“Thank you for making our lives not only livable, but meaningful and enjoyable.”

People helping people for 60 years

The Counseling Service of Addison County — Annual Report FY19

www.csac-vt.org
802-388-6751

Counseling Service of Addison County, Inc.
89 Main Street
Middlebury, VT 05753

CSAC’s mission:
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 use, 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.

CSAC Board of Directors
David Hallam, Board President
Barbara Doyle-Wilch, Vice President
David Roberts, Secretary
Joanne Scott, Treasurer

CSAC Management Team
Rachel Lee Cummings, Executive Director
Bill Claessens, Chief Financial Officer
Alexa Euler, Director, Human Resources
Cheryl Huntley, Operations Director: Youth and Family Program and Substance Use Treatment
Greg Mains, Operations Director: Community Associates, Adult Outpatient, and Emergency Services
Sandy Smith, Director, Community Rehabilitation and Treatment Services

Permissions have been given for all image use, including therapy dog Shasta.

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24/7 Emergency Services
802-388-7641

ok; you’ve got this
The Resiliency Project
okyouvegotthis.org

United Way
United Way of Addison County

Member Agency
Vermont Care Partners
A message from Executive Director Rachel Lee Cummings

This past year has been a busy one for the Counseling Service. Bob Thorn and I began our transition last February, and I assumed the reins as Executive Director in April 2019. It was a remarkably smooth transition because of a strong leadership team, incredible staff and board of directors, and a tight-knit community. Bob’s commitment to CSAC and my success as a leader also made this transition go well. We are kindred spirits who are passionate about community-based services, building resilient communities, and supporting staff to their fullest.

We know that rates of human distress are soaring, and Vermont is not immune. Our state bears the burden of a high rate of suicide and substance use, especially by older people. We know kids are struggling, often at younger ages, and requiring more intense interventions. The state is growing older rapidly, and our population and workforce are shrinking. This demographic shift doesn’t bode well for state coffers, and budgets will continue to remain tight. CSAC expects to exist in a state of financial scarcity for some time. Despite these headwinds, I am hopeful.

CSAC has joined other health care providers across the country in gravitating toward an integrated and holistic model of care with the state and our physical health care provider partners. We are backing away from a system which rewards volume-based care and pay for keeping people healthy. We do this by ensuring easy access to comprehensive care, excellent outcomes, and excellent value.

CSAC prioritizes achieving excellence in delivering person-centered care to the residents of Addison County, regardless of their income. We work with the whole person and partner with health and other community providers to tackle challenges caused by trauma, addictions, disabilities, and acute and chronic illnesses. With our support, residents of Addison County achieve vocational and educational goals; support their families; thrive in school; seek and secure stable housing; work through crises; recover from acute symptoms of mental illness, and; achieve life goals. Some of the people we serve use their lived experience to help peers achieve their goals.

CSAC will continue to be innovators in the fields of developmental services, mental health care, and substance use. We need to tackle the challenges of meeting the needs of aging clients, severe shortage of housing, a rise in homelessness, and an overwhelming number of children and parents in distress. We have the staff expertise, board leadership, and community support to make Addison County a vibrant place for all.

For more information and to donate online, go to www.csac-vt.org