



# Hannah's House News

Fall 2017

## MAD MARATHON 2017 & FUNDRAISING NEWS



Once again Team Hannah did a spectacular job of raising funds to support Hannah's House in the 6th annual Mad Marathon on July 9th. This intrepid team of 37 runners and walkers conquered the grueling 26.5-mile course and raised over **\$38,000** for Hannah's House! Special thanks are due our sponsors **Kingsbury Construction, Jamieson Insurance, and JA McDonald**, as well as our top fundraisers **Maria D'Angelo, Chris Jernigan, Joe Robinson, and Team Ebo**. The Mad Marathon event does more than raise money for Hannah's House; it brings together our athletes, donors, volunteers, and community to champion a common cause of removing barriers to mental health.

Our goal is to keep improving and growing, and we are very excited about the dedicated individuals who have recently joined our finance committee. Inspired by a recent workshop led by **Tracy Goldfine of NorthCountry Rescue**, they are strategizing ways for Hannah's House to meet present needs and guarantee a sustainable future. Finally, I am profoundly grateful to all who volunteer, our generous donors, granting foundations, and local companies who sponsor this collaborative venture, many without being asked. Gratefully,  
**Cindy Carr, President**

## REASONS TO SUPPORT HANNAH'S HOUSE

Hannah's House is completely funded by donations and grants, and we are so proud of what we have all accomplished together in our first seven years. As 2018 quickly approaches, Hannah's House is continuing to grow. If you'd like to help us meet our goals for the coming

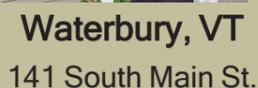
year, your donation will help fund:  
- *Additional counseling capacity & space*  
- *Increased financial assistance*  
- *Educational outreach & programming*  
Together, we can provide quality mental health services for the Mad River Valley and Waterbury.

Contact Us:

**802-496-9715**

**HannahsHouseVT.org**

**info@HannahsHouseVT.org**



**Waterbury, VT**  
141 South Main St.



**Waitsfield, VT**  
859 Old County Rd

## WHY I DONATE

"Children & families in our community rely on Hannah's House, especially this past year. I can't imagine what would have happened if you weren't there."

*Beth Rusnock,  
National Life Foundation*

"We donate because we know what a valuable service they provide to the Valley... they are so dedicated to the well-being of all."

*Cheryl Kaminski,  
Irasville Country Store*

"We are so happy to help such a wonderful cause and thank you for all the work you do."

*Christine,  
The Alchemist, Stowe, VT*

"What Hannah's House has accomplished is amazing!"

*Bette Ann & David  
Waitsfield, VT*

## HOW TO DONATE:

**By Check:**  
Hannah's House Inc  
PO Box 217  
Waitsfield, VT 05673

**By Credit Card or PayPal:**

HannahsHouseVT.org  
Click Donate

*Hannah's House is a Vermont 501c(3) nonprofit. Your donation is tax deductible.*



# Hannah's House News

A Vermont Nonprofit Dedicated to Promoting Mental Health Fall 2017

## MEETING THE NEEDS OF OUR COMMUNITY



When you have a mental health concern about a family member, friend or yourself, who do you ask? Hannah's House is dedicated to the hope that making that call is easier

when you know you have a local resource, where you will receive a timely, friendly and professional response with the information and help that you need. Hannah's House has grown this year to respond to the increased number of requests for counseling services. We've opened a new office space in Waterbury and expanded close-to-home access. We said goodbye to two of our fantastic founding therapists and welcomed new

skilled therapists and a therapy dog to our team. We had our greatest turnout yet for the presentation "Anxiety in Children," and plan to bring speaker Paul Foxman back next year. We collaborated with schools & other organizations to bring information, workshops and support. I am so grateful to be a part of Hannah's House and in my day-to-day I witness how it makes a difference that we are here. Hannah's House was founded with heart and care from friends and family - that gift is evident in all the work we do to serve our neighbors. We welcome your call.

**Barbara Christie-Garvin,  
Executive Director**

## BREAKING DOWN BARRIERS TO MENTAL HEALTH



A recent report on SocialWorkHelper.com states that one in five Americans today has a mental health condition, but only 41% of those will receive treatment. One of the main barriers to care is stigma; people are terrified of being discriminated against. The rising cost of prescription drugs, high co-pays and deductibles, and limited coverage for mental health services create a financial barrier; access to care (particularly in rural areas) is another. According to U.S. Health Resources & Services Administration, 60% of Americans live in a mental health provider shortage area, due to a lack of providers to meet demand, and this is true especially for pediatric patients. "Inadequate access

to care for mentally ill children and their families is a persistent problem in the United States," according to the Massachusetts Child Psychiatry Access Project. Our goal at Hannah's House is to help break down these barriers by ensuring that access to quality therapy is available in our rural area especially for children, teens, and families; that everyone in need can be served regardless of ability to pay; and that we help reduce stigma through education and acceptance. Taking that first step to ask for help can be difficult; our goal is to make it as easy and inviting as possible.

## MEASURING OUR SUCCESS

Thanks to your generous help, Hannah's House has responded to our community's needs in many ways this past year:

- Serving as referral hub for area schools, Washington County Mental Health, medical centers and other surrounding agencies;
- Providing 4,000+ hours of counseling, with over 50% serving children & teens;
- Addressing a diverse range of issues with a variety of modalities: behavioral therapy, art therapy, drug & addiction counseling, neurofeedback, and couples & families therapy;
- Improving local access to mental health services through expanded hours in Waitsfield and Waterbury and by offering free consultations and referrals;
- Providing numerous hours at Harwood Union and continuing on-site services for students throughout this difficult year;
- Partnering with schools to bring in experts to provide educational opportunities like Paul Foxman's "The Anxious Child" at the Big Picture, Scott Noyes at Fayston School and David Flood at Harwood Union;
- Removing barriers to care by increasing our financial assistance program and helping clients who might not otherwise be served; and
- Reducing the stigma surrounding mental health by providing easy access, a friendly response, and being present, especially within the Harwood community.



## INTRODUCING THE HANNAH'S HOUSE TEAM

**Megan Holleran, LADC, LCMHC**



Megan works collaboratively with teens, adults & families utilizing evidenced-based therapies to address identity development, mental health and substance abuse. As both a licensed Alcohol & Drug Counselor and Clinical Mental Health Counselor, she is uniquely qualified to address co-occurring needs holistically and simultaneously. Megan brings her therapy dog, Canook, to her practice to the delight of children and teens.

**Beth Kendrick, MA, Art & Play Therapy**



Beth's practice of Art & Play invites you to engage your natural creativity to establish paths to well-being. Children discover the world by engaging imaginative play and creative exploration. These processes provide the foundation to move through difficulties toward growth and a more satisfying life. Beth holds a masters degree in Art Therapy and is an on-track licensure counselor.

**Hayley Hamilton, LISCW, LADC**



Our newest therapist Hayley brings more than 20 years' experience with a wide range of mental health issues and sees clients in both Waitsfield and Waterbury. Hayley's practice utilizes a combination of therapies, including psychotherapy, behavioral therapy, motivational interviewing, meditation & mindfulness, acceptance & commitment therapy and family and couples counseling. We are pleased to welcome her!

## COLLABORATING FOR CARE

by **Gary Frankel, LICSW**



As part of the Hannah's House counseling team, I have had the opportunity to work with our local high school's student support services and join with a very dedicated and talented group of school and community counselors and teachers in building a positive foundation for students and their families to navigate the challenging time that is middle and high school. This experience has allowed me and my fellow counselors to forge meaningful relationships with these students and their families. The Student Services staff at Harwood Union has been incredible in connecting students with appropriate support including mental health and wellness counseling. It has also enabled me to with the Harwood Community Learning Center as both a group facilitator and individual counselor. In this time of compassionate healing, having the chance to work at the school has reminded me of the amazing energy and resilience of teenagers and the need for being "in the moment" in addressing the ever-shifting challenges they face. I am excited for the unfolding of this new school year and to continue to be a part of this great community.

## THE SEPTEMBER RETREAT

The Hannah's House Board of Directors, Committee members, executive director and therapists attended a stimulating, thought-provoking workshop retreat on Sept 9th. Janis Cooper of EQnimity, an equine leadership program, generously donated her time to lead us through a review of the past seven years, current challenges, and our goals for the future. We discussed areas of strength, ways to expand partnerships and strategies to better meet the mental health needs of our community. It was a wonderful time of team building and appreciation for everyone who has contributed to the growth and success of Hannah's House.



*Janis Cooper of EQnimity leads a workshop for Hannah's House*



From its beginning seven years ago, we have been fortunate to have the right people appear at the right time to serve on our board, give donations, volunteer, provide services, and be a part of making this community-supported family mental health center grow, listen and respond to the needs in our community. We are so grateful to each of you - and to Janis, who provided this wonderful time to reflect and envision our future.

## NEWS FROM THE EDUCATION COMMITTEE

by **Sue Dillon, RN, Healing Touch, Board Member**

The Hannah's House Education Committee members are dedicated to the mission of organizing educational opportunities for the local community. We partner with local schools and organizations to raise awareness of mental health issues.

Our committee is made up of a diverse group of individuals from different professional backgrounds. Representatives from Harwood middle and high schools attend our monthly meetings and provide the group with an essential link to the needs of the school community. Over the last year, the education committee has organized workshops, lectures, and assemblies, including a community workshop on anxiety in children by renowned Dr. Paul Foxman; a workshop by Scott Noyes at

Fayston Elementary (pictured); and Jared Campbell's anti-bullying musical assembly show at Harwood.

Part of providing approachable, accessible mental health services is to plan and execute regular outreach activities, ensuring that our community is aware of the services we offer, like our executive director Barb Christie-Garvin's presence at Harwood's Wellness Forum.

Plans for the coming year include an assembly at Harwood on the effects of social media on youth by our local Rob Williams; book group discussions at local libraries on mental health topics; the return of Dr. Foxman for another workshop on anxiety; and a film screening which tackles the difficult topic of childhood trauma.



*Scott Noyes presents a workshop at Fayston School.*



*Barb Christie-Garvin at Harwood's Wellness Forum*

## OUR THANKS TO NICOLE AND MELISSA

**Nicole Krotinger, MS, LCMHC**



There are not enough words to express our deep gratitude to Nicole. As our founding therapist in 2010, she provided

exceptional counseling services, wrote grants, guided our direction, and then gracefully transitioned to a team player as we grew. Hannah's House would not have become without her dedication, and we wish her every success in her new position as Director of Counseling and Wellness at Norwich University.

**Melissa Marcelino, MS, LCMHC**



The second therapist to join Hannah's House, Melissa brought a new set of skills, including DBT and couples &

family counseling, and set up a weekly program of group workshops at Harwood Union. Her great success there opened doors for Hannah's House to provide services on campus for students. Melissa has joined Nicole as Lead Counselor at Norwich and we wish her the best!

## Harwood Union Hockey Honors Hannah's House



We were honored and proud to be chosen by the team as the featured nonprofit at Harwood's Feb 8th home game. The special Hannah's House shirts the team wore and the fierce game they played sent a message of hope and acceptance to those who struggle. Thank you!