

## Hannah's House News

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



# Hannah's House News

A Vermont Nonprofit Dedicated to Promoting Mental Health Fall 2018

#### THE MENTAL HEALTH CHECK-UP



Why is it that people do not hesitate to see a doctor when experiencing physical symptoms that compromise day-today 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 < f6 < CL G9 THERAPIST

Heidi Robbins, Licensed Psychologist Master



Heidi has experience working with children, adolescents, and young adults with a range of mental health challenges, ]bWi 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.



# Hannah's House News

### Hannah's House News

### **BOARD OF DIRECTORS**

**Cynthia Carr** Joan Cnossen Sue Dillon **Alvan Carr** Lisa Jenison Chris Jernigan Charlie Hosford Linda King

Hannah's House is pleased to welcome new **Board Members:** 

**David Caterino** Susan McKnight **Robin Jackson** 

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by Gary Frankel, Licsw



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### **COMMUNITY OUTREACH & PARTNERSHIPS**

This year, we have joined forces with several community organizations to spread awareness, educate and provide prevention and mental health services. The Mad River Valley Community Fund partnered to support our confidential financial assistance for individuals to access the therapy services needed, regardless of ability to pay.

The National Life Foundation has underwritten community education programming such as Screenagers, Paul Foxman and the upcoming series on Addiction with a focus on the opiate crisis. Partnerships with Fayston and Waitsfield elementary schools and Harwood Union welcomed presenters Lynn Lyons, Vicki Hoefle and Jared Campbell with matching funding from The Mad River Rotary Grant. We partnered with the Warren Library for a workshop on Seasonal Affective Disorder. These partnerships - along with individual and foundation donations - combine efforts and resources to bring experts and offer help, information, inspirations and free events to promove mental health and wellness in our community.



Hannah's House was chosen as Grand Marshal for the Town of Warren annual 4th of July Parade for 2018- an honor and an opportunity to celebrate community-supported mental health!

### TO DONATE:

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

### By Credit Card:

HannahsHouseVT.org Click Donate

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

### A LETTER OF THANKS

by Cindy Carr, PRESIDENT AND FOUNDER

Receiving the Leo Laferriere Award for Community Service this year was truly a great honor, one which made me reflect on the amazing people who have embraced our idea and helped it evolve into a wonderful community resource.

Consider it by the numbers:

1 pastor - Susan McKnight - threw the first fundraiser in 2009:

2 consultants - Andrew Schara and Erik Thompson - provided the foundation;

3 professionals - Marta Marble, Harriett King and Nicole Krotinger - framed the walls: 4 terrific therapists serving our community;

5 years that Barb Christie-Garvin has served as Executive Director;

67 businesses & foundations that support us; very much.



Hannah Bedford

212 volunteers for our board and fundraisers: 356 athletes running and raising more than \$350,000 since 2011: and 1164 individual donors, many of whom support Hannah's House every year.

I dedicate this award to all of you. I honor you for caring about the mental health of your family, friends and neighbors. Thank you so



Hannah's House Founder Cindy Carr receives the Community Service Award from the Central Vermont Economic Development Commission for her years of service to Hannah's House and the Mad River Valley community.



Therapy dog Canuck is ready for duty snuggles and comfort for clients of all ages!



Cultivating Self-Regulation at Home with Vicki Hoefle attracted more than 65 Valley parents and caregivers. Hannah's House provides lectures and community education events throughout the year.