



Hannah's House News

Fall 2018



Hannah's House News

A Vermont Nonprofit Dedicated to Promoting Mental Health Fall 2018

Harwood Union's 2018 Senior Class Honors Hannah's House

We are proud to have been chosen by the senior class to receive a generous gift on their behalf. This incredible gesture not only provides services to their fellow students, they also sent a message of hope and acceptance to those who struggle.



Special Thanks to Team Hannah's 2018 Mad Marathon Athletes & Volunteers!



Waitsfield, VT
MRV Health Center
859 Old County Rd.



Waterbury, VT
141 South Main St.

Students from Harwood Union's Wellness Warriors Project are now serving on the Hannah's House Education Committee, giving voice and insight to needs & programming.

Hannah's House
P.O. Box 217
Waitsfield, VT 05673

HannahsHouseVT.org
(802) 496-9715

THE MENTAL HEALTH CHECK-UP



Why is it that people do not hesitate to see a doctor when experiencing physical symptoms that compromise day-to-day activities, yet many hesitate when suffering mental distress?

Life is challenging. Grief and loss, changes in residence, work, or marital status or financial issues can produce stress that may affect both physical and mental health. Episodes of depression or mood swings, eating issues, insomnia or trouble being around people lasting longer than a month indicate it is time to schedule a mental health check up. This is especially true for children, who are still

in the process of learning coping skills necessary to navigate stress. "Children and youth who receive prompt, effective mental health care demonstrate surprising resilience, overcoming major challenges to thrive in school, home and community," National Association of Mental Illness. Too often and for a variety of reasons, mental health issues are left untreated until symptoms have risen to crisis level - not an ideal time to be receptive to help. Hannah's House is beginning its ninth year as a local resource for prompt information, education and treatment services close to home that provides a unique model of

community-supported mental health care dedicated to making it easier to access help. Through individual donations and grants, partnerships with professionals and efforts to promote mental health education and awareness, we can work together to break down the stigma and barriers that prevent people from receiving the mental health services they deserve. It truly takes a village, and we are grateful for your generosity, interest and support. If you would like to learn more about Hannah's House and how you can help, call (802) 496-9715 or email info@hannahshousevt.org.

Barbara Christie-Garvin,
Executive Director

INTRODUCING NEW < 5BB5< 6 < C I G9 THERAPIST

Heidi Robbins, Licensed Psychologist Master



Heidi has experience working with children, adolescents, and young adults with a range of mental health challenges,]bW X]b[grief and loss, depression, anxiety, LGBT,

trauma, sports performance anxiety, and athletic injury recovery. Heidi uses a trauma-informed framework that incorporates elements of humanistic therapy, cognitive behavior therapy, play therapy, and sport psychology. As a founding member of the Children's Grief and Loss Project at WCMHS, Heidi enjoys facilitating support groups for youth and working collaboratively with parents and caregivers to address their child's mental health needs. Heidi is an avid athlete and active member of her community as a ski coach at Cochran's, volunteer at Camp Knock Knock, and a

competitive triathlete.

Heidi is licensed in Vermont as a Psychologist Master. She earned her Bachelors of Psychology at Saint Lawrence University and her masters in Clinical Psychology at Saint Michaels College. Heidi is in the process of training to offer Neurofeedback/Zengar program at Hannah's House in 2019.



Heidi joins Executive Director Barbara Christie-Garvin (2nd from rt) and therapists Megan Holleran, Hayley Hamilton and Gary Frankel.

MEASURING OUR IMPACT

Hannah's House continues to grow to meet therapy needs of our community, providing:

- Counseling Sessions
340 locally per month.
2017: 265 sessions per month

-Local Clients Served
155 per month.
2017: 103 clients per month

Financial assistance, prompt response, and multiple service locations help make care accessible.

- 60-85 Attendees
to each of our lecture and education events, equipping our community with knowledge and support.

