

People Helping People
since 1959



Counseling Service of Addison County, Inc. 2012 Annual Report



Message from the Executive Director and Board Co-Presidents

We are drawn to the fact that early in life we were taught to learn this lesson: look both ways. For safety sake, look to the right and to the left, look ahead and behind. Another way to describe this perspective is to look back in memory, and look forward in hope. Our memory reminds us that CSAC has always been about people and about community. In life, sometimes we get to be the helper and sometimes we are grateful for help. In effect, we are a bridge of people coming together and helping each other grow, learn, and cope.

Len Rowell



Ingrid Pixley



Bob Thorn

Looking ahead, the pace of change is accelerating and we must ride the wave but also steer the boat as we sustain and enhance existing services, learn from the people we serve, adapt new practices and discover more effective ways to serve our communities. Without doubt there are challenges ahead but this does not dampen our enthusiasm as we look to build on our current initiatives and accomplishments of the past.



Member Agency—United Way
of Addison County

Accomplishments

- Enhancement of Community Partner Relationships – forging new and enhancing existing relationships that increase/improve access to services, e.g. Porter Nursing Home, local law enforcement, Middlebury College, Addison County Home Health and Hospice
- Successful integration with Vermont's healthcare initiatives
- Adult Community Enhancements- increased services to provide flexible case management and crisis support, intensive day treatment, furthering wellness, recovery groups and peer services
- Development of "The Cottage," a short term residential support program for adults coping with mental health crises
- Participant in Support and Services at Home (SASH) to begin to implement comprehensive elder services
- Integrated Family Services (IFS)- Vermont's pilot site in development and implementation of a new funding and service model for youth & family services
- Expansion of existing eldercare to incorporate comprehensive services into community care systems, including new opportunities for psychiatric consultation
- Began to receive Medicaid incentive payments for implementing Electronic Health Records
- Awarded Governor's Worksite Wellness GOLD Award which recognizes CSAC's efforts to support employees in making healthy choices
- Contract with Middlebury College – reportedly the oldest in the US – over 30 years



The Emergency/Crisis Services

are offered 7 days a week, 24 hours a day for residents of Addison County experiencing a mental health crisis such as depression, acute anxiety, suicidal or homicidal behavior, family problems, mental illness or alcohol/drug emergencies. Callers are assisted in resolving the immediate crisis and in making plans for follow-up services if needed.

Mental Health Services

Adults: both short- and long-term mental health and substance abuse services to adults. Based on eligibility, these services can include:

- Individual and group psychotherapy
- Assessments and consultations
- Flexible case management and support
- Eldercare – home-based social service & clinical supports
- Psychiatry
- Wellness and recovery day programs
- Residential services
- Residentially based short term crisis supports
- Intensive outpatient
- Peer support & services
- Employee Assistance Program (EAP)
- Vocational Rehabilitation
- Supported Employment Services

Children and Families: birth to 22 with social, emotional, behavioral and developmental needs with a variety of services and interagency collaboration in a range of home, community, office and school based settings:

- Therapy
- Case management
- Assessments
- Life skills development
- Parenting supports
- Substance abuse treatment
- Adventure-based & youth employment programs
- Intensive supports for youth in schools
- Access Team that provides crisis response for children and their families during the week. Our clinicians provide support to communities and schools in the aftermath of critical incidents and tragedies.

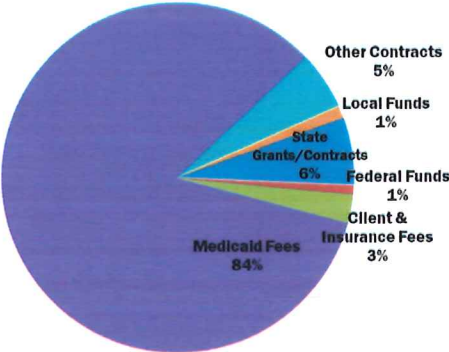
Developmental Services

Provides services to individuals with developmental disabilities and their families such as:

- Employment opportunities & training
- Community involvement
- Residential supports
- Personal care
- Service coordination
- Respite

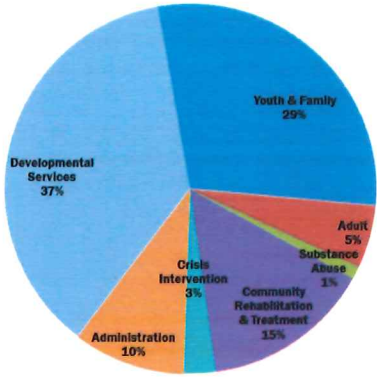
Statistical Report 2012

Total Revenue by Source (unaudited)



State Grants/Contracts	1,080,648
Federal Funds	147,271
Client & Insurance Fees	457,414
Medicaid Fees	14,595,223
Other Contracts	931,635
Town Funds	34,788
United Way	19,426
Program Fundraising	61,205
Local contracts	33,075
Other	52,237
Total Income	\$ 17,412,922

Local Funds



Total Expenditures (unaudited)

Youth & Family	5,030,529
Adult	938,476
Substance Abuse	193,786
Crisis Intervention	475,900
Administration	1,677,208
Developmental Services	6,358,609
Community Rehabilitation & Treatment	2,546,872
Total Expenditures	\$17,221,380

LOCATIONS

Administrative Offices

109 Catamount Park, Middlebury, VT 05753
(802) 388-6751

Adult Mental Health, Emergency, Psychiatric and Substance Abuse Services

89 Main Street, Middlebury, VT 05753
(802) 388-6751

Evergreen House

17 Court Street, Middlebury, VT 05753
(802) 388-3468

Addison County Employment Services

89 Main Street, Middlebury, VT 05753
(802) 388-8185

Community Associates

109 Catamount Park, Middlebury, VT 05753
(802) 388-4021

Employment Associates

109 Catamount Park, Middlebury, VT 05753
(802) 388-3488

Youth & Family Services

67 Catamount Park, Middlebury, VT 05753
(802) 388-6751

Bristol Office

25 Mountain View Lane, Bristol, VT 05443
(802) 388-6751

Emergency/Crisis 24 hour hotline
(802) 388-7641

ACCESSIBILITY POLICY

Auxiliary aid and reasonable accommodations will be made upon request to insure that all benefits, services, and activities of CSAC are fully accessible to all individuals.

www.csac-vt.org



Service Hours Provided in Addison County Towns:

Addison	32,823
Bridport	21,764
Bristol	111,129
Cornwall	404
Ferrisburgh	21,243
Goshen	7,377
Hancock	8,503
Leicester	33,722
Lincoln	5,528
Middlebury	328,570
Monkton	566
New Haven	28,864
Orwell	22,407
Panton	21,723
Ripton	8,100
Salisbury	52,806
Shoreham	28,442
Starksboro	29,699
Vergennes	76,905
Waltham	5,834
Weybridge	7,312
Whiting	11,634

Addison County 865,355

Others 93,892

Total Service Hours: 959,247

CSAC Board of Directors

2011 ~ 2012

Ingrid Pixley, Co-President

Leonard Rowell, Co-President

Junius Calitri, Vice President

Joanne Scott, Treasurer

Penny Battison

David Hallam

Michael Furey

Ted Tighe

Gary Margolis

Cheryl Mitchell

Kitty Oxholm

M. Beth Davis

Caryn Etherington

Lewis Holmes

The Counseling Service of Addison County is committed to promoting stable and safe communities by helping people live emotionally healthy and satisfying lives. We strive to provide the best mental health, substance abuse, and developmental services to improve the quality of life for all community members. We work collaboratively with community organizations to help individuals and families achieve maximum wellness.