens in Randolph for the Child & Family program

2002
January 2015 CMC embraces national standards for a Behavioral Health Center of Excellence with a focus on access to services

2003
December 2012 Farmhouse and new TAY building open in Bradford

2003
CMC receives the Business Excellence in Community Service award by the White River Valley Chamber of Commerce

2003
July 2015 All CMC campuses go tobacco free

2003
Collaborative Solutions opens second site - Second Spring North in Westford

2003
November 2006 Dual Diagnosis training is implemented agency wide for all staff

2003
The Challenger Program is renamed East Valley Academy

2003
Transition Age Youth (TAY) program launches in Randolph

2006
April 2006 Fogg Farm Road site opens in Wilder

2006
Collaborative Solutions Corp. established as a partnership between CMC, WCMHS and HowardCenter, opening Second Spring in Williamstown

2006
August 4, 2007 Dr. Brewster Martin passes away, an annual award in his honor is established for agency staff



2006
Wellness Program is developed for adult services

2006
Chelsea Health Center opens new state-of-art medical and mental health facility in Chelsea, where Clara Martin Center is co-located with Gifford Medical Center



2007
Outdoor Adventure Programming developed

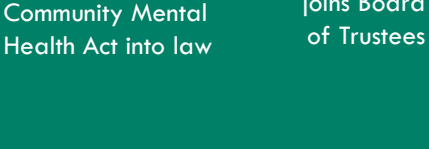
2007
Tropical Storm Irene hits Vermont. Emergency staff provided immediate support to devastated towns.

2008
Wellness Program is developed for adult services

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Upper Valley Services, a separate non-profit agency is established to focus on clients with developmental disabilities

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Wellness Program is developed for adult services

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Chelsea Health Center opens new state-of-art medical and mental health facility in Chelsea, where Clara Martin Center is co-located with Gifford Medical Center



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WELCOME

DEEP ROOTS

As we celebrate our golden anniversary we reflect over 50 years ago when Clara Martin and others were advocating for mental health care in this rural region. When the Community Mental Health Act was signed into law in 1963 by John F. Kennedy, it changed the delivery of mental health care across the country. The work of Clara and others ensured that the small rural towns in Orange and Windsor counties were not overlooked when the state rolled out the new Federal initiative to create the designated community mental health system we all know today.

Clara Martin and her husband, Dr. Brewster Martin, had come to Chelsea, Vermont, in 1953 and opened a medical practice and later a nursing home, caring for local residents. Dr. Martin's office had a social worker one half-day each week. The local mental health specialist had a waitlist of six months or more.

Clara Martin and others in the community shared a concern for the care of citizens who suffered with mental health issues and recognized that the care for those with a mental illness usually resulted in a stay at the state hospital lasting for several years and sometime decades – often robbed the spirit from their lives. These concerned citizens wanted to bring those affected back home to their communities where they could live with family and friends.

With the new legislation, the region opened Orange County Mental Health Services on October 27, 1966. Located in Randolph, Vermont, the agency served all of Orange County and the five northernmost Windsor County towns. Today, we serve the region with local access in the towns of Randolph, Chelsea, Bradford and Wilder. Clara Martin Center also partners with other mental health agencies in the area of addiction and some residential step down specialty programs.

Our Board of Trustees has a long history of dedicated community members working to strengthen the organization. Clara Martin served on the Board of Directors until her death in 1990, when Dr. Brewster Martin took her seat until his death in 2007. Arnold Spahn, current Board President and longtime Randolph resident and business owner, has served on the board for over 40 years,



Linda Chambers
Executive Director

modeling his commitment to community service and the value of helping the whole community. June Phillips, retired board member, longtime community member, and devoted family member, served many years on the Board of Trustees and was an advocate for compassionate client care and helping family members. These board members and many others have shaped the values and culture of the organization over time and have held true to the spirit of treating all people with respect and bringing them home to live productive lives in our communities.

To honor Clara, our name changed to the Clara Martin Center in 1994. The agency has continued the crusade for access to mental health and addiction recovery services within our communities by expanding sites and programs over the last 50 years to accommodate the unique needs of the diverse populations we serve. We constantly strive to improve access to care whether through opening programs in areas where need is high, working toward a system of same day access, breaking down transportation barriers, or finding housing, we are always looking forward and problem solving to bring people the services they need, while anticipating what future needs may be.

We also continue our efforts to become a Center of Excellence, a great place to get care and a great place to work. While not a formal certification, being a Center of Excellence provides a framework to demonstrate the important work Clara Martin Center does, and the value it has in the communities we serve. The National Council for Behavioral Health identifies five elements used in defining a Center of Excellence – easy access, world class customer service, comprehensive care, excellent outcomes and excellent value.

Our committed staff devote themselves to helping fellow community members, providing them with the highest quality of care. Clinicians invest a lot of time training and seeking the proper credentialing to provide clients with the most appropriate treatment. We have several specialized services in our system of care including attachment therapy, Dialectical Behavior Therapy (DBT), substance

abuse services, adventure programming and others.

The Clara Martin Center values and beliefs shine brightly as the agency continues to deliver high-quality care based around agency-wide culture and philosophies like person-centered care, Resiliency and Recovery, and trauma informed care.

The majority of our management team started at the agency as clinicians or other service workers. They worked their way up to leadership positions, where their wisdom and insight are guiding the agency through reform in health care, education and politics. They stay true to the mission and values the agency was founded on and developed over the years. This has, and will have, great impact on the work we do every day.

As we honor our 50th anniversary, we look to celebrate the accomplishments of the agency and also the many citizens we have helped during this time and who have in turn helped our communities grow and thrive.

Read on and you will see comments and stories shared by clients during an initiative we launched called “Share Your Story” where we asked for clients to tell us how Clara Martin Center has impacted their life. The response was overwhelming, and speaks to the high level of care and respect clients feel they receive here. We are proud of the work we do each day and humbled by the kind words of others.

EVENTS TO CELEBRATE OUR 50TH BIRTHDAY

We have spent the summer on a “Cupcake Tour” handing out our birthday cupcakes at local farmers markets and summer concerts in our communities.

We are hosting the Me 2/ Orchestra at Chandler Music Hall on January 7, 2017. The Me 2/ Orchestra was founded in Burlington, Vermont and is the world’s only classical music organization for people with mental illness and those who support them. Led by a once world-renowned



conductor whose own career was shattered by his diagnosis of bipolar disorder, the Me2/Orchestra’s exhilarating performances challenge societal stereotypes about mental illness. The name Me 2 itself comes from the commonality of mental illness touching all of our lives in one way or another. Prior to the orchestra performance, an art show and readings will exhibit work from friends of mental health in the Upper Gallery. This is an opportunity for showcasing creativity in written and visual forms by people who are passionate about mental health. The evening will be an amazing exhibition of the talent of the artists, writers and musicians who have boldly and courageously shared the work of their heart and soul, embracing mental health as an important part of all of our lives.

In May 2017, the birthday celebration continues as we host the Color Splash – a 5K walk/run at Thetford Academy’s elite cross-country course where participants are splashed with non-toxic color powder. This event will promote fun, community and wellness, while raising awareness for mental health and addiction recovery.

STRONG FUTURE

We look forward to a strong future of mental health care and will fight hard during current health reform efforts to keep a broad scope of services local in this rural region. Our agency continues to make the strengths of our communities part of our mission and a part of our social culture. The efforts and initiatives Clara Martin Center puts forth, demonstrate that recovery and healthy living is not only possible, it is achievable.

Looking forward, we know that mental health care will continue to change, develop and evolve. The agency will strive to remain at the forefront of these developments in the same way the agency has done since its inception 50 years ago. Celebrate our 50 years with us, for we are all in this together.

THE FACTORS WE STRIVE TO EMBRACE IN EVERY ASPECT OF OUR ENVIRONMENT AND CULTURE:

- High expectations
- Building from strengths
- Determining interest & desire
- Setting clearly defined individualized goals and benchmarks
- Structuring plans for success
- Developing commitment
- Rewards and incentives
- Social competency
- Caring relationships
- Unconditional positive regard
- Belonging to a positive peer culture
- A sense of meaning & purpose
- Opportunities for meaningful participation
- Voice & decision making
- Choices
- Problem solving
- Networking and making connections
- Planning ahead
- Experiential learning
- Community service
- Self-expression
- Cooperative learning

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**“Keep being
amazing.”**

PATRICK J. LEAHY
VERMONT



UNITED STATES SENATE
WASHINGTON, D. C. 20510

August 15, 2016

Dear Ms. Chambers: *Linda*

Congratulations to you and the Clara Martin Center staff on your 50th anniversary of providing mental health and substance abuse services to rural Vermonters in Orange County and the greater Upper Valley. Your leadership and advocacy in the field of mental health make our communities stronger.

The Clara Martin Center is known for its comprehensive and collaborative approach to mental health and substance abuse. In our rural state, organizations that improve access to health services are vital. Our communities are often isolated and require the support and commitment of staff like those at the Clara Martin Center. As I continue to advocate for programs and centers like yours, it is encouraging to hear such stories of determination and devotion.

Marcelle and I extend our best wishes to you in celebrating this milestone. Keep up the good work!

Sincerely,

Patrick J. Leahy
Ms. Linda Chambers
Post Office Box G
Randolph, Vermont 05060

PETER WELCH
AT-LARGE, VERMONT

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CHIEF DEPUTY WHIP
HOUSE DEMOCRATIC
STEERING & POLICY COMMITTEE

Congress of the United States
House of Representatives
Washington, DC 20515-4500

COMMITTEE ON
ENERGY AND COMMERCE

COMMITTEE ON
OVERSIGHT AND GOVERNMENT
REFORM

September 21, 2016

Ms. Linda D. Chambers
Executive Director
Clara Martin Center
PO Box G
Randolph, VT 05060-0167

Dear Ms. Chambers,

Congratulations to you and your staff at the Clara Martin Center on the occasion of your 50th anniversary. During these many years, you have been at the forefront of providing much-needed mental health and substance abuse services to your community.

We owe a great deal of gratitude to your founders, Dr. Brewster Martin and his wife Clara, for their pioneering understanding that care in the community is superior care. They were champions of community-based services before there was even a word for it. Brewster and Clara would be proud to see how much this organization has grown, how far-reaching its services are, and the important role its staff plays in the lives of the individuals they serve and their families.

My work in the United States Congress is informed and inspired by the good work of organizations like the Clara Martin Center. I will keep your agency's motto, "people helping people", in my thoughts as I continue to fight for the funding and program flexibility that enables you and your staff to continue providing so many vital services to the community.

Again, congratulations on this impressive milestone. I wish you all the best for the next 50 years.

Sincerely,



PETER WELCH
Member of Congress

PW/KV



UNITED STATES SENATE
WASHINGTON, D.C. 20510

BERNARD SANDERS
VERMONT

August 2, 2016

Ms. Linda Chambers
Executive Director
Clara Martin Center
PO Box G
Randolph, VT 05060

Dear Linda:

I would like to extend my warmest congratulations to you and the entire Clara Martin Center staff as you commemorate 50 years of providing quality behavioral health services to individuals throughout Orange County.

Clara Martin has a truly commendable record of providing some of the most vulnerable members of our communities with effective, affordable, and quality behavioral health care services. I have long believed that health care is a right, not a privilege based on someone's ability to pay. That is why I so appreciate that, because of the hard work and dedication of you and your colleagues, more Vermonters than ever have access to the mental health and substance abuse services to which they are entitled. Like you, I look forward to the day when every Vermonter – regardless of income or where they live – can walk into a center like yours and get the health care they need. I have no doubt your outstanding work has moved Vermont closer to that goal, and for that you have my sincere thanks.

I join with your friends, colleagues, and the Randolph community in congratulating you and the entire Clara Martin Center staff on reaching this milestone.

Sincerely,

A handwritten signature in blue ink that reads "Bernard Sanders".

BERNARD SANDERS
UNITED STATES SENATOR

BOARD OF TRUSTEES



Bottom row, left to right: Priscilla Spahn, Rachel Westbrook, Marie Robbins
 Top Row, left to right: Dennis Brown, Ron Schoolcraft, John Larson, Arnold Spahn

ARNOLD SPAHN (ARMY)

Board President

40 Years of Service

Representative from Randolph, joined board in 1976

Serves on: Board Planning Committee, Board Finance Committee, Board Advisory and Local Standing Committee, Board Personnel Committee

DENNIS BROWN

Board Vice President

15 Years of Service

Representative from Randolph, joined board in 2001

Serves on: Board Planning Committee, Chairman, Board Personnel Committee, Nominating Committee

MARIE ROBBINS

Board Treasurer

6 Years of Service

Representative from Randolph, joined board in 2010

Serves on: Board Planning Committee, Board Finance Committee, Nominating Committee

RON SCHOOLCRAFT

Board Secretary

11 Years of Service

Representative from Randolph Center, joined board in 2005

Serves on: Board Planning Committee, Board Finance Committee, Board Advisory and Local Standing Committee

PRISCILLA SPAHN

Board Member

9 Years of Service

Representative from Randolph, joined board in 2007

Serves on: Board Planning Committee, Board Finance Committee, Board Advisory and Local Standing Committee, Board Personnel Committee

RACHEL WESTBROOK

Board Member

7 Years of Service

Representative from Randolph, joined board in 2009

Serves on: Board Planning Committee, Board Finance Committee

BOARD ADVISORY AND LOCAL PROGRAM STANDING COMMITTEE

Arnold Spahn
 Priscilla Spahn
 Ron Schoolcraft
 Marla Simpson
 Barbara Dorn
 Margaret Bennett

Linda Chambers (*staff*)
 Gretchen Pembroke (*staff*)
 Melanie Gidney (*staff*)
 Tammy Austin (*staff*)
 Christie Everett (*staff*)

LEADERSHIP TEAM



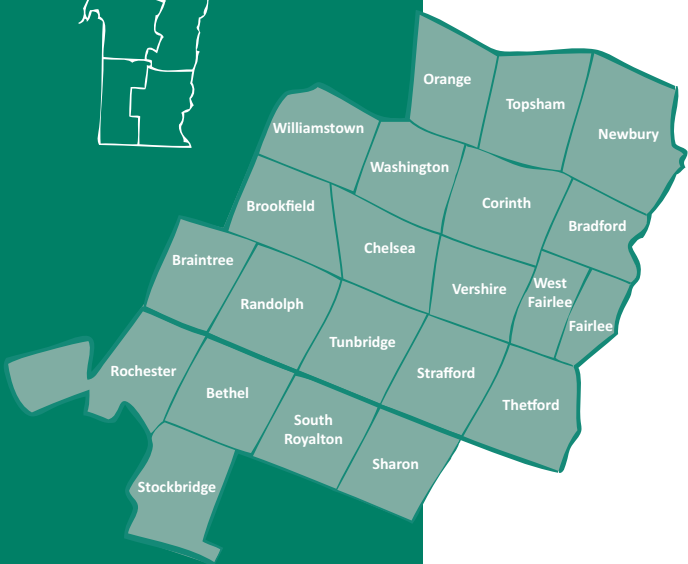
Leadership Team

The strength of the leadership team comes from the longevity, the clinical foundation and the varied experiences of its members. Each leader brings expertise, balance and perspective to the overall operations of the agency. Many of these leaders began at Clara Martin Center in entry level, clinical positions and were promoted over time.

Employee	Title	Years with Clara Martin Center
Linda Chambers	Executive Director	32
Jena Trombly	Director of Human Resources and Compliance	25
Melanie Gidney	Director of Quality Assurance and Systems Improvement	24
Amanda Higgins	Administrative Operations Coordinator	17
Gretchen Pembroke	Director of Adult Services	17
Dawn Littlepage	Clinical Director	16
Dr. Kevin Buchanan	Medical Director	14
Tammy Austin	Director of Child and Family Services	13
Renee Davis	Director of Substance Abuse and Criminal Justice Services	11
Christie Everett	Director of Access and Acute Care Services	4.8
Mark Hamilton	Chief Financial Officer	1

CORE DESIGNATED SERVICE AREA

The core area Clara Martin Center serves is comprised of 20+ small towns separated by hills and valleys. As a service provider, we are faced with topographic challenges to bring services to those who need our help. The area has limited resources and the resources that are available must stretch to meet the needs of the communities through miles of rural back roads.



Business Office and Support Staff

Our Mission

Clara Martin Center is a community based, non-profit organization that provides acute and long-term behavioral health care services. We strive to be consumer-sensitive, cost-effective, and outcome based.

Our Goals

- To provide behavioral health care that responds to consumer needs, treats individuals with dignity, and is recognized as effective by consumers and purchasers.
- To maintain ongoing fiscal viability of the agency through careful financial management and planning.
- To integrate a commitment to ongoing quality improvement throughout the organization.
- To strategically position the agency for the future behavioral and physical health care environment.
- To provide leadership in the efforts to reform the health care system so that the needs of Clara Martin Center clients are adequately addressed.

“I have dealt with Clara Martin staff on a work level in the past (referrals) and in a personal way now, and they (staff) have never disappointed me.”

CLARA MARTIN CENTER INITIATIVES

ZERO SUICIDE

As part of ongoing efforts to provide quality service that remains informed by evidence based best practice care, the Clara Martin Center and the state of Vermont have embraced the Zero Suicide framework, and are actively working to make changes to how care is provided within this framework. The foundational belief of Zero Suicide is that suicide deaths for individuals under care within health and behavioral health systems are preventable. It presents both a bold goal and an aspirational challenge. Zero Suicide is a key concept of the 2012 National Strategy for Suicide Prevention and supported by the Substance Abuse and Mental Health Services Administration (SAMHSA). The programmatic approach of Zero Suicide is based on the realization that suicidal individuals often fall through cracks in a fragmented, and sometimes distracted, health care system. A systematic approach to quality improvement in these settings is both available and necessary. The challenge and implementation of a Zero Suicide approach cannot be borne solely by the practitioners providing clinical care. Zero Suicide requires a system-wide approach to improve outcomes and close gaps.

ACCESS DEVELOPMENT

After identifying the need to improve our response and timeliness to requests for care, Clara Martin Center worked to initiate a centralized scheduling model of care that was launched in January of 2015. Through this work, the availability of clinical time was maximized and the responsiveness of the system was able to achieve results where new clients were able to begin services less than a week after their initial call to the agency. While the gains made with this shift in care continue to be monitored, the agency evaluates the process through the “eyes of a client” to determine ways to address barriers to care, decrease time spent on non-therapeutic work, and make the process as welcoming for the client as possible.

WORKPLACE SAFETY

Over the past two years, Clara Martin Center has spent significant time and effort to assess the safety of buildings that we serve clients in, proactively addressing areas identified to make the environment as safe as possible for both the clients and the staff that work there. In addition, we have worked to enhance our communication protocols and responses when an issue of safety presents itself. This year, the agency has invested in having staff trained as trainers under the ALICE model, a national model to provide preparation and plan for individuals and organizations on how to more proactively handle the threat of an aggressive intruder. The ALICE training is endorsed by many state and federal organizations, and supported by the Vermont Department of Education.

HOUSING

Homelessness or unstable housing is a significant social determinant of health. Homeless clients may be predisposed to poor health outcomes due to poor living conditions and food insecurity. As health care reform discussions continue and new models of service delivery are developed, the ability for people to access stable housing needs to be part of the conversation. Clara Martin Center has worked to increase the availability of affordable housing in our service area through different initiatives and efforts to secure access to mainstream resources for clients. The Safe Haven program (see page 17) has been supported through federal HUD funding since its inception in 1998, but will be facing a shift in this funding next year. Through the work the agency has done with different departments at the state and federal level, Clara Martin Center is prepared to manage that change in funding with no interruptions to services delivered, further stabilizing this housing resource in an underserved area, while continuing to work with local partners, such as the Randolph Area Community Development Corporation, and Downstreet Housing and Community Development on efforts to increase housing stock in the region.

ACCESS PROGRAM

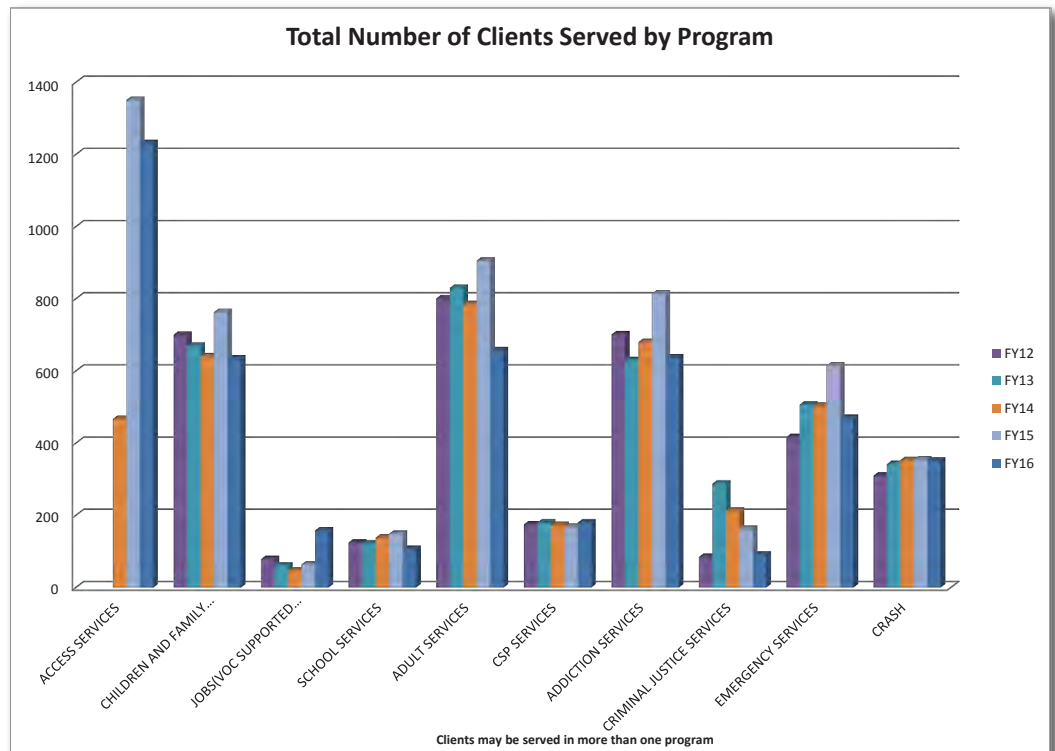
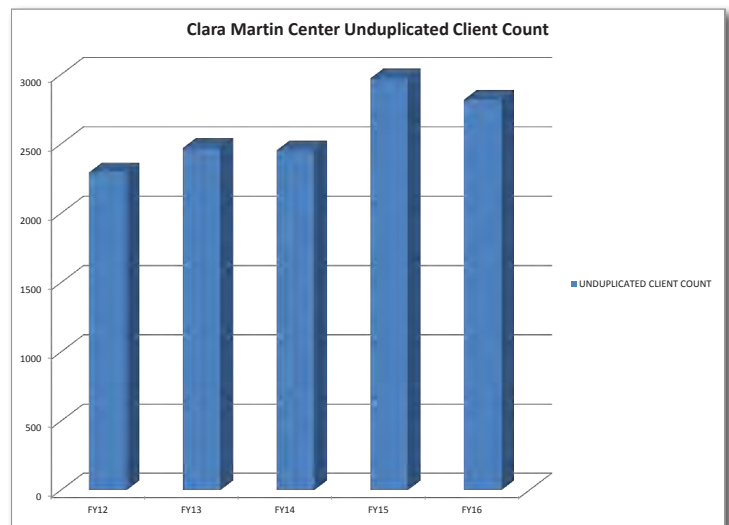


Randolph Access Team

The Access Program continues its aim to provide a quick and easy access process for all community members seeking care at Clara Martin Center. It is our goal to link all those who contact us for assistance with a resource that matches their needs and desires for support and/or treatment. The Access Program is an entry point into most services offered by the Clara Martin Center, and staff are cross trained in Acute Care services, for those situations that warrant an immediate response.

Services Provided by Phone or Walk-in Clinic

- Link clients with area resources both internally and externally
- Assist with overcoming payment and insurance barriers to treatment and provides a safety net for those with no ability to pay for services, evaluating immediate, intermediate and long-term care needs
- Ensure availability of services at multiple sites, on multiple days and at times that are convenient for clients
- Provide immediate consultation with brief treatment and referral sources



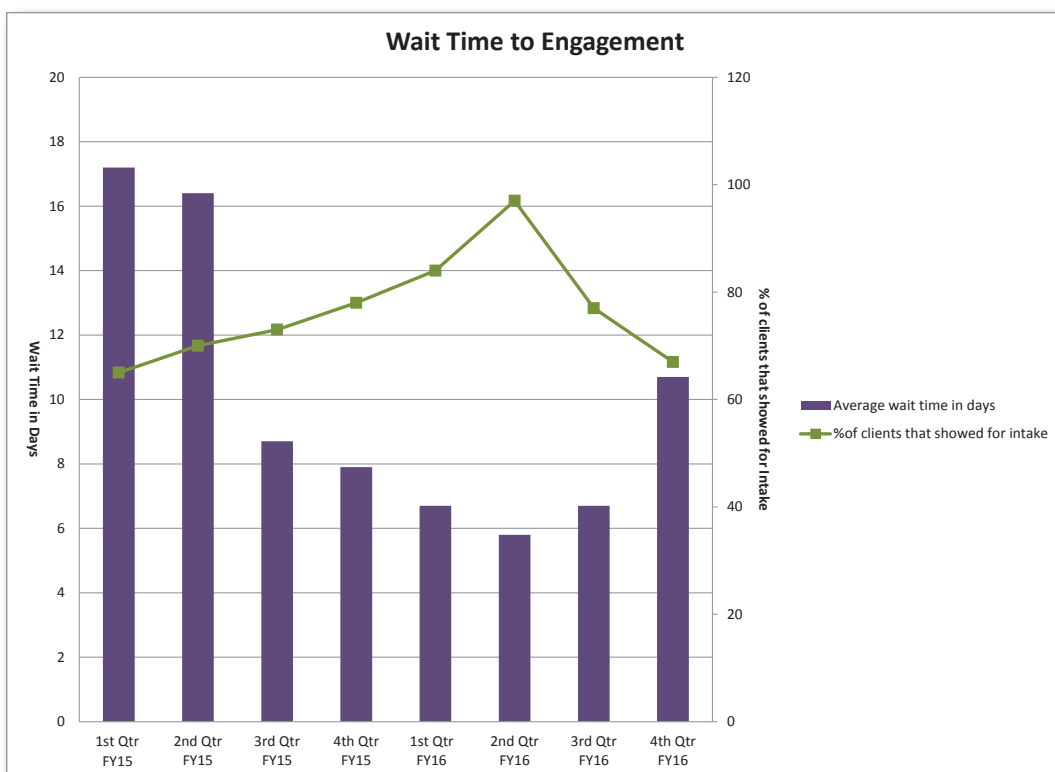
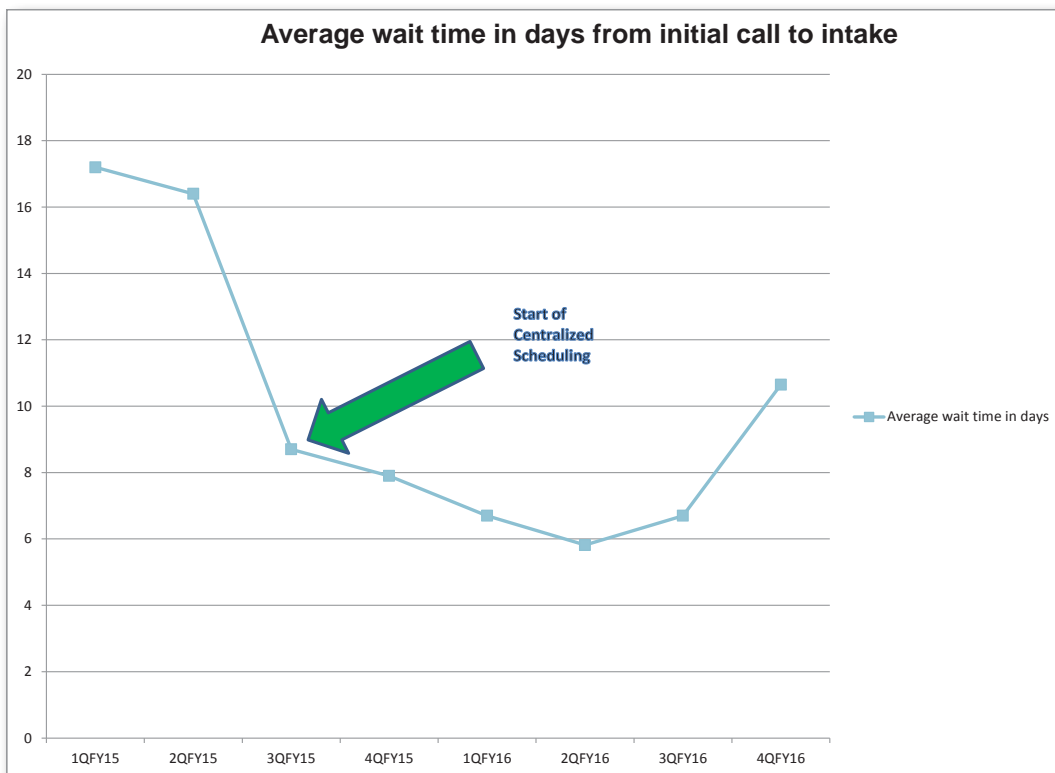
1,231 People Served

HOW MUCH DID WE DO?

The Access Program continues to track the number of clients that seek services and what services are in demand. This information can then be used to promote staff flexibility to meet the needs of the community and shift staff availability to meet demand.

STORY BEHIND THE CURVE

Clara Martin Center continues to build on the centralized access model of care that began almost two years ago. When centralized access was implemented in January of 2015, the agency experienced a dramatic improvement in the amount of time it took a client to connect for services after their initial contact with the agency. After gaining our best outcomes related to this in the second quarter of FY16, some agency sites experienced a multitude of staffing turnover and changes. Through the process of recruiting and training new staff, this resulted in longer waits for clients to access care. This area will continue to be monitored as staffing continues to stabilize, and we expect the data to again show a decrease in the average wait time for clients to begin services. This is an area that is especially important to monitor, as national trends show a direct correlation between the length of time it takes a person to access services, and their ability to ultimately engage in services, which our own data has proven as well.



ACUTE CARE PROGRAM



Bradford Access and Acute Care Team



Randolph Acute Care Team

When a community member is facing an emergency, it is the goal of the Acute Care team to provide timely and responsive care in an effort to resolve the crisis in the least intrusive manner, and support clients to remain in their communities.

EMERGENCY SERVICES

- Emergency Services available to all ages 24 hours a day, 365 days a year either through face to face emergency screenings or by telephone support based on need
- Emergency services are intensive, time limited, and are intended to resolve or stabilize the immediate crisis through direct treatment, supportive services to significant others, or arrangement of other more appropriate resources
- Services can be provided in the office, in the local hospital/emergency department, at home or other places within the CMC service area
- Community trainings provided by the Emergency Services team includes Mental Health First Aid, Youth

“No matter which office you see someone in, the staff is always welcoming. I have always felt that all the staff really care.”

Mental Health First Aid, CPR, and in collaboration with the Department of Mental Health: Team Two Law Enforcement/Mental Health Response training and Qualified Mental Health Professional training.

HOSPITAL DIVERSION CASE MANAGEMENT

- Short-term case management services can be available to adults, 18 years or older, who are either already engaged in outpatient services or those in the process of connecting with outpatient services who are not traditionally eligible for case management services through other programs
- Services are focused on clients who are in need of case management services for a brief period to help minimize the usage of psychiatric hospitalizations, as well as support clients who are recently exiting an inpatient setting until securing a connection with outpatient services.

COMMUNITY PARTNERS

- > Gifford Health Center
- > Washington County Mental Health Services
- > Law Enforcement Agencies: Vermont State Police, Orange County Sheriff's Department, Local Police Departments
- > Capstone Community Action
- > Upper Valley Haven

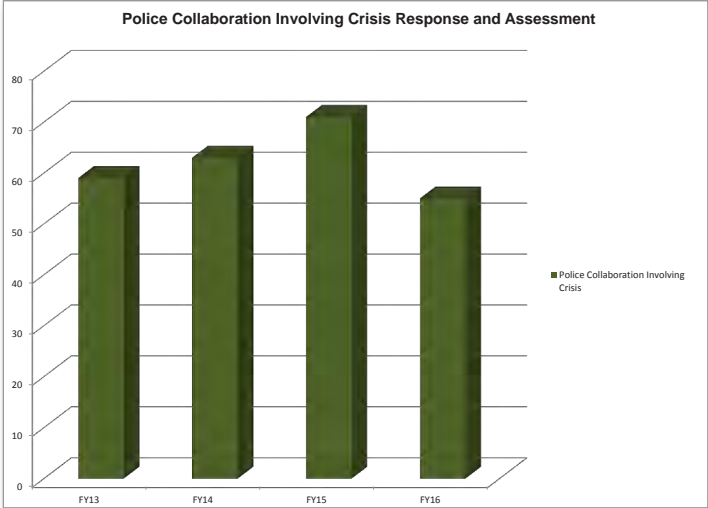
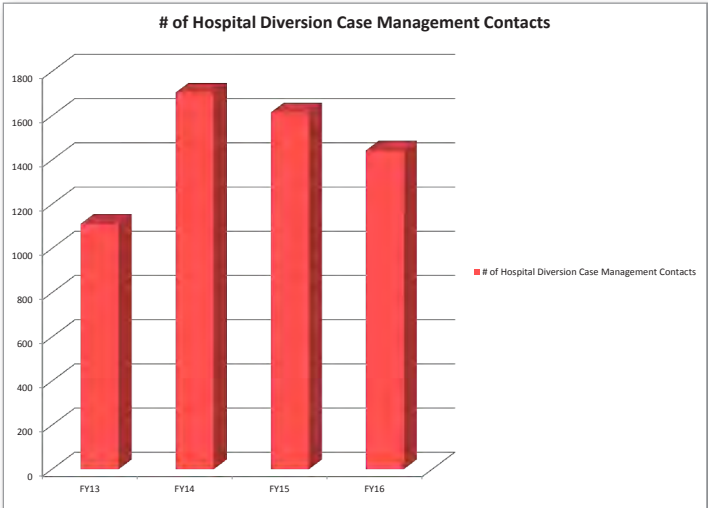
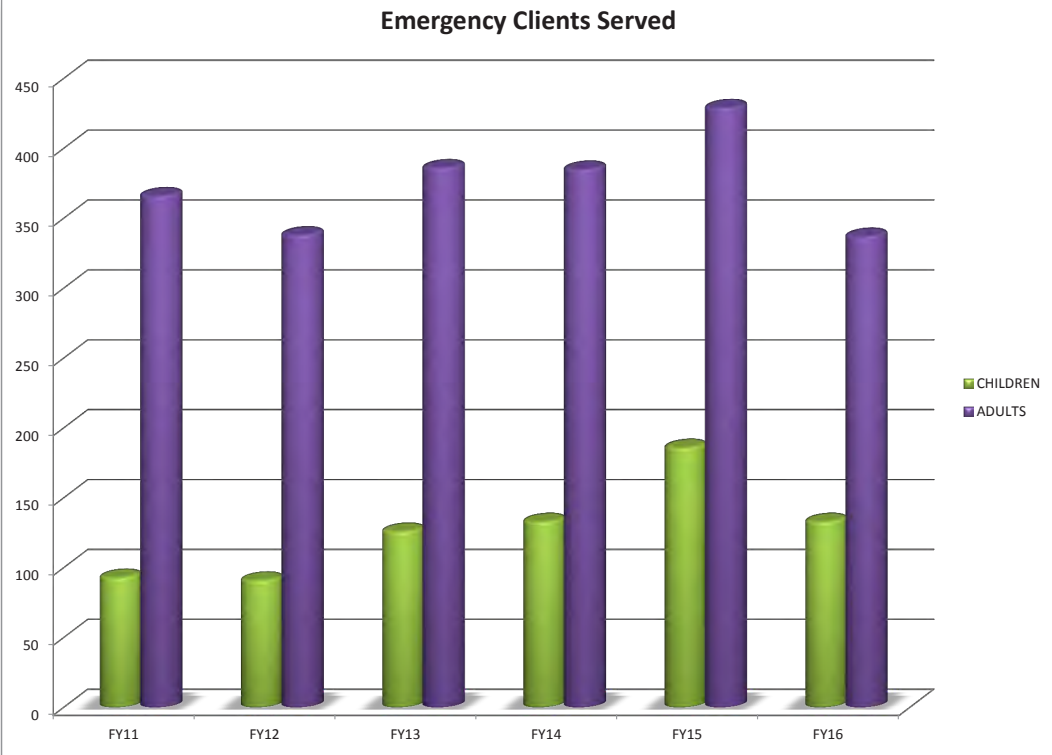
470 People Served

HOW MUCH DID WE DO?

The mission of the Acute Care Program continues to put emphasis on preventative and proactive responses. These services are provided in increasingly flexible manners to support clients in all Clara Martin Center programs.

STORY BEHIND THE CURVE

As the Acute Care program continues its efforts to provide upstream services, this results in a decrease in the amount of clients experiencing acute periods of crisis. When the demand for crisis response services are lower, the staff are able to provide supports to clients in other programs, as was evidenced during periods of staffing turnover that occurred during the past year. Acute Care staff were able to help maintain services for clients through transitions to new clinical and case management staff, changes in programming, and support as needed.





Chris's Place and Safe Haven Team

CHRIS'S PLACE

Chris's Place has become a critical program at Clara Martin Center, expanding the level of care options available to clients as an alternative to inpatient care when appropriate. Services are provided in a shared setting with Safe Haven (see page 17) with supports available that embrace community and the principles of resiliency.

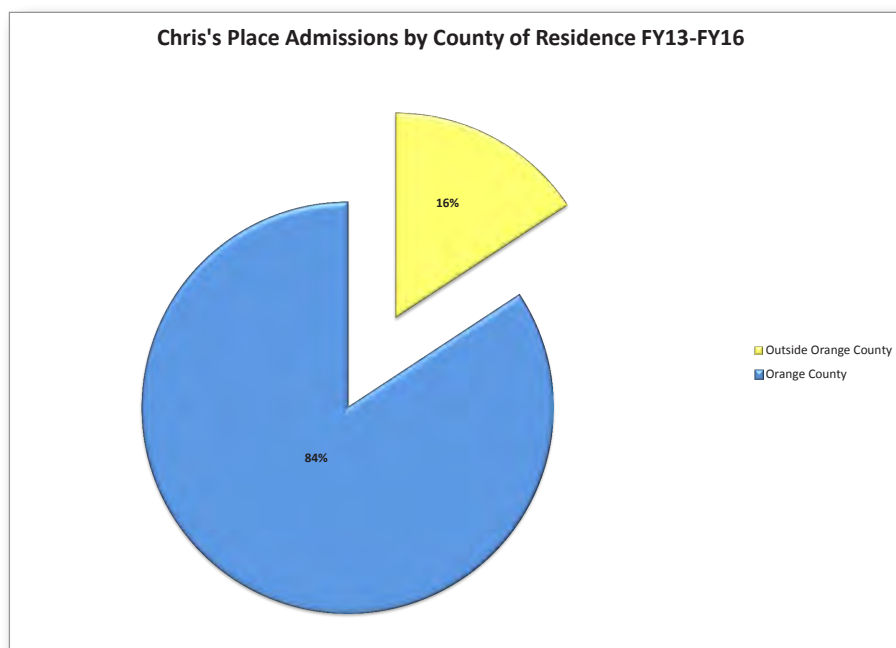
- 2 bed short-term crisis stabilization setting that can be accessed as a step down from inpatient care or diversion from psychiatric hospitalization
- Referrals for intake completed through emergency screeners and assessment completed at admission and discharge
- Program staffed 24 hours a day/7 days a week
- Average length of stay 3-14 days depending on need and plan of care

Eligibility Criteria

- Must be 18 years of age or older
- Primarily serving residents in the CMC service area, but can accept admissions from across the state with

“My treatment team at Clara Martin has strongly improved my quality of life!”

- coordination with referring agency
- All admissions are voluntary and client must be assessed by emergency screener prior to acceptance to determine appropriate level of care needed
- Must be medically stable and able to safely self administer medications



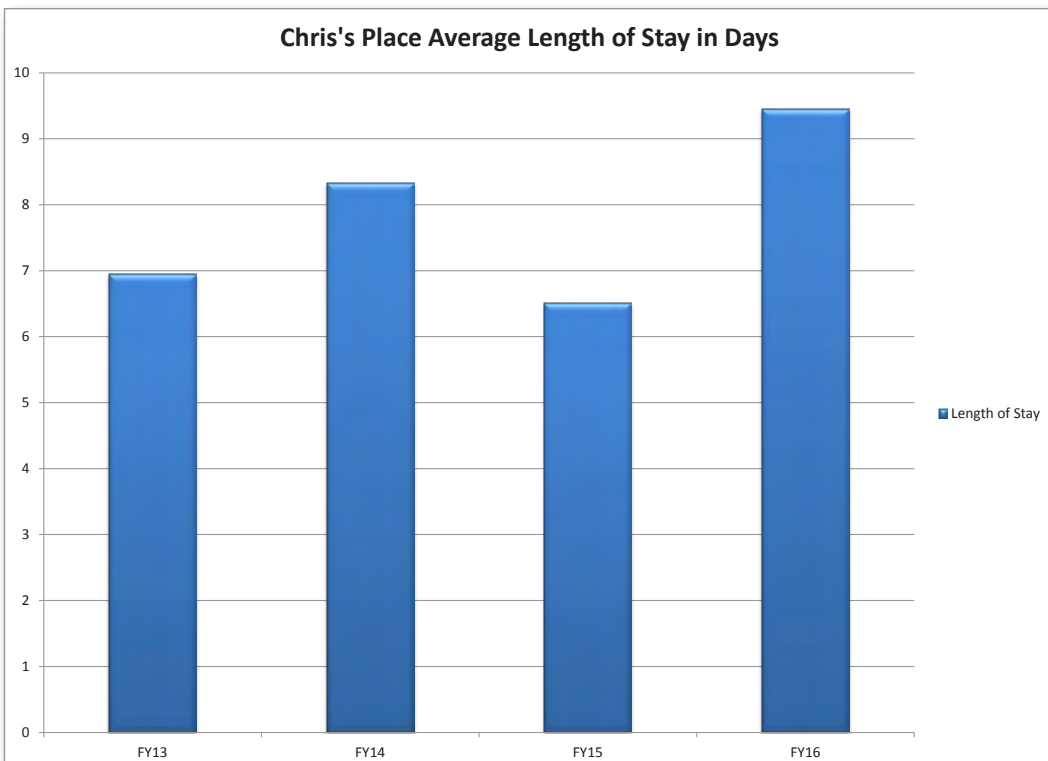
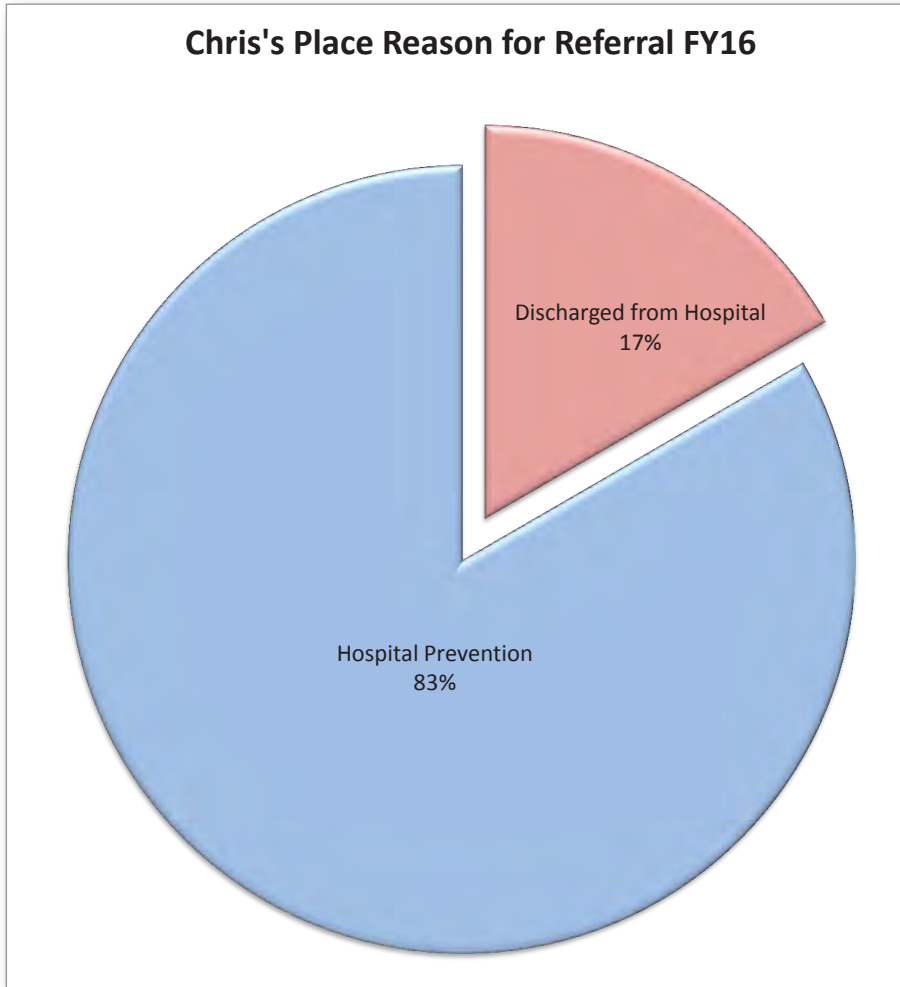
39 People Served

HOW MUCH DID WE DO?

Chris's Place has continued to experience success in supporting clients from across the state as an alternative to hospitalization, thereby decreasing the number of inpatient care bed days, and providing treatment in a more cost-effective manner, with greater client self-directed care planning.

STORY BEHIND THE CURVE

While admissions to Chris's Place are designed to be short term of 3 to 14 days, this year saw an increase of the average length of stay over prior years, as issues of homelessness created delays in some clients transitioning out of Chris's Place and returning to their communities. Homelessness does not preclude an admission to Chris's Place, and clients are supported in accessing mainstream homeless and housing resources once the crisis period has resolved, but homelessness in and of itself can prolong a crisis period.



ADULT OUTPATIENT PROGRAM



Randolph Adult Outpatient Team



Bradford Adult Outpatient Team

The Adult Outpatient Program delivers outpatient mental health services to adults and promotes health and wellness by offering individualized supportive services.

Objectives

- Provide outpatient treatment in a variety of sites to meet the needs of individuals in the community
- Assist individuals in increasing functioning and improving the quality of their life through stress and symptom management, development of coping skills and processing of emotions
- Develop individualized plans of care to meet specific needs including treatment for multiple diagnoses or co-occurring substance abuse issues
- Provide services that are gender, culture and trauma sensitive
- Work collaboratively with other providers to ensure continuity of care

Clinical Services

- Assessment
- Individual, Couples or Family Therapy
- Psycho-educational Groups

- Case Management
- Psychiatric Evaluation, Medication Review and Monitoring
- Psychiatric Consultation to Primary Care Physicians
- Care Coordination

Evidence Based Practice Treatment

- Integrated Dual Diagnosis Treatment: Individual and Group
- Dialectical Behavioral Treatment Programming
- Wellness Recovery Action Plan groups
- Seeking Safety
- Mindfulness

ELDERCARE SERVICES

Clara Martin Center is part of the Tri Care Area that Washington County Mental Health serves, along with Lamoille County Mental Health, for Eldercare Services. The program provides in home counseling services and referrals to home bound elderly individuals living in the community. This past year there was a change in providers within the Eldercare Program for Orange County. As a way to better address the geographical challenges of Orange County, the Lamoille County Eldercare Clinician travels to Orange County one day per week to assist in seeing clients, primarily in the Randolph area and close proximity. This has allowed the Washington County Mental Health Eldercare Clinician contracted with the Clara Martin Center to cover some of the further reaches of Orange County and the border towns in Windsor County with greater effectiveness. The total number of individuals served in FY16 was 26. Funding limitations continue to be a factor for the program which directly impacts the number of hours of service that can be provided. In addition, credentialing issues exist, limiting the providers that can bill for the services as Medicare's primary payor.

COMMUNITY PARTNERS

- > Stagecoach Transportation Services
- > Vermont Law School
- > Capstone Community Action
- > Washington County Mental Health
- > Gifford Health Center
- > Little Rivers Health Center
- > Newbury Health Clinic
- > Upper Valley Haven
- > Vermont Economic Services Division
- > White River Family Practice
- > Rural Community Transit

HOW MUCH DID WE DO?

2016 data shows a slight decrease in the number of hours and services provided to individuals in the program.

SUPPORT AND SERVICES AT HOME (SASH)

SASH is a Blueprint for Health initiative targeted at helping elderly/disabled people stay in their homes longer at optimal wellness. The program is staffed by SASH Coordinators and wellness nurses in many locations throughout the State. Clara Martin Center, along with Gifford Health Center Care Coordinators, Council on Aging and Visiting Nurses meet bi-weekly with SASH staff. The role of SASH is to support participants in determining their own health and wellness goals, to focus on preventative health care, service coordination, and provide self-management education and coaching. In particular, there is a focus on chronic health conditions such as diabetes and arthritis. SASH also provides transition support after a hospital, nursing home or short-term rehabilitative stay.

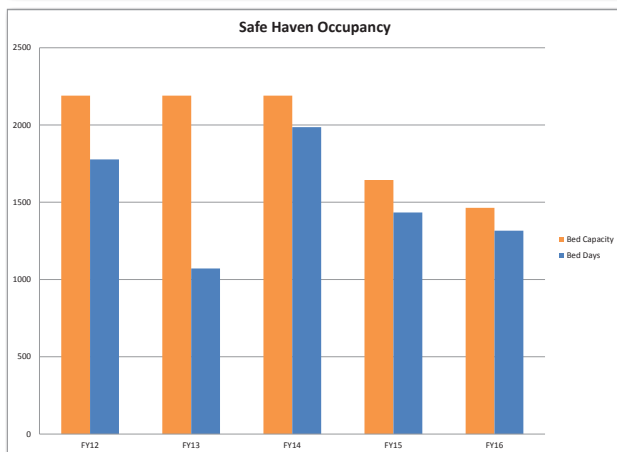
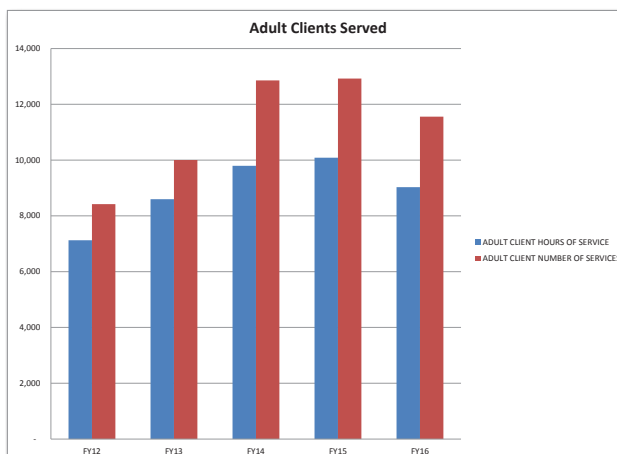
SAFE HAVEN

Safe Haven is a 4-bed transitional living shelter for people who are homeless and

have a mental illness, primarily serving residents of Orange County, Washington County, and the upper towns of Windsor County. Safe Haven provides a place to live within the community while working on personal goals in a safe and supportive recovery oriented environment. Since its inception in 1998, a focus of the Safe Haven project has been to build a community of people with lived experience, both to provide supports within the house amongst the guests, as well as within the larger community.

Eligibility Criteria

- Must be 18 years of age or older
- Must be an adult with a mental health and/or substance abuse diagnosis
- If beds available, may admit homeless individuals without mental health or substance abuse diagnosis
- Meets current HUD definition of homelessness and have documentation of such
- May stay up to two years (average length of stay is 8 months)



STORY BEHIND THE CURVE

The program experienced staff vacancies which directly impacted the ability for clients to access services and to receive ongoing clinical care. In addition, the change in the group reimbursement rate that went into effect on January 1, 2016 resulted in the decision to reduce the number of groups offered and/or a decrease in the duration of the group service. The decrease in group services coupled with workforce issues negatively impacted the ability to provide the right services at the right time.

Safe Haven capacity has diminished over the last 2 years due to changes at the federal level prioritizing permanent housing over transitional services. There was also a focus to prioritize people who have experienced chronic homelessness. The difficulty in meeting the documentation criteria to establish chronic homelessness has resulted in periods over the past year where a bed has been under utilized, thereby decreasing the total bed days provided at Safe Haven.

PRIMARY CARE INTEGRATION PROGRAM

The mission of the Primary Care Integration Program is to ensure access and coordination to primary health care services for those accessing services at the Clara Martin Center. Clara Martin Center has worked to develop strong, collaborative relationships with primary care practices within our service area. Clara Martin Center is co-located with Gifford Health Center in Chelsea at the Chelsea Health Center and works closely with their offices in Randolph, Bethel and Rochester. Clara Martin Center also provides contracted Care Coordination services at the White River Family Practice in White River Junction. Other primary care offices in which there is a strong relationship include Little Rivers Health Center – a federally qualified health center (FQHC) with offices in Bradford, Wells River and East Corinth; Upper Valley Pediatrics in Bradford; Newbury Health Clinic in Newbury; and Ammonoosuc Health Center in Woodsville, New Hampshire.

Objectives

- Improve access to primary care services for residents of the area
- Coordinate care and services from community organizations to meet the needs of the individual
- Participate on the Community Health Teams in Randolph, Bradford and White River Junction
- Obtain referrals from the Community Health Teams for our services

“Clara Martin has saved my life in ways of keeping me sober or in the right state of mind. Without help from friendly employees, I don’t know where I’d be at mentally or physically, because all in all, I’m officially healthy.”

- Provide referrals to the Community Health Team for clients needing primary care services
- Support in accessing other services offered by community organizations
- Participate and coordinate with SASH teams in Randolph and Bradford
- Active on the Advisory Board for Randolph, White River Junction and Upper Valley Community Health Teams
- Participate in the Unified Community Collaborative for the Randolph Health Service Area and Upper Valley Health Service Area

Broad Clinical Services

- Care Coordination in Randolph, Bradford and White River Junction
- Psychiatric Consultations
- Screening
- Referrals to internal services and external resources
- Walk-in Clinic
- Emergency Services
- Case Management

Bradford Clinical Services

- Provide monthly psychiatric consultation access to Little Rivers Health Center along with provider consultations
- Attend monthly care coordination meetings with Little Rivers Health Center and Upper Valley Pediatrics

COMMUNITY PARTNERS

- > Vermont Blueprint for Health
- > Gifford Health Center
- > Little Rivers Health Center
- > White River Family Practice
- > Newbury Health Clinic
- > Upper Valley Pediatrics
- > Ammonoosuc Health Center
- > SASH
- > Chelsea Health Center Board

Chelsea Clinical Services

Clara Martin Center is co-located with Gifford Health Center at the Chelsea Health Center. The Chelsea Health Center is owned and overseen by the Chelsea Health Center Board.

- Clinical services available:
 - Clinical Assessment
 - Individual (adults and children), family, and couples counseling
 - Mental health and substance abuse treatment
- Medicare eligible clinical services

Randolph Clinical Services

- Medication Assisted Treatment (MAT) in conjunction with the Blueprint and Gifford Health Center
- Gifford Area Recovery Program (GARP) is a comprehensive and coordinated program to treat opiate addicted pregnant women
- Wellness Program for long term care clients

Wilder Clinical Services

- Clara Martin Center provides co-located care coordination services at the White River Family Practice one day per week which includes short term counseling and referrals

WHITE RIVER FAMILY PRACTICE

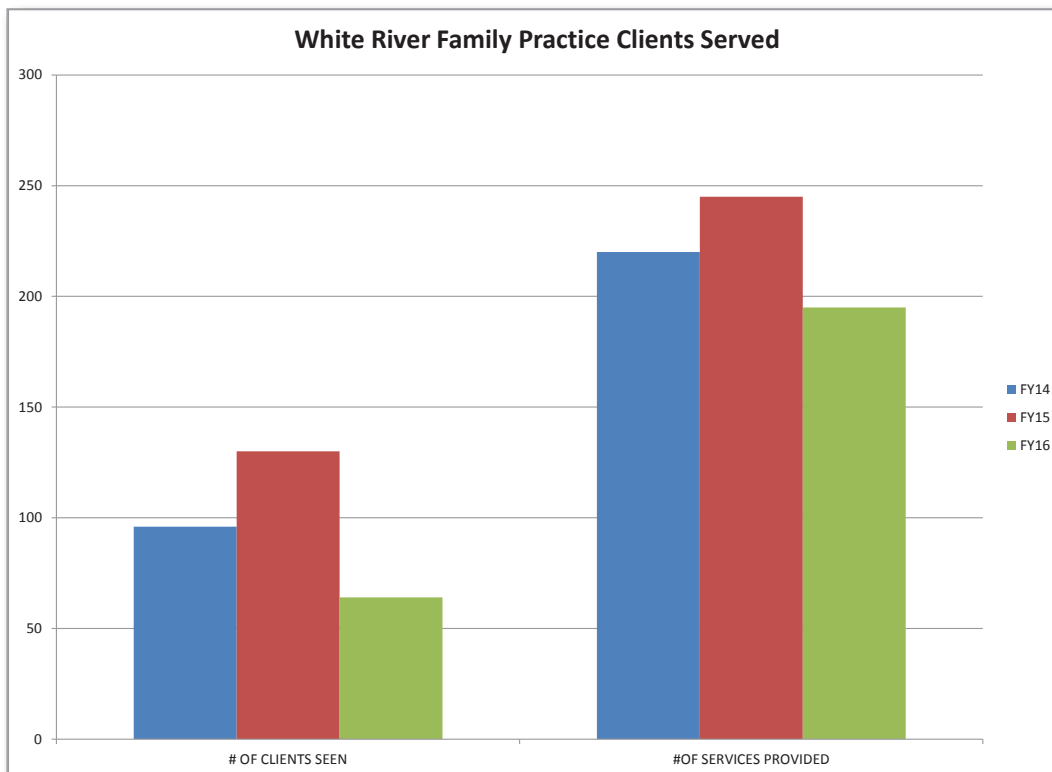
The Clara Martin Center has continued their collaborative relationship with the White River Family Practice (WRFP) since 2013. The aim of the collaboration was to increase access to mental health services for their patients. This was done by embedding a Clara Martin Center Care Coordinator in the WRFP office to provide assessment, brief intervention and referral services. Over the three years that we've been working together, the hours have fluctuated according to funding availability of the practice. FY16 saw a decrease in the number of hours; however the hours have been restored for FY17. The feedback from the White River Family Practice has been extremely positive reporting, "This has provided a service to our patients that has been in such need in the Upper Valley. "Without a doubt, fewer patients are 'falling through the cracks' regarding mental health services."

HOW MUCH DID WE DO?

The number of hours of care coordination services contracted to the White River Family Practice was reduced from eight hours in FY15 to four hours in FY16. The number of individuals seen decreased from 130 individuals to 64 individuals.

STORY BEHIND THE CURVE

Due to funding constraints, the White River Family Practice had to reduce the care coordination capacity by half, cutting the weekly hours from eight to four starting in March 1, 2016. Understanding the value that the care coordination services brought to the practice, White River Family Practice was able to secure the necessary funding to restore the care coordination capacity to eight hours per week starting July 2016.



CHILD AND FAMILY PROGRAM



Randolph Child and Family Team



Bradford Child and Family Team

The mission of the Child & Family Program at the Clara Martin Center is to provide high quality, comprehensive, and integrated prevention and community based services to children and their families. Our team fosters resilience, inspires change, helps families recover from difficult events and promotes healthy family systems. The Child and Family Program operates with the understanding that children and adolescents live within families and communities. Prevention and treatment is planned in collaboration with families and appropriate community members/professionals. All services are intended to enhance the functioning of the family system. Our services are part of a comprehensive and coordinated array of community resources intended to form a “wrap around” safety net of support for every family in need in our region of Vermont. Each “wrap around” is designed to meet the unique needs of the child and their family.

“Clara Martin Center gave me a place to come and talk to someone who is trained to know how to help me and my family.”

EARLY CHILDHOOD MENTAL HEALTH (AGES 0-6)

In a regional collaboration with other early childhood providers, the Clara Martin Center provides therapeutic supports to young children, ages 0-6 years old, and their families. These services are specific to developmental, social and emotional needs and tend to be delivered through a more specific prevention based model. Services are provided in the home, community and at the office based upon need and appropriateness.

GENERAL OUTPATIENT SERVICES (AGES 6-15)

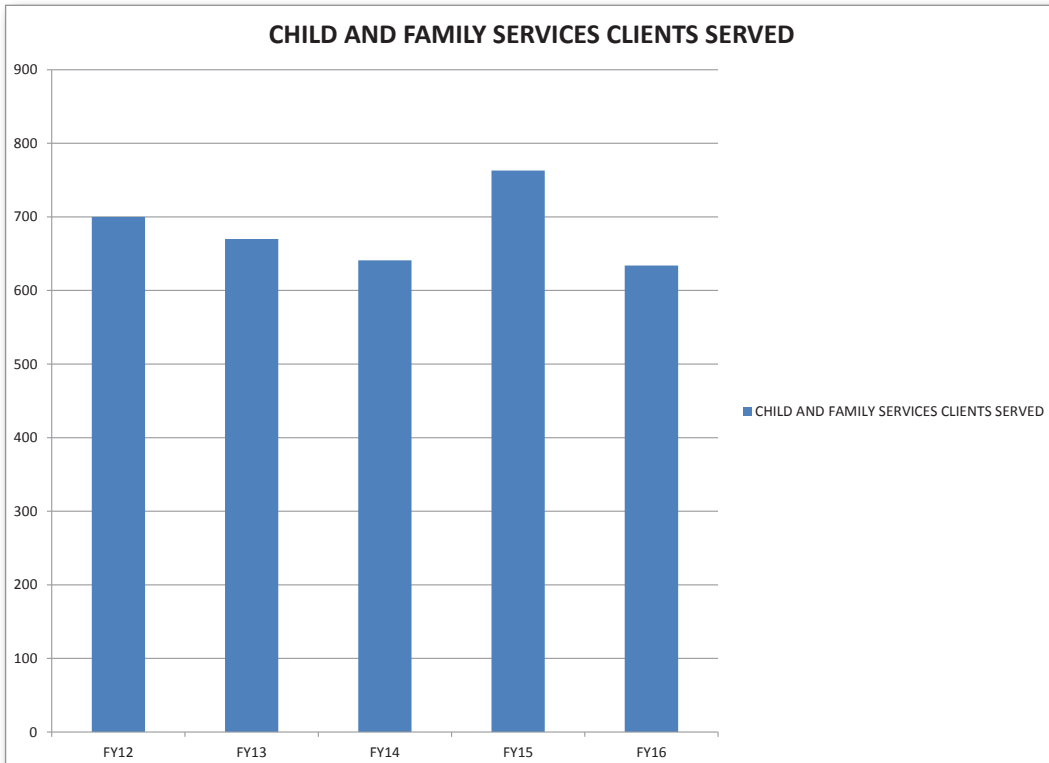
Within outpatient services, youth and their families receive individual and family therapy, community supports,

COMMUNITY PARTNERS

- > Upper Valley Services
- > Orange County Parent Child Center
- > The Family Place
- > Upper Valley Haven
- > The Junction Teen Life Skills Center
- > Bradford Teen Center
- > White River Craft Center
- > Randolph Recreation Department

HOW MUCH DID WE DO?

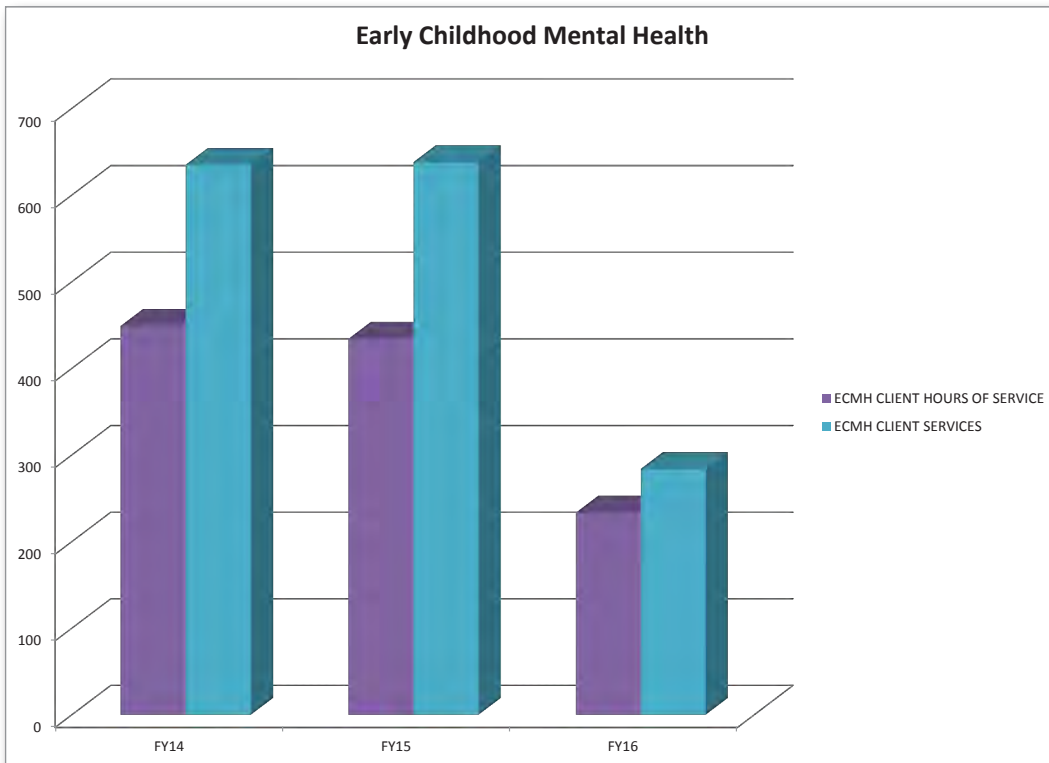
In FY16, the Child and Family Program experienced a great deal of staff turnover in our Bradford office. Due to this turnover, our overall number of clients served decreased to 634 clients. This decrease reflects the challenges faced with staff turnover, coupled with statewide workforce challenges. Despite these challenges, our program was able to provide quality comprehensive services to the children and families in our community. Even with the staffing turnover, we did not have to turn away existing clients from our services. We were able to flexibly move staffing to provide services to clients.



STORY BEHIND THE CURVE

Filling open positions has been extremely challenging due to state wide work force challenges, and Bradford being a challenging area to recruit for. Some of the positions have been vacant for over 16 months.

While the overall number of clients served has decreased, the complexity and intensity of the clients presenting symptoms continues to be elevated, with a large percentage of symptomatology being a result of traumatic events, or exacerbated as a result of trauma. The Child and Family Program provides a continuum of care that integrates multiple treatment modalities to meet the needs of the children and families we serve. The Child and Family Program continues to utilize best practices as a key foundation of the program.



“You have become another outlet for my son to work on problem solutions. He doesn’t really talk to me so being able to have a stable counselor when he needs it is a big help.”

case management, group programming, summer programming and respite. While general outpatient services are focused on ages 6-15, all of these services are available to any and all children within the larger Child and Family Program.

TRANSITION AGE YOUTH (TAY) (AGES 16-22)

The Transition Age Youth program provides services to youth 16-22 years of age, utilizing the Resiliency Model to meet clients “where they are at.” Providing therapeutic services and supports in the youth’s environment help adolescents and young adults succeed. TAY supports the adolescent or young adult in developing and maintaining caring relationships by being held to high expectations, and giving them opportunities to participate and contribute to their community.

- Pre-Employment and Training Services (PETS)/Jump on Board for Success (JOBS) – Employment support program that provides job supports to youth ages 14-26. The PETS Program serves young adults ages 14-18 who are enrolled in school, or diploma program, with a focus on preparing these young adults with the skills necessary to enter the workforce. JOBS provides job supports to young adults up to age 16 who have graduated, or dropped out of school to aid them in preparing, securing and maintaining employment.
- Adventure Programming – The adventure based programming consists of a dynamic package of services that will engage clients in their treatment through experiential learning and adventure based treatment. We foster resiliency and inspire change for children and adolescents by incorporating their whole self, including strengths and competencies that are brought

out through active forms of treatment. The adventure based program is a part of a comprehensive and coordinated array of community resources intended to promote self discovery and meaningful relationships through hands on learning in a group format. Elements of the program include:

- Monthly day trips (for two age groups 12-15, and 16-18)
- Week-long wilderness trips
- Booster weekends
- Challenge group for teens
- Summer group programming
- Leadership Development – Through the state’s Youth In Transition (YIT) initiative, the TAY program focuses on developing the voice of young adults to speak out and share their experiences. Clara Martin empowers young adults through the youth run group – Youth Community Rising (YCR). The YCR group continues to plan and organize the annual Youth Summit. This has proven to have tremendous impact and success in engaging local communities in a supportive process of understanding and de-stigmatizing our youth.

VERMONT COALITION OF RUNAWAY AND HOMELESS YOUTH PROGRAM (VCRHYP) (AGES 12-22)

Housing resources provided for youth identified in the Child and Family Program through collaboration with the Vermont Coalition for Runaway and Homeless Youth Program (VCRHYP), of which the Clara Martin Center is a collaborative agency. VCRHYP creates a safety net for youth in need by supporting a network of runaway and homeless youth programs throughout Vermont.

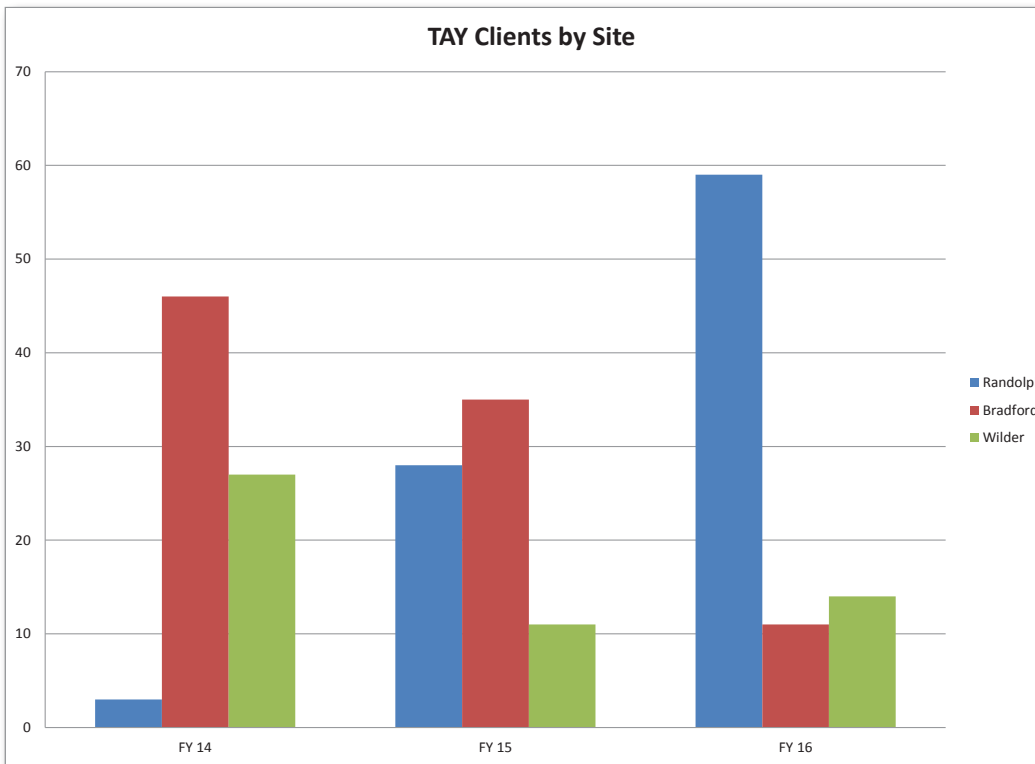
- VCRHYP services are grounded in resiliency theory and the positive youth development approach to serving youths. Positive youth development understands that all young people need support, guidance and opportunities during adolescence
- Provides for 3 critical types of services: transitional living, runaway and family stabilization, and street outreach.

SUBSTANCE ABUSE SERVICES

Substance abuse treatment, education and skills based services are embedded into all of our programming. The Clara Martin Center is a co-occurring treatment agency that provides comprehensive treatment to addresses both substance abuse and mental health together. Services are provided in individual and family therapy, as well as group therapy modalities.

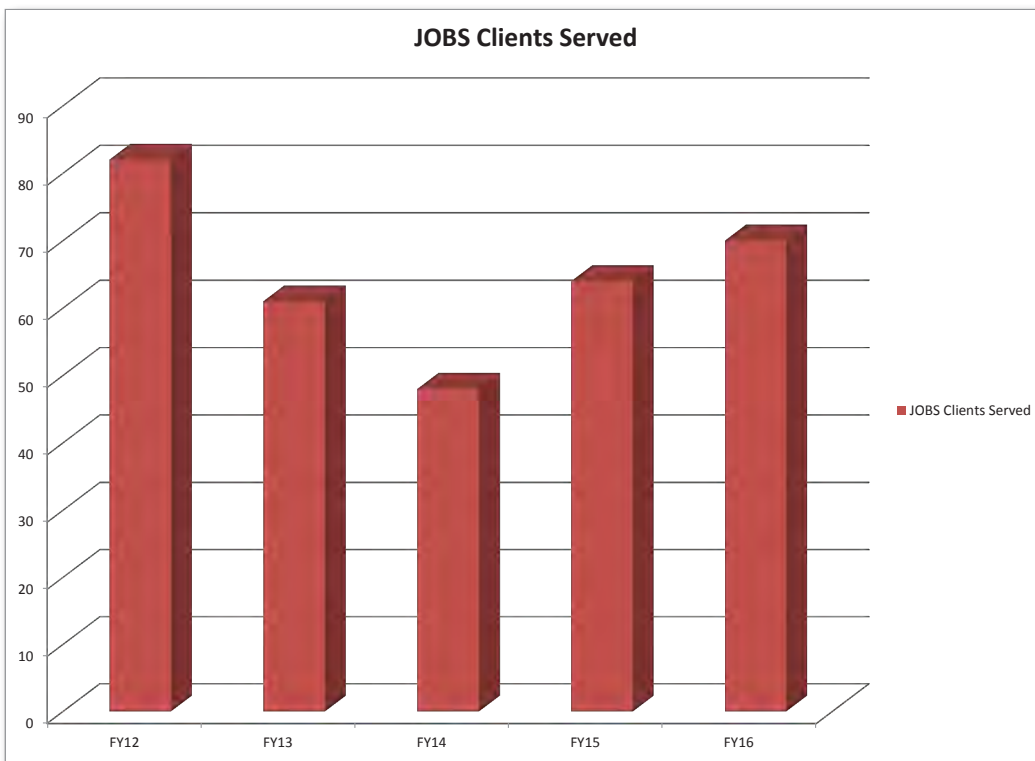
HOW MUCH DID WE DO?

In FY16 our Transition Age Youth Program served 64 clients, this downturn was dramatically affected by staff turnover in our Bradford office. The TAY program continued its dynamic programming with Adventure Programming, Group programming, DBT skills, Substance Abuse and Psycho education, vocational supports and resiliency based programming. The TAY program hosted its 3rd Youth Summit on May 20, 2016.



STORY BEHIND THE CURVE

This program experienced extended vacancies in 5 key positions. While the program worked hard to provide services to those young adults that were engaged in services, we were not able to accommodate new clients within the program. This resulted in the size of the program decreasing over time. New staff have been hired for all of these positions, and we are working to increase participation in services, as well as expanding the level of youth leadership and volunteer opportunities for the young adults we serve. We are optimistic that with the positive energy of new staff and expanded opportunities for young adults we will see an increase in clients served.



Despite the overall decrease in clients served, the number of clients served in our JOBS program increased. In addition, the JOBS program was successful in reaching their outcome goals for 9 “rehab” per year. Rehab is established when a client maintains employment for 90 days.



East Valley Academy Team



Wilder School Team

SCHOOL SERVICES PROGRAM

The mission of the School Services Program is to provide a continuum of student centered supports and interventions that allow students with mental health challenges to be successful student learners. With a focus on prevention and early intervention, the goal of school services is the promotion of wellness for all students in their educational, family and community environments.

School Services include Behavioral Consultation, Behavioral Intervention, School Based Clinicians, and Alternative School Programming.

- Behavioral Consultation is a new addition to our menu of School Services programming. We are now able to provide individualized behavioral consultation to schools for identified students or classrooms.
- Behavioral Intervention provides highly individualized programs for youth and their families living with significant emotional and behavioral disorders in the school setting. Often youth who receive these services are at risk of hospitalization or of being placed in a residential program. Through the use of Behavioral Consultation, a trained Behavioral Interventionist, Clinical Case Manager in conjunction with a close collaboration with the educational team, the majority of youth are able to maintain their placement in their homes, school and community.
- School Based Clinicians provide mental health treatment to students, as well as education and support to school staff within the schools. School Based Clini-

“Clara Martin has been great for my grandchildren. The support they give them is wonderful.”

cians are integrated into the school team and are able to provide daily supports to youth struggling with emotional and behavioral disorders.

ALTERNATIVE SCHOOL PROGRAMMING

- East Valley Academy (EVA) is a licensed independent school that provides educational and therapeutic services to youth with severe emotional and behavioral challenges in grades 3-12. Youth who attend EVA are referred and tuitioned by their school. Clara Martin Center oversees all therapeutic as well as academic aspects of EVA.
- Wilder School (Regional Alternative Program – Hartford School District) is a licensed independent school made possible by a collaboration with the Hartford Area Regional Collaborative, that provides educational and therapeutic services to youth with severe emotional and behavioral challenges. Clara Martin Center oversees the therapeutic services provided within the Wilder School.

107 People Served

HOW MUCH DID WE DO?



School Services Team

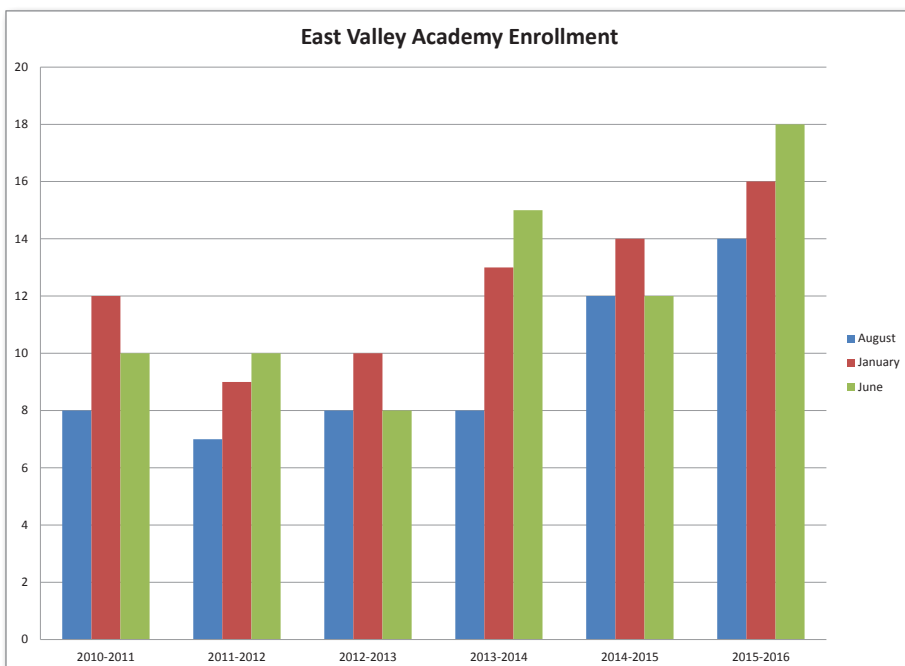
In FY16, CMC served 100 clients in school services, down from 149 the previous year. This is due to a decrease in School Based Clinician contracts, with two contracts not being renewed.

EVA's enrollment continues to climb. In FY16, EVA's enrollment hit a high of 18 students at the end of the school year. Recent renovations to the school building, along with restructuring of our classrooms have allowed EVA to serve additional students.

STORY BEHIND THE CURVE

The decrease in school services highlights the struggling budgetary challenges that our schools are facing, in addition to the changing environment with school consolidation. The change in two of the school based clinician contracts were made in part based on the changes made through the consolidation of area supervisory unions. The unfortunate outcome is that services are not as available to the students that need these supports. One of the biggest benefits of school based services is that clinicians are placed in school settings, allowing for students to receive the services they need in their natural environment, without having to overcome the many obstacles that can interfere with treatment in our rural area. Without these services in place, some children in our region are not getting the services that they need.

EVA's program design allows for students who struggle in typical school settings to receive the therapeutic and educational supports necessary for them to succeed educationally, and to develop the skills necessary to successfully transition back to their sending school or to be successful in their communities post-graduation. This past year, we saw an increase in the overall number of students enrolled, which can be attributed to many different factors including the continuing complexity of the mental health symptoms that our children are experiencing, and the collaborative working relationship that our agency has with our area schools. We are able to support schools in assessing the needs of the students, and identifying how our services can best support the students.



COMMUNITY SUPPORT PROGRAM



Bradford Community Support Team



Randolph Community Support Team

The Community Support Program (CSP) assists individuals with mental health issues in achieving and sustaining the highest quality of life consistent with their abilities, needs, personal ambitions, and available resources. The program strives to instill wellness to individuals living in the community.

Objectives

- To insure that individuals in CSP are treated with dignity and respect, provided opportunities to work, learn, have recreational opportunities, and live in the community based on their personal choices
- To insure that services provided are individualized and emphasize health, wellness and recovery
- To insure wherever possible, services be used that are based on evidence-based treatment models

“It’s a wonderful place to get help. All staff are so friendly and willing to help get your life back to life again.”

- To insure that treatment goals are directed by the individual
- To teach individuals how to handle the stressors they face in life
- To minimize the usage of psychiatric hospitalizations
- To minimize the usage of involuntary treatment, either in inpatient or outpatient settings
- To identify all diagnoses, both mental illness and substance abuse, and to treat both concurrently and within the same treatment team
- To provide an understanding of mental illness, of medications, and of feelings
- To support individuals in gaining self confidence to improve their living situation

COMMUNITY PARTNERS

- > Curves
- > Gifford Health Center
- > SASH
- > Bayada Home Health
- > Stagecoach Transportation Services
- > Central Vermont Council on Aging
- > Capstone Community Action
- > Visiting Nurse Association
- > Riverbend Residential Care Home
- > Division of Vocational Rehabilitation
- > Vermont Technical College gym

Eligibility Criteria

CSP serves adults, 18 years and older, who meet the specific eligibility criteria set forth by the Vermont Department of Mental Health. The criteria must be met in three

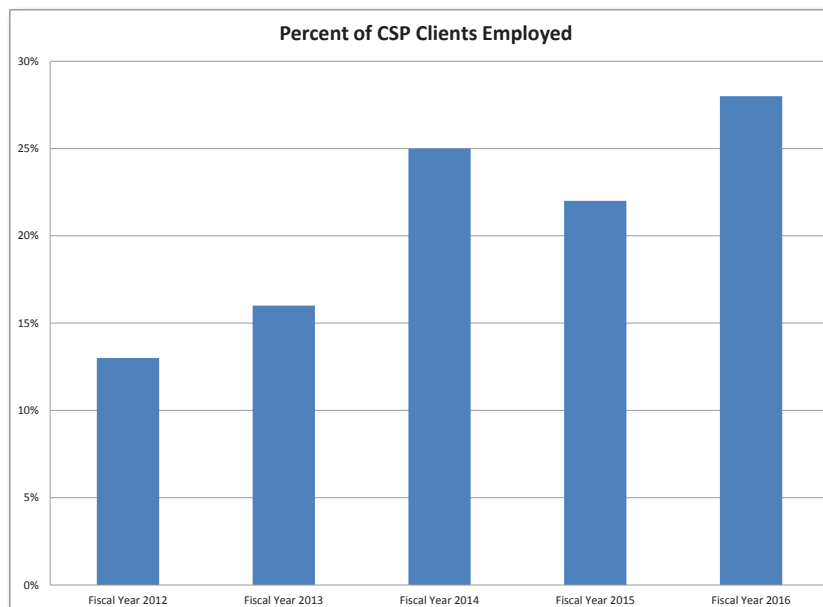
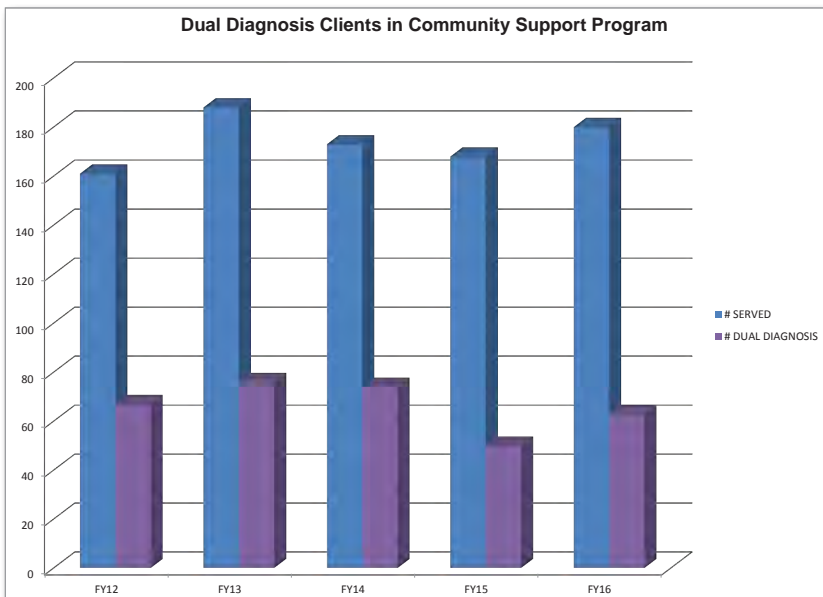
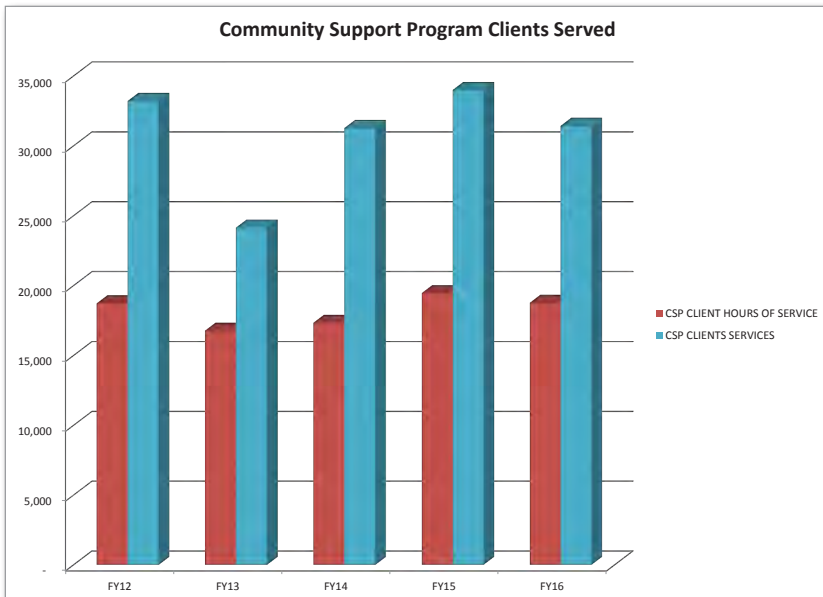
180 People Served

HOW MUCH DID WE DO?

FY16 data shows a slight decrease in the number of hours and services provided to individuals in the Community Support Program, however, the total numbers served in the program increased from 168 to 180 for FY16

STORY BEHIND THE CURVE

The program continued to offer an assortment of recovery focused groups and activities along with an emphasis on physical health and wellness. Intensive support services were provided to individuals to promote stability in the community, rather than utilizing intensive psychiatric hospitals. The agency continues to support integrated treatment for both mental health and substance abuse issues and CSP offers individual and group support to those experiencing these issues. FY16 saw an increase in the number of individuals that the CSP served and an increase in individuals presenting with co-occurring mental health and substance issues.



categories: diagnostic criteria, recent treatment history and level of impaired role functioning. Although persons with a primary diagnosis of Developmental Disability, head injuries, Alzheimer’s disease, or Organic Brain Syndrome frequently have similar treatment needs, they are not included in this definition.

Specific Programmatic Criteria:

Most clinical services are available to all clients in the CSP if they are clinically indicated by the individualized service plan developed in collaboration between the client and the treatment team. All CSP clients, regardless of need, are assigned to a primary case manager and are seen at least yearly by a member of the medical team.

Clinical Services

- Case Management, Outreach
 - Community-based supports
 - Social support services/socialization skills
 - Assistance with activities of daily living
 - Community integration
- Service Planning and Coordination
 - Assistance with acquiring benefits and the application process
 - Payeeship services
 - Housing support services
 - Difficulty of Care Program and Wellness Recovery Action Plan support services
 - Assistance with accessing medical and dental services
- Psychiatric Evaluation, Medication Review and Monitoring
- Individual Counseling
- Recovery and Wellness Groups
 - Women’s group, writing group, art group, cooking group, health and nutrition group, fitness groups, gardening group, walking group
- Peer Supports
- Emergency Services

Evidence Based Practice Treatment

- Integrated Dual Diagnosis Treatment: Individual and Group
- Dialectical Behavioral Treatment Programming
- Wellness Recovery Action Plan groups
- Seeking Safety
- Family Psycho-education and Support groups
- Individual Placement and Supports (IPS) model for Vocational Services

VOCATIONAL SERVICES/OUTREACH

The agency’s Supported Employment program assists adults within the agency’s CSP to identify, achieve and maintain vocational goals, including paid employment, in collaboration with community employers. The program also provides:

- Assistance with preparing for employment

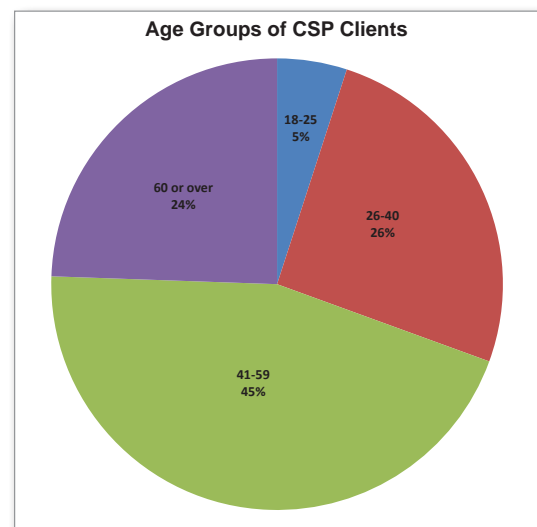
- Assistance with job development
- Assistance with on-going job support

Despite the Division of Vocational Rehabilitation funding cut in FY15, the Clara Martin Center CSP continued to offer supported employment services to anyone in the program interested in receiving this support and saw an increase in the total percentage of CSP individuals employed for FY16.

HEALTH AND WELLNESS PROGRAM

Philosophy: that physical health is an important component of overall health. Individuals are encouraged to engage in activities that promote physical as well as mental health. The program has a designated nurse who works to promote physical health on 4 levels.

1. On an individual level:
 - Personalized health coaching
 - Diet and exercise planning
 - Wellness plan development
 - Social integration in the community
2. On a group level:
 - Social integration fitness groups- Curves, VTC, walking group
 - Health and nutritional support
 - Smoking cessation supports
 - Peer support and encouragement
3. On a program level:
 - Coordination of Wellness Plan with Case Managers and support staff
 - Provide education on health issues
 - Assist in coordinating health activities.
4. On a community level:
 - Coordination with primary care and other health care providers in the community
 - Advocate for client to promote wellness
 - Communicate regarding health needs of clients
 - Foster an integrated approach to wellness for CSP clients.

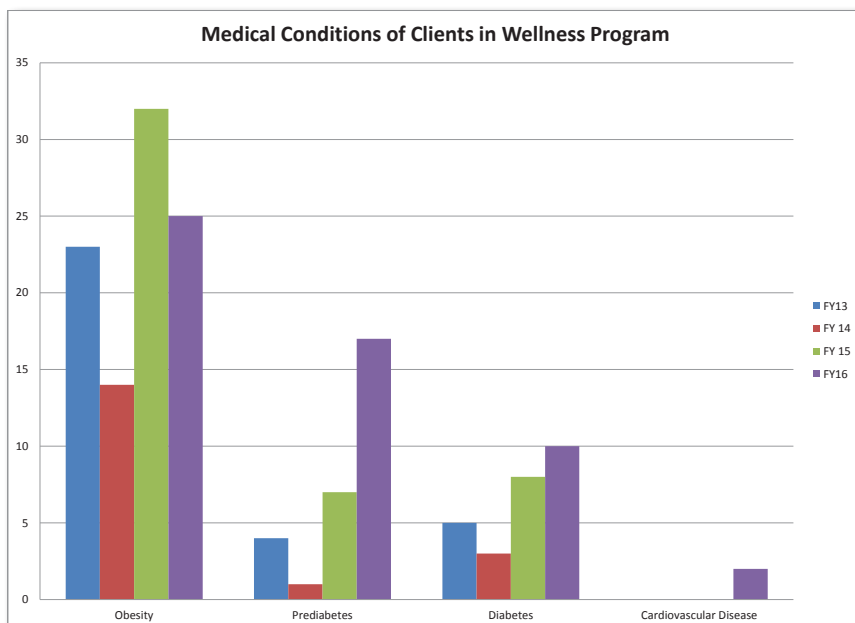
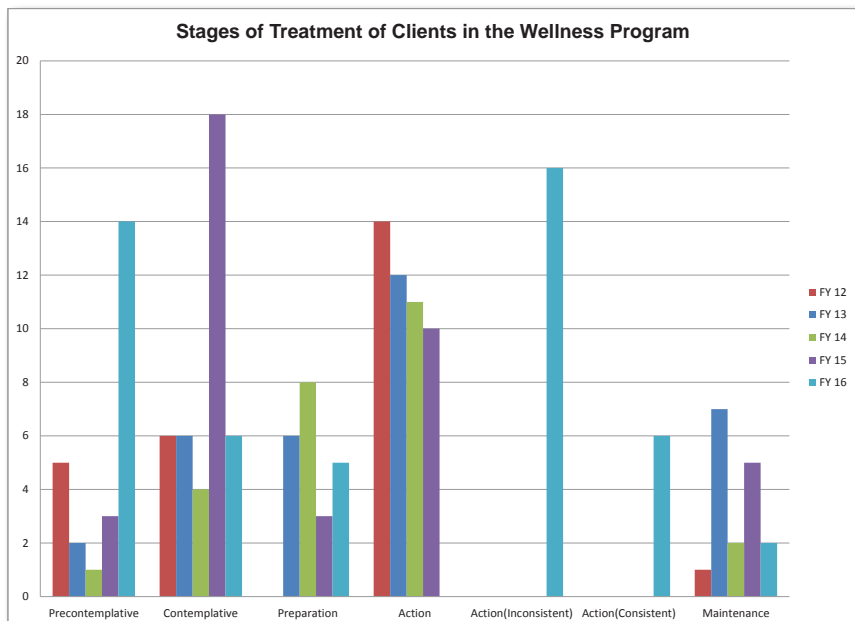
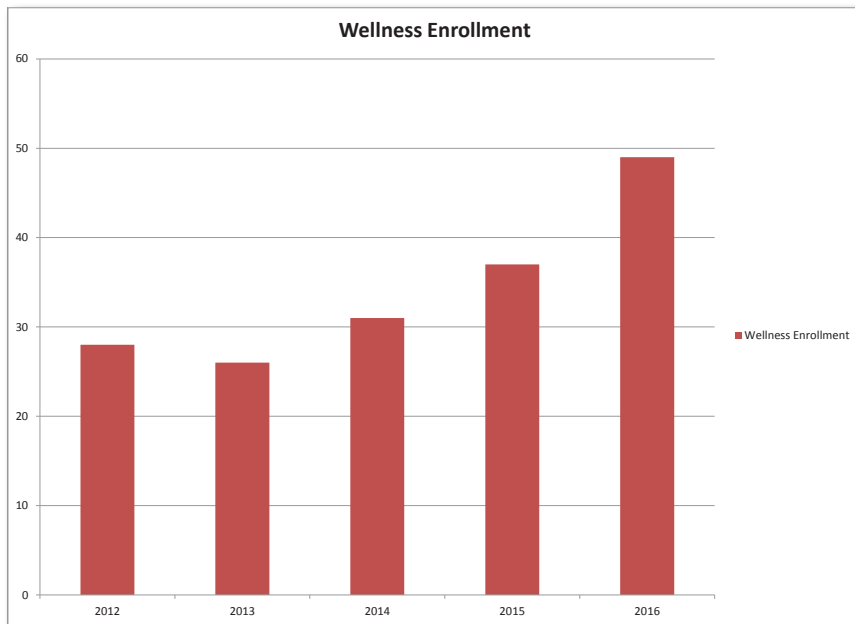


HOW MUCH DID WE DO?

The Health and Wellness program continues to grow and evolve each year. Since the program first began in 2008, there has been a steady increase in interest and engagement by individuals in the program, with FY16's participation rate totaling 51% of the entire Randolph Community Support Program.

STORY BEHIND THE CURVE

The overall culture of the CSP is that of wellness and healthy living. The program has continued to develop and expand its reaches to include partnering with the Blueprint to offer Self Management Workshops including Chronic Conditions and Pain Management. In addition, the program offers nutritional support groups and smoking cessation groups to help support individuals who are looking to quit smoking and live healthier.



ALCOHOL AND OTHER DRUG PROGRAM



Alcohol and Other Drug Team

The Alcohol and Other Drug Program promotes healthy lifestyles by reducing the harmful effects of alcohol and other drugs on the client, family and community.

Objectives

- Provide comprehensive treatment which addresses the needs of both the person with a substance concern and the people affected by the substance concern
- Identify clients who have co-occurring mental illness and help them develop goals and a treatment plan individualized to meet their needs
- Recognize abuse of alcohol and/or other drugs as a progressive disease that affects the psychological, emotional, physical, social, and spiritual health of the person. It often impacts any system he/she interacts with including their family, friends, workplace and community
- Provide outpatient treatment in a variety of sites to meet the needs of our clients
- Provide education, consultation services, and support to family and friends of clients and other community organizations
- Work collaboratively with other providers and community organizations to provide continuity of care to our clients

“The people here have not only made a difference with me, but also many people I know.”

Clinical Services

- Assessment and Referral to appropriate level of care
- Outpatient Services: Individual, Group and Family Therapy
- Quitting Time – Intensive Outpatient Program
- Medication Assisted Therapy
- Aftercare Recovery Services
- Psychiatric Evaluation, Medication Review and Monitoring
- Psycho-educational Groups
- Weekend DWI Program/CRASH
- Emergency Services
- Case Management

COMMUNITY PARTNERS

- Turning Point
- Vermont Department of Corrections
- Primary Care Offices

637 People Served

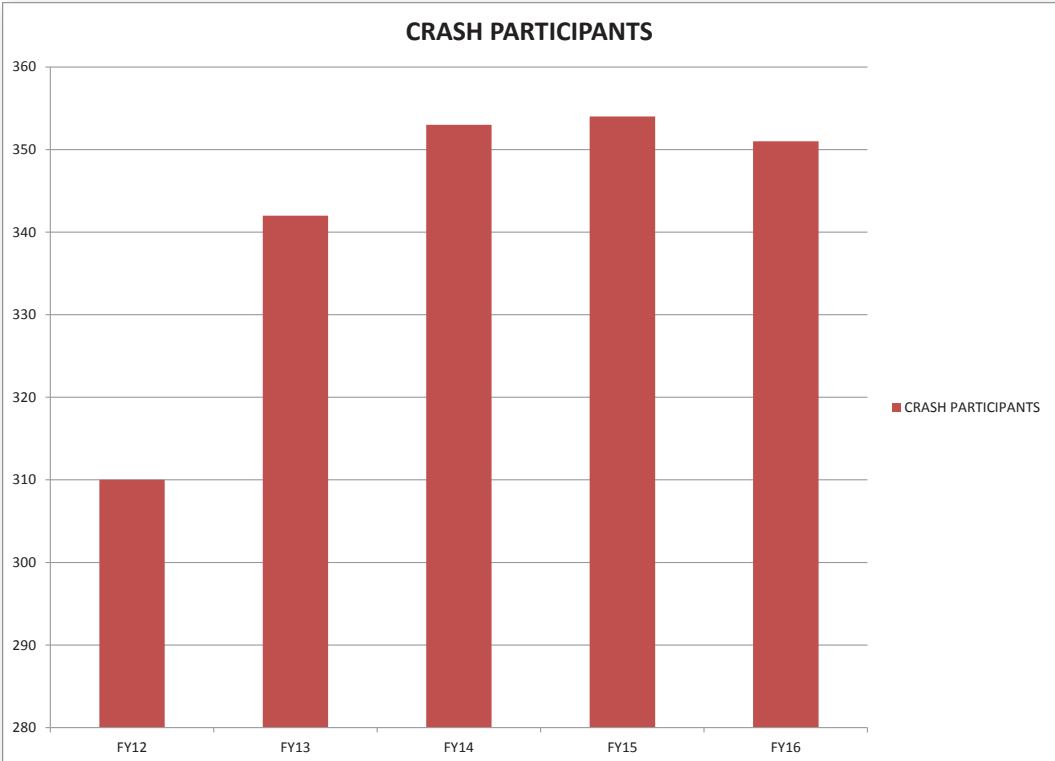
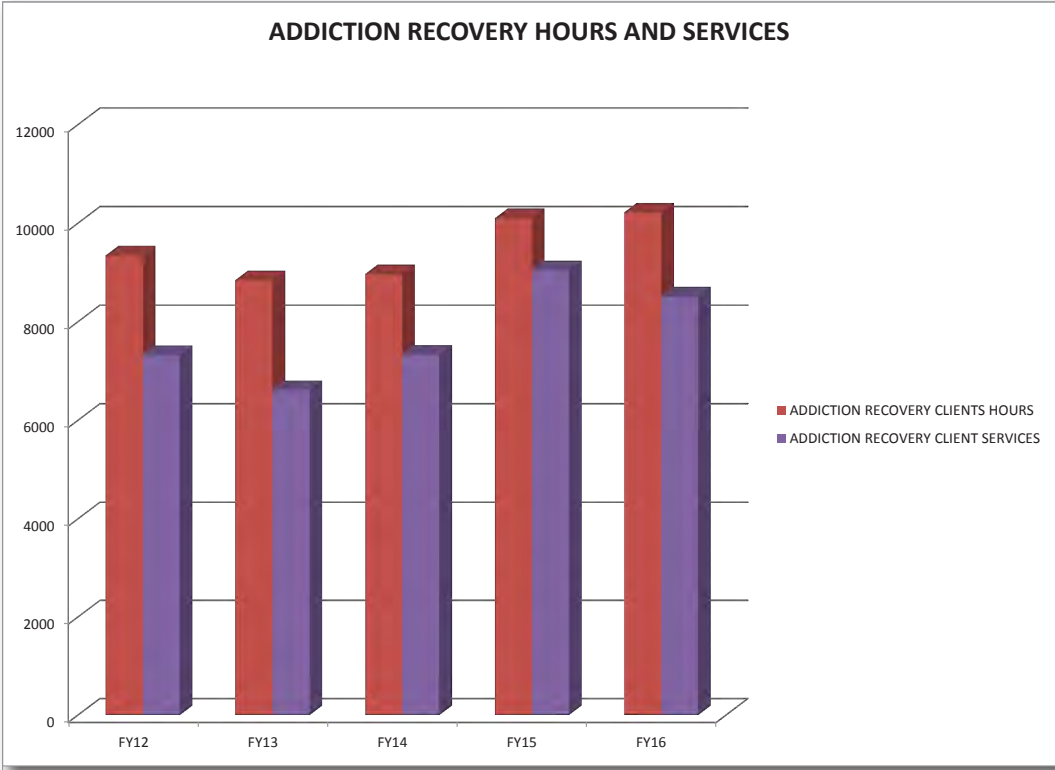
HOW MUCH DID WE DO?

Clara Martin Center's substance abuse programming is integrated into all programs to support the co-occurring culture that the agency upholds and to meet the intricate needs of the population. The program has shown a steady increase in services provided over the years.

STORY BEHIND THE CURVE

The amount of treatment provided in the Substance Abuse program continues to increase due to an increase in referrals from community partners, which include the Vermont Department for Children and Families, the Vermont Department of Corrections, Vermont courts and primary care. Due to the increased acuity of the clients served, Clara Martin Center is providing more treatment hours even though the number of clients may decrease.

Our CRASH program allows a maximum of 30 participants, which it fills every month. This program originally served a maximum of 20 participants per weekend, and due to demand, Clara Martin Center was able to increase the monthly maximum to 30 participants. Due to participant no shows these numbers may slightly vary month to month.



“Clara Martin had made a big impact on my life and has helped me to change my life around for the better.”

QUITTING TIME – INTENSIVE OUTPATIENT PROGRAM

Quitting Time helps clients with substance dependence maintain abstinence from alcohol and/or drugs and enhance their skills to prevent relapse. The program is offered in the evening to accommodate the needs of the clients. On average this program meets three evenings per week for approximately six weeks, however this is assessed and determined on a case-by-case basis to determine the appropriate length of treatment recommendations.

Once a participant completes the intensive portion of this program, the recommendation is to continue in the outpatient aftercare group as the maintenance portion of this program.

OUTPATIENT RECOVERY AND AFTER CARE GROUP

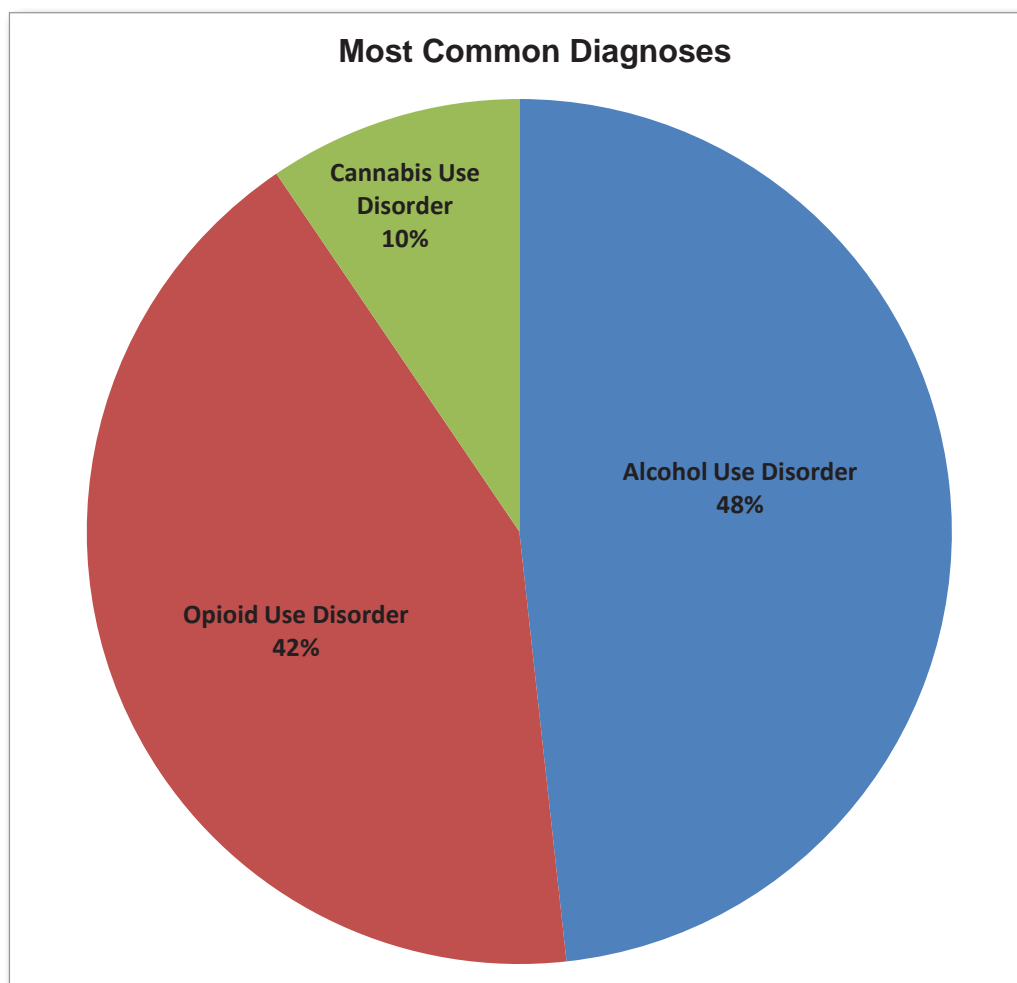
Recovery Group enhances relapse prevention skills and broadens client understanding of recovery as a lifestyle change.

MOTIVATIONAL GROUP

Motivational Group helps clients develop increased awareness of the impact of alcohol and/or drug use has had in their lives. In addition, we hope to help increase the client’s level of motivation to make healthier and safer decisions regarding their substance use. The group meets once each week. This group also meets CRASH recommendations for ongoing counseling towards license reinstatement.

CO-OCCURRING ISSUES GROUP

The goal of this group is to improve the health and self-care of clients with co-occurring substance abuse and mental illness. The group meets once per week.



“I have been coming here for a lot of years and have done nothing but grow.”

SEEKING SAFETY GROUP

The seeking safety group is a present-focused therapy to help people attain safety from trauma/Post Traumatic Stress Disorder and substance abuse. The group is gender specific and consists of 25 topic areas related to trauma and substance abuse.

ADOLESCENT OUTPATIENT COUNSELING

The adolescent group helps participants develop increased awareness of the impact alcohol and/or drug use has in their lives. We also aim to increase their level of motivation to make healthier and safer decisions regarding their substance use. The groups meet once each week.

WEEKEND CRASH

CRASH is a State of Vermont program designed to provide education on substance abuse and driving under the influence (DUI) for those convicted of a DUI 1 or DUI 2. Clara Martin Center offers a weekend CRASH program to eligible participants which includes the CRASH intake evaluation, the CRASH educational program, and the determination of whether or not further treatment is recommended.

“I would like to share my experience with the Clara Martin Center. It has been absolutely incredible. I am a veteran and a victim of massive child abuse. I suffer from many psychological ailments such as P.T.S.D., major depressive disorder, and so on. I am very suicidal, and use alcohol in excess to self medicate.

share
YOUR
story

in my seventh month of the D.B.T. program.

Currently, life changed so dramatically for the better from a year ago, it is almost hard to comprehend. I wish I could say I am “cured,” but that will never be the case. Because of the staff at Clara Martin, and some hard work on my

Before Clara Martin, I was being treated at the Veteran’s Administration health care system. For years I was being treated there with counseling and a myriad of psychiatric medications. My life was a mess, and the treatment I was receiving seemed to have no effect on my symptoms. There were numerous admissions to psychiatric wards, suicide attempts, and serious self mutilation.

part, the symptoms of my suffering are much more manageable. It has been over a year since my last suicide attempt. I am off all of the psychiatric medications except one to help with nightmares, which works well. There is still much more work to be done, but I am extremely optimistic of the outcome.

Just over a year ago, I was admitted to the ward at Central Vermont Medical Center, and through them, I came in contact with the Clara Martin Center. That was my last admission to a psychiatric ward.

My case manager is incredible! As well, all of the support staff truly go out of their way to be courteous and kind. It is very comforting when they know me by name.

I am seeing the most knowledgeable and compassionate counselor I could hope to work with, and any clients who work with him are truly blessed. I am also

If my progress is indicative of the progress others can make, then this community is indeed fortunate to have an organization such as the Clara Martin Center to turn to for support when it is needed most.”

CRIMINAL JUSTICE PROGRAM

The Criminal Justice Program provides effective assessment and treatment services to people who have been, or are currently involved with the court or corrections system. Our aim is to enhance their ability to function effectively in the community, re-enter the community successfully and reduce the risk of committing additional crimes.

Objectives

- Deliver specialized outpatient services in our Randolph, Bradford and Wilder sites
- Provide psychosocial assessments, individual therapy, specialized group therapy, family education, and support groups consistent with best practices
- Provide programming that is gender, culture and trauma sensitive
- Develop collaborative relationships with clients to help them reach identified treatment goals
- Incorporate interdisciplinary treatment planning to help clients take full responsibility for their crimes and gain the support needed to function successfully in the community
- Collaborate with community resources to ensure clients receive continuity of care and all services needed to function effectively in their communities

“Great place, great people who know what they are doing and get you the help you need.”

Clinical Services

- Screening
- Assessment
- Individual Therapy
- Group Therapy
- Sex Offender Treatment Groups
- Domestic Violence Accountability Programming
- Anger Management
- Family Member’s Educational and Support Groups
- Victim’s Support
- Case Management
- Substance Abuse Reentry Assessments

DOMESTIC VIOLENCE ACCOUNTABILITY PROGRAMMING

The program adheres to the Vermont Standards for Domestic Violence Accountability Programming set forth by the Vermont Coalition for Domestic Abuse. The goal of the program is designed to provide education to domestic violence offenders to motivate them to end their abuse and to ultimately change their behavior.

ANGER MANAGEMENT

Anger management services can be provided in either a group or individual setting. This service aims to provide clients with skills necessary to identify and effectively manage emotions that may lead them to engage in threatening or assaultive behaviors.

COMMUNITY PARTNERS

- > VT Department of Corrections
- > VT Courts
- > Restorative Justice Centers

HOW MUCH DID WE DO?

The number of clients served within Clara Martin Center's Criminal Justice program has decreased over the past year.

STORY BEHIND THE CURVE?

In FY16, Clara Martin Center made the programmatic decision to put our efforts towards maintaining our community based Criminal Justice programming and to no longer provide services within the correctional facilities. This is partly due to The Department of Corrections programming going in a different direction than the agency could support with the workforce expectations.

Clara Martin Center is making every effort to successfully sustain reentry case management services without funding that historically was provided. Additionally, although this program was significantly impacted by Medicaid group rate cuts, programmatic changes were made to preserve the programming which remains a strong need within the community. This is representative of the success and commitment of the agency's work with the Criminal Justice population.

The Second Chance grant was awarded to the state to assist with the reform efforts of the corrections department and its community efforts. Clara Martin Center is a part of this effort and is currently a member of the regional second chance planning team which is spearheading the first community pilot. While this is an unfunded effort for the community providers we are making every effort to assist with this system change.

RE-ENTRY CASE MANAGEMENT

Re-entry case management services are for individuals supervised out of the Hartford and Barre probation and parole offices. These services assist individuals to successfully re-enter the community after incarceration and/or who are already on probation and parole and needing additional supports. Assessment and referrals are made to local agencies and resources to include but not limited to: substance abuse services, mental health services, employment services and health care.

COMMUNITY BASED SEX OFFENDER TREATMENT

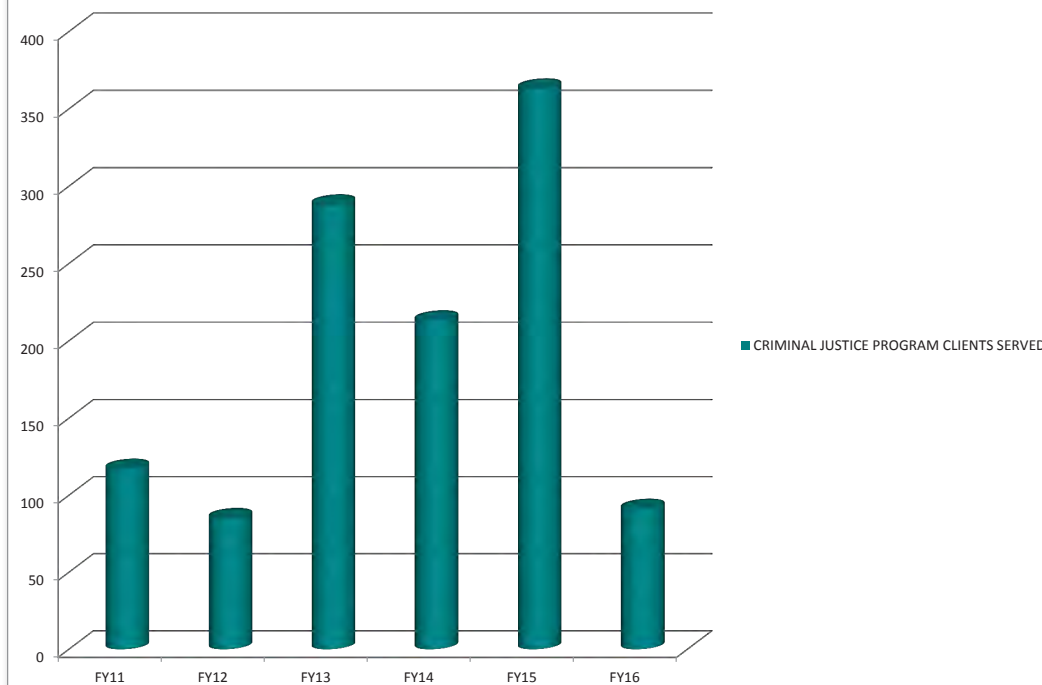
The goal of the program is to decrease the risk of re-offense and promote healthy lifestyles through individual and group therapy. The

program meets standards set forth by the Vermont Center for the Prevention and Treatment of Sexual Abuse. The Vermont Center for the Prevention and Treatment of Sexual Abuse provides the clinical supervision.

FAMILY EDUCATION AND SUPPORT GROUP

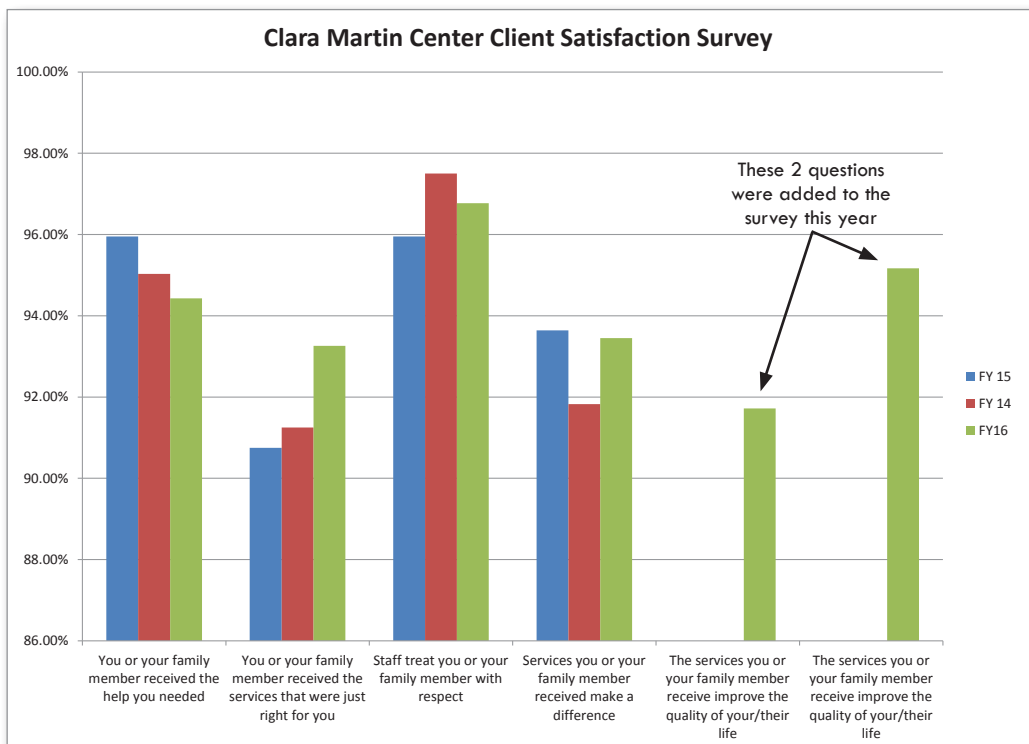
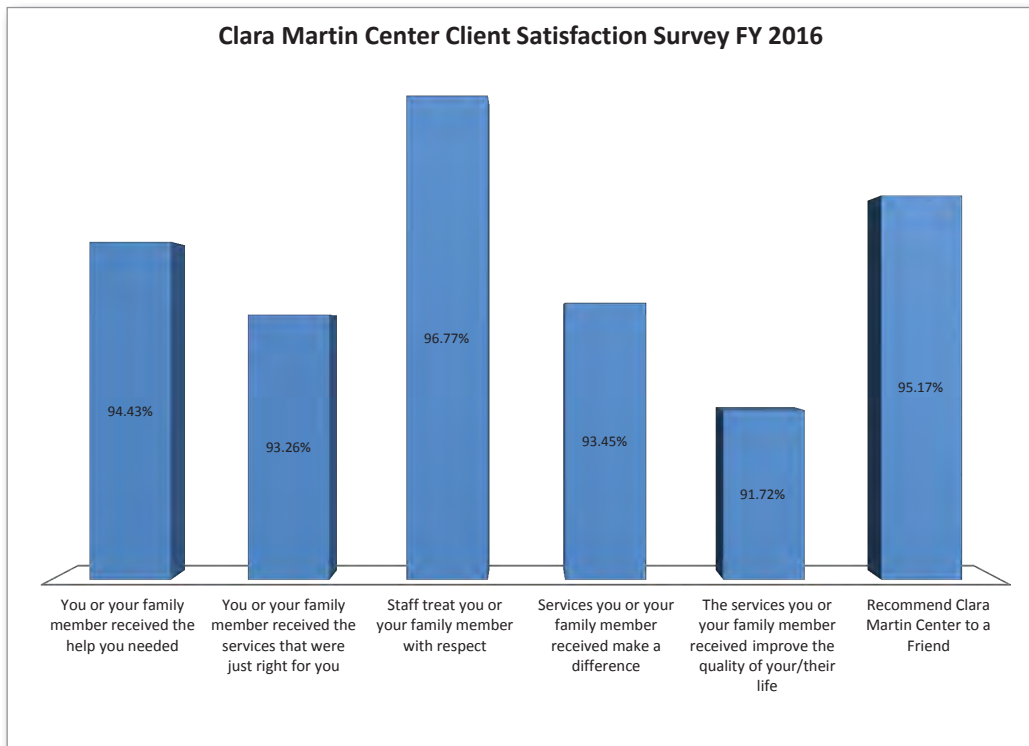
The Family Education and Support Group provides education and support to family members and/or support people for individuals convicted of a sexual offense. The group is offered two times annually.

CRIMINAL JUSTICE PROGRAM CLIENTS SERVED



HOW WELL DID WE DO?

One of Clara Martin Center's most important measures of success is knowing that our clients feel that the services they have received are helpful and that we treated them with dignity and respect.



Over the past four years, 1107 people have responded to our survey.

97.15% reported that Clara Martin Center treats them with dignity and respect.

93.5% reported that the services they received made a difference.

STAFF ANNIVERSARIES

25 years:

Rachel Emerson
Jena Trombly

15 years:

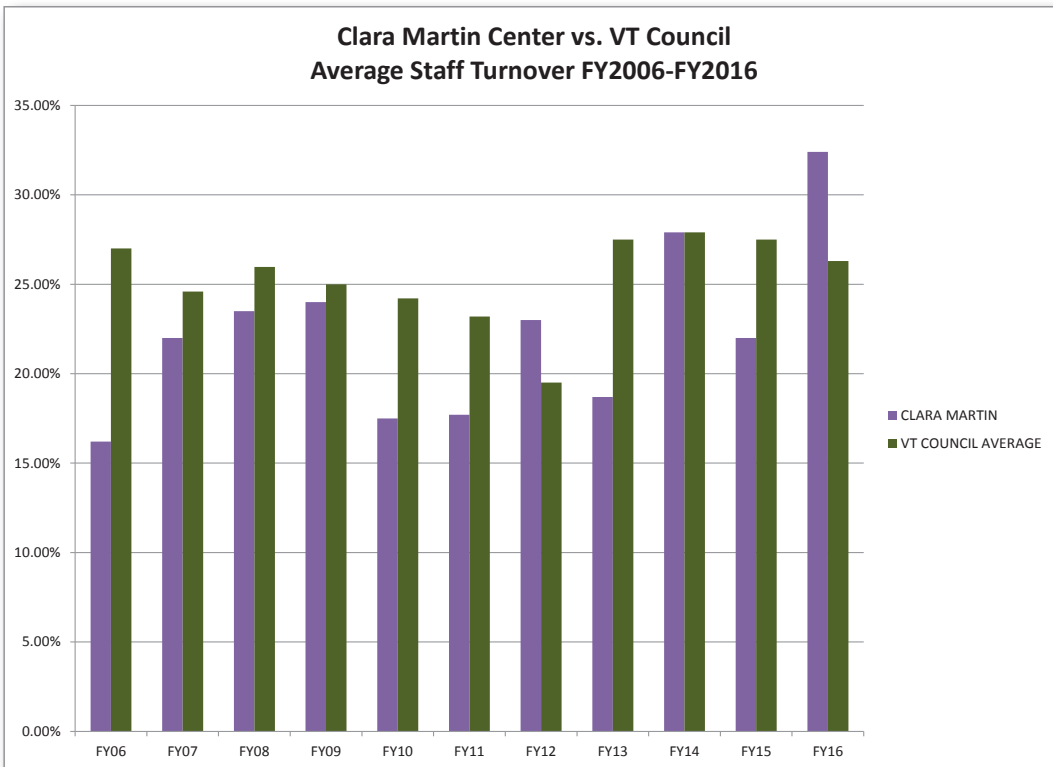
Tom Breslin

10 years:

Paula Riviezzo
Bridgette Herbst
Andrew Nuss
Cori Luppino
Dan Boutah
Denise Brooks
Kelley Gage
Demetra Hazatonos

5 years:

Nancy Perrault
Robin Poulin
Shannon Brennan
Elliot Montrone



44%
of Clara Martin Center staff have a Masters Degree, or higher

COLLABORATION & PARTNERSHIP

“The center has given me a supportive net, so to speak, to help me deal with daily stresses that may otherwise lead me down paths of despair.”

CENTRAL VERMONT SUBSTANCE ABUSE SERVICES (CVSAS)

Central Vermont Substance Abuse Services (CVSAS) is a substance abuse service agency providing outpatient and intensive outpatient alcohol and other drug treatment services for community members of the Greater Washington County area. Central Vermont Addiction Medicine (CVAM), a program of CVSAS in collaboration with BAART Behavioral Health Services, is part of the Vermont Care Alliance for Opioid Addiction. CVAM provides medication assisted treatment for residents of Washington, Orange, and Lamoille Counties who are addicted to opiates.

CVSAS provides assessment and referral to appropriate level of care. Outpatient services offered include individual/group/family therapy, intensive outpatient programming, psychiatric consultation to primary care physicians, psycho-educational groups, DUI programming through Project CRASH, Washington County Treatment Court services, clinical services to the Lighthouse public inebriate program, medication assisted induction and stabilization for opiate addiction, case management, and, emer-

gency services, which are provided by contract through Washington County Mental Health Services.

CVSAS is a program of Clara Martin Center, Washington County Mental Health Services and the Howard Center, representatives of which serve with community members on the Board of Directors. The staff includes licensed alcohol and drug counselors, licensed clinical mental health counselors, counseling interns, case managers, and a consulting psychiatrist.

COLLABORATIVE SOLUTIONS CORPORATION

In 2007, Clara Martin Center, The Howard Center, and Washington County Mental Health joined together to establish a new corporation called Collaborative Solutions Corporation. This entity was developed to create Community Recovery Residences (CRR) to assist the State of Vermont with the census at the Vermont State Hospital (VSH) and to meet the step down needs of hospitalized patients.

The first Community Recovery Residence established was Second Spring South, a licensed Level III Care Home located in Williamstown, Vermont. Second Spring North opened in Westford, Vermont in 2013.

VERMONT CARE PARTNERS

The Vermont Council of Developmental and Mental Health Services and the Vermont Care Network (formerly Behavioral Health Network of Vermont) have come together under the partnership of Vermont Care Partners to provide statewide leadership for an integrated, high quality system of comprehensive services and supports.

The Vermont Council focuses on national and state policy development, lobbying and advocacy to strengthen developmental, mental health and substance abuse services.

The Vermont Care Network works to develop the statewide network that integrates the full continuum of health, wellness and social services. By providing care beyond health care and through enhanced services, collaboration and integration, the network improves value, health outcomes and life satisfaction.

MEMBER AGENCIES

Champlain Community Services (CCS)
Clara Martin Center (CMC)
Counseling Service of Addison County (CSAC)
Families First in Southern Vermont (FFSV)
Green Mountain Support Services (GMSS)
Health Care & Rehabilitation Services (HCRS)
Howard Center (HC)
Lamoille County Mental Health Services (LCMHS)
Lincoln Street (LSI)
Northeast Kingdom Human Services (NKHS)
NFI Vermont Inc. (NFI)
Northwestern Counseling & Support Services (NCSS)
Rutland Mental Health Services (RMHS)
United Counseling Service of Bennington County (UCS)
Upper Valley Services (UVS)
Washington County Mental Health Services (WCMHS)

Demonstrating Accountability

The Vermont Care Partners provider network is accountable to the people they serve. They hold themselves accountable through:

- Community governance boards
- Consumer and family advisory committees
- Performance-based contracts with state government
- Quality assurance mechanisms
- Affiliations with Accountable Care Organizations and other partners

They assess and continuously improve the quality of our services by combining two quality models: Results Based Accountability (RBA) and Centers of Excellence (COE).

RBA looks at:

- How much we do
- How well we do it
- Whether anyone is better off

The work on RBA is being coordinated with a larger effort conducted by Vermont state government and the passage of Act 186 the Vermont Outcomes Bill.

COE focuses on five elements of quality:

- World class customer service built on a culture of staff and client engagement and wellness
- Excellent outcomes
- Easy access
- Comprehensive care
- Excellent value

AWARDS & RECOGNITION

THE BREWSTER MARTIN AWARD

This award is dedicated in the name of a caring country doctor whose support of this center and more importantly the citizens of the greater Orange County area, was strong and will always be remembered.

Dr. Brewster Martin was a man who lived each day and enjoyed his life. Dr. Martin served on our Board of Trustees since the passing of his wife Clara Martin. He was full of humor; telling stories of his love for the stage or a loving story of his family and friends. He always asked “How are you?” and would quickly make you feel the bright light of the day in whatever you presented to him. He was proud of everyone and lived to promote happiness and strength in each person. His demonstrated love for life penetrated the very essence of the community and this organization.

Dr. Brewster Martin believed in the mind – body connection to physical and spiritual health. He lived this philosophy in his practice as a physician and in his support to the agency. Dr. Brewster Martin was one man who contributed to the spirit of the Board of Trustees, all of whom support the mission of a caring and responsive community of providers.

It is the commitment of the Board of Trustees to keep the strength of the organization focused on our future and to hold true to the spirit of those who helped to create this solid foundation on which we all stand today. The commitment of the Board is to the community and the staff who serves our communities with courage and strength, all of which is essential to the success of each citizen.

JOY APPLETON WINS 2015 AWARD

Joy came to the agency in 2000 as a support staff for the Bradford main office site. This is her 15th year of service to her community. Joy is dedicated to the mission of the agency and is always willing to help either by supporting a client, the agency or a staff in any way she can. She is a pleasant, kind and a strong anchor all in one bundle. The agency systems have improved over the years and she has helped in all these initiatives. We are honored to have her as part of the Clara Martin Center team.

- Joy is an incredibly compassionate individual.
- Joy is the backbone of the Bradford site.



- Joy inspires others with her patience and willingness to support everyone.
- Joy’s kind words are heard many times of day “how may I help you?”.
- Joy is honest, dependable, loyal, compassionate, patient & steady.
- Joy is a resource to staff and is able to guide them to a solution.
- Joy is known to all our customers and has left a positive lasting impression on thousands of staff, parents and children over the years.
- Joy is a supervisor and trainer of staff.
- Joy is an amazing woman who is tireless in her extraordinary devotion over time.
- Joy’s contributions are so significant; I would rate her as first class.
- Joy’s cheerful smile and helping hand shows the kindness in her soul every day.
- Joy makes us all look good.
- Joy is known throughout the agency and always with a positive phrase.
- Joy serves as a role model and mentor for many staff.
- Joy treats both staff and clients with utmost respect.
- Joy cares about every person she meets and the Clara Martin Center community.
- Joy is tender, compassionate, nurturing, and a joy to work with.

Joy is one of the grounding forces here at the agency. She has demonstrated unfailing dedication, compassion, patience and professionalism to the Clara Martin Center, her colleagues and to the clients and community we serve. Joy is deserving of the honor and respect this award stands for and she is an excellent model of the Clara Martin Center motto “People Helping People”.



Photo courtesy of Katie Jickling/The Herald of Randolph

LOCAL HEROES RACHEL EMERSON AND LORETTA STALNAKER RECOGNIZED FOR WORK IN MENTAL HEALTH CRISES

Rachel Emerson of Clara Martin Center and Sergeant Loretta Stalnaker of the Randolph Police Department have been named winners of this year's Team Two Frank Silfies Award, presented to a law enforcement officer and a mental health crisis clinician who exemplify collaborative response to mental health crises.

Emerson was nominated by Kristen Briggs, the Acute Care Coordinator at Clara Martin Center, who wrote, "Rachel has been a dedicated member of the Clara Martin team for over two decades, Rachel is a person whisperer and has great insight into the needs of others. Her contribution to keeping the communities around her safe over the years is invaluable."

Emerson said she learned early in her career to establish a good relationship with the people she was out on calls with in middle of night such as the ER staff and police.

"Loretta is a good one to work with" she commented.

Emerson has been quick to give others credit saying "Yes, I received this award, but I want to share it with everyone at Clara Martin Center because the staff here have been my mentors, teachers, friends, I would never have been able to get this far without them."

Sgt. Stalnaker was also nominated by Briggs, who wrote, "Officer Stalnaker has always responded to different crises

in the town of Randolph with great respect toward the person in crisis as well as with a respectful and collaborative approach with the staff at Clara Martin Center. She goes out of her way to help support the continuum of care that CMC strives to keep with persons served."

Created last year in memory of Frank Silfies, the former Emergency Services Director at Health Care and Rehabilitation Services (HCRS) and a member of the original Team Two Steering Committee, this award honors his commitment to working closely with police officers to find the safest, best outcome for people experiencing a mental health crisis. Nominations are solicited from all the designated mental health agencies in Vermont as well as from all of the Vermont Chiefs of Police, Sheriffs and Station Commanders at Vermont State Police. The Team Two Steering Committee reviews the nominations and selects the recipients. Members of the Steering Committee include representatives from a municipal police department, county sheriffs, the Vermont State Police, the Criminal Justice Training Council, Emergency Services Directors, the Department of Aging and Independent Living, NAMI Vermont, the Department of Mental Health, the Department of Health and designated mental health agencies.

Presentation of the award will be held December 7, 2016 at the Team Two conference in Waterbury.

“The Clara Martin Center has truly blessed my life. Today I have meaningful work, meaningful life, and valuable love and connection in my life.

When I was struggling incredibly in Chicago, IL with a bi-polar I diagnosis, my therapist at the time there discussed with me the concept of “work.” I could not work at all at the time, was sleeping almost 20 hours a day, and life felt torturous. I felt a lot of worthlessness and clinical debilitating depression and fatigue. It was a painful walk just to make it to my once a week therapy sessions. My marriage was falling apart and I was a wreck.

Fast-forward to the summer of 2001. I had been off “meds” for a year and found myself in an extreme state (labeled mania by doctors) and in the hospital. My current Clara Martin Case Manager was the first professional to visit me in the hospital. I was just happy to have a visitor.

CMC stuck with me the whole time, during a period of heavy drinking and pot use. Some days were better than others, but my therapists over the years and many staff at CMC remained compassionate towards me.

Today, I celebrate multiple years of clean and sober time. CMC has supported me going to a 12-step program for community and sobriety.

My initial diagnoses propelled me professionally and personally into the complex healing world of mental health. I have, by the grace of God, degrees in theatre from a world-class liberal arts college and even a Master’s Degree in Clinical Mental Health Counseling. I figured that as a client of therapy for 20+ years that I could obtain the degree. I received excellent grades and the whole time had the gentle but firm support of CMC.

I now have 13 years experience working in the field as a professional. But it is also, as you know, the personal quality of life that matters.

CMC stresses good diet, exercise, and of course good therapy. Every week I experience “meaningful work,” a meaningful life. I have the honor of helping people stay alive and strive to let them see the goodness within themselves. I deal with every subject you can possibly think of at work, and it is because of my own vast experiences that I respect confidentiality so very much.

CMC stays with me through the laughter and the tears. In Vermont they are regarded as one of the best designated mental health agencies.

To be totally transparent, when I was 29 years old I found myself unable to afford housing. I found a home then through CMC and have stayed the course over the years. I can literally say they might have saved my life.

Additionally, my psychiatrist at CMC treats me as the whole person that I am and is very kind. I also have very good relationships with the Vermont Department of Mental Health (DMH). I have been on national and local radio as an advocate. I have testified, along with others, at the Statehouse in Montpelier. To move forward in a transcendent and modern way

involves the work of many in a collective fashion.

I am a proud native Vermonter and Randolph, VT is the longest I have lived anywhere. I came back to my roots in central Vermont and am happy to make it my home. Before that I was constantly moving, sort of like a gypsy. Today I am grounded, with the help of my loved ones and CMC.

Personally I also met the most wonderful man in Randolph, and he is my strength and the love of my life.

Because of all these valuable things, it is a part of my destiny to give back to me what has been so freely given: meaningful work, a meaningful life and one worth being healthy and thriving in.

Thank you, Clara Martin Center and wellness in VT. You have given this spirit the wings to fly.”



Help us celebrate our 50th anniversary at these community events



CELEBRATING CREATIVITY IN MENTAL HEALTH WELLNESS AND RECOVERY

January 7, 2017 • Chandler Music Hall
Randolph, Vermont



ME2/ ORCHESTRA PERFORMANCE

The world's only classical music organization
for individuals with mental illnesses and
the people who support them

MAIN HALL • 7:30PM

ART SHOW RECEPTION & SELECTED READINGS

Featuring work from friends of mental health

ESTHER MESH ROOM • 6:30PM

Chandler!



1966 2016

deep roots • strong future

Clara Martin Center

50 years of *People Helping People*

www.claramartin.org



Me2/
Music for Mental Health™

TICKETS: \$10 IN ADVANCE • \$15 AT THE DOOR
CALL 802-728-6464 OR GO TO CHANDLER-ARTS.ORG

COLOR 5.7.2017 THETFORD ACADEMY RUNNING COURSE

splash

A fun, colorful 5k run/walk to celebrate
the importance of behavioral and physical
health. Walkers and runners alike will enjoy
the scenic trails of Thetford Academy's elite
cross-country trail while being doused with
non-toxic colored powder!

- Pre-race Zumba warm-up with
Jennifer Sargent
- Post-race children's activities



1966 2016

deep roots • strong future

Clara Martin Center

50 years of *People Helping People*

Look for registration info to come at

www.claramartin.org



Randolph Locations

11 North Main Street
P.O. Box G (mailing address)
Randolph, VT 05060
(802) 728-4466

Ayers Brook

35 Ayers Brook Road
P.O. Box G (mailing address)
Randolph, VT 05060
(802) 728-4466

Community Support Program

24 South Main Street
P.O. Box G (mailing address)
Randolph, VT 05060
(802) 728-6000

Safe Haven and Chris's Place

4 Highland Ave
Randolph, VT 05060
(802) 728-4466

East Valley Academy

579 VT Route 14 South
P.O. Box 237 (mailing address)
East Randolph, VT 05041
(802) 728-3896

Bradford Locations

Bradford Farmhouse

1740 Lower Plain Road
P.O. Box 278 (mailing address)
Bradford, VT 05033
(802) 222-4477

Bradford Main Site

1483 Lower Plain Road
P.O. Box 278 (mailing address)
Bradford, VT 05033
(802) 222-4477

CONTACT US

Chelsea Location

Chelsea Health Center

356 VT Route 110
Chelsea, VT 05038
(802) 728-4466

Wilder Locations

Wilder Office

39 Fogg Farm Rd
P.O. Box 816 (mailing address)
Wilder, VT 05088
(802) 295-1311

Regional Alternative Program (RAP)

Norwich Avenue
Wilder, VT 05088
(802) 295-8628

Berlin Locations

Central Vermont Substance Abuse Services

100 Hospitality Drive
P.O. Box 1468 (mailing address)
Berlin, VT 05601
(802) 223-4156

Central Vermont Addiction Medicine

300 Granger Road
Berlin, VT 05601
(802) 229-6183

24-Hour Emergency Service

1-800-639-6360

www.claramartin.org



/claramartincenter

Walk-In Clinic

Monday	12:00-2:00 PM	Bradford
Tuesday	2:00-4:00 PM	Randolph
Thursday	1:00-3:00 PM	Randolph
Friday	10:00-12:00 PM	Bradford