



Resource Guide for Parents of  
Transition-Age Youth  
with an Emotional Disability

Transition years (16-21) can pose particular challenges for young adults with an emotional disturbance. Envisioning the future can feel hopeless or overwhelming to them. Parents/caregivers often do not know where to turn for information and support. This Resource Guide includes programs, publications and websites of Chittenden County, state and national agencies and non-profit organizations that can help you and your young adult prepare for the changes ahead.

**Is your child in crisis right now? Call First Call 488-7777.**

### **Vermont Resources**

Vocational Rehabilitation provides transition counselors, benefits counselors, job training, driver education, and assistive technology. Call the Central Office (802) 241-2186 or find your local VocRehab counselors at:  
<http://vocrehab.vermont.gov/youth>

The Youth-in-Transition Grant is a young adult driven program that has contributed to enhanced services, such as information and referral, job development and support, and housing, for young adults in Vermont. To find out what is happening in your area, call (802) 876-7021 or go to <http://www.youth-in-transition-grant.com/>

Spectrum Youth and Family Services in Burlington offers a wide array of programs and supports to young adults and their families.  
(802) 864-7423 <http://www.spectrumvt.org/contact/>

*Impact Vermont* is a resource website designed by and for young adults in Chittenden County. <http://www.impactvt.org/>

The Social Security Administration provides income support through Supplemental Security Income (SSI) for eligible youth with disabilities. (800) 772-1213  
<http://www.socialsecurity.gov/pgm/ssi.htm>

Vermont 2-1-1 is a free informational and referral service that maintains an extensive database of programs and services around the region. Available 24 hours, dial 2-1-1 or visit their website at <http://www.vermont211.org/>

### **Addiction and Recovery**

Centerpoint Adolescent Treatment Services offers outpatient and intensive outpatient groups to teens and young adults. (802) 488-7712  
[www.centerpointservices.org](http://www.centerpointservices.org).

HowardCenter provides the Alcohol Crisis Team - ACT 1/Bridge Program for adults struggling with a drug or alcohol crisis, or in need of detoxification services.  
(802) 488-6425.

Turning Point Center of Chittenden County includes peer-directed programs and services for those in recovery. (802) 861-3150 <http://www.turningpointcentervt.org/>

For information about programs in your area, contact the Vermont Association for Mental Health and Addiction Recovery (VAMHAR) (802) 223-6263 [www.vamhar.org](http://www.vamhar.org)

To connect with organizations that address teen drinking, check out ParentUp at <http://www.parentupvt.org/>

## Education

Students FIRST Project is an online mental health resource for Chittenden County parents, guardians, school and other child-serving professionals. <http://studentsfirstproject.org/>

Vermont Adult Learning offers GED and high school completion programs for young adults 16+. Toll Free: (800) 322-4004 <http://www.vtadultlearning.org/>

Community High School of Vermont serves individuals 18 to 22 who wish to complete their high school diploma. Campuses located around the state provide individualized programs to any student, including those involved with the Dept. of Corrections. (802) 951-5037 <http://www.chsvt.org/>

Vermont Family Network provides information and support to families of children and young adults with disabilities. Call the education helpline at (800) 800-4005 or 876-5315. <http://www.vermontfamilynetwork.org/>

## Post-Secondary Education

Training and Resources for Interdisciplinary Professionals Serving Children and Youth (TRIPSCY) provides a variety of information and training modules. <http://www.uvm.edu/~cdci/tripsy/?Page=TransHome.html&SM=TnsSubmenu.html>

Vermont Student Assistance Corporation (VSAC) offers information and resources to help you plan for education and future employment. (800) 642-3177 <http://services.vsac.org/wps/wcm/connect/vsac/VSAC>

Community College of Vermont has 12 locations around the state, offering various study programs, including online classes. (802) 828-2800 <http://www.ccv.vsc.edu/>

## Employment

Vocational Rehabilitation offers job training and benefits counseling. (802) 241-2186 <http://vocrehab.vermont.gov/youth>

The Department of Labor provides job counselors, job training and employment opportunities: (802) 828-4000 <http://www.labor.vermont.gov/>

Jump On Board for Success (JOBS) targets at-risk youth and offers supported employment and case management. (866) 879-6757  
<http://vocrehab.vermont.gov/programs/jobs>

Spectrum Youth and Family Services in Burlington offers a wide array of programs and supports to young adults and their families. (802) 864-7423 <http://www.spectrumvt.org/our-story/>

## Family Support

Centerpoint Adolescent Treatment Services runs two parent support groups in the Burlington area. (802) 488-7712 <http://www.centerpointservices.org>

The Federation of Families for Children's Mental Health is a statewide, family organization offering information and support to children, families and young adults. (800) 639-6071 <http://www.vffcmh.org/>

National Alliance on Mental Illness Vermont (NAMI Vermont) provides programs and support for families coping with the mental illness of a loved one. (800) 639-6480  
<http://www.namivt.org>

Several agencies located throughout the state offer parent/caregiver groups. Check with your local mental health agency or the Federation of families (see above.)

## Foster Care/Custody

Department of Children and Families - *Guide for Foster Parents*  
[http://dcf.vermont.gov/sites/dcf/files/pdf/fsd/pf/Resource\\_Guide\\_for\\_Foster\\_Parents.pdf](http://dcf.vermont.gov/sites/dcf/files/pdf/fsd/pf/Resource_Guide_for_Foster_Parents.pdf)

Vermont Judiciary - *A Guide for Parents in CHINS\* Cases*  
<http://www.vermontjudiciary.org/eforms/Form%20116.pdf>

\*Child in Need of Supervision

## Guardianship

Vermont Parent Representation Center, Inc. - VPRC provides consultation and legal representation for parents involved in Minor Guardianships in Probate court in Addison and Chittenden Counties. (802) 540-0200 <http://www.vtprc.org/get-help>

Vermont Probate Division - This website includes information and forms needed to file for guardianship. <http://www.vermontjudiciary.org/gtc/Probate/guardianship.aspx>

## Health Care

Pearl Street Youth Health Center - Walk-in health care services for teens and young adults. 179 Pearl Street, Burlington, VT (802) 652-1080  
For more information, call Community Health Centers of Burlington (802) 864-6309 or visit <http://www.chcb.org>

For assistance navigating the health care system, call the Vermont Family Network health helpline at (802) 876-5315. <http://www.vermontfamilynetwork.org>

## Health Insurance

Green Mountain Care is the official State of Vermont website for health insurance. (800) 250-8427 <http://www.greenmountaincare.org/>

*Health Care Financing for Your Child with Special Needs: Six Ways to Access Medicaid* is a publication of Vermont Family Network. Call VFN's health helpline at (800) 800-4005 to get a copy or visit the VFN website: <http://www.VermontFamilyNetwork.org> and look under publications.

## Juvenile Justice

The Court Diversion Program of Chittenden County is a confidential, voluntary, cost-effective program for eligible offenders. Participants have the opportunity to earn a clean criminal record by participating in a program based on restorative justice principles. (802) 864-1585 <http://www.chitccd.org/information>

The Department of Children and Families (DCF) provides information about supports for families and young adults. <http://dcf.vermont.gov/fsd>

Vermont Judiciary - Juvenile Matters  
<http://www.vermontjudiciary.org/GTC/Family/Juvenile.aspx>

## Legal Assistance

Vermont Legal Aid has offices around the state. (800) 889-2047

<http://www.vtlegalaid.org/>

Vermont Human Rights Commission protects people from unlawful discrimination in housing, state government employment, and public accommodations. (800) 416-2010

<http://hrc.vermont.gov/>

## Mental Health Services

HowardCenter serves children, youth and adults in Chittenden County, including programs for mental health care.

(802) 488-6103 <http://howardcenter.org/Adult-Mental-Health>

Locate a mental health professional in your area with <http://www.ptophelp.org/>

Vermont Department of Mental Health (802) 828-3824

<http://mentalhealth.vermont.gov/services#cafu>

Local Mental Health/Developmental Disability agencies offer case management and employment services to eligible clients. Contact the Vermont Agency of Human Services. (802) 241-2244 <http://humanservices.vermont.gov/services>

## Self-Advocacy and Peer Support

*Impact Vermont* is a resource website designed by and for young adults in Chittenden County. <http://www.impactvt.org/>

*Strength of Us* is a website designed for young adults and includes practical advice and tips for independent living <http://strengthofus.org/>

NAMI Connections is a peer-run support group for adults. For information, call (800) 639-6480 <http://www.namivt.org/>

Vermont Psychiatric Survivors is a peer-run organization that provides resources and peer support groups around the state.

(800) 564-2106 <http://www.vermontrecovery.com/vps.html>

## Shelter/Housing

Spectrum Youth and Family Services in Burlington offers a wide array of programs and supports to young adults and their families.

(802) 864-7423 <http://www.spectrumvt.org/our-homes/>

Committee on Temporary Shelter (COTS) - COTS works with people over 18 in need of shelter in the area and who are seeking housing in Chittenden County. (802) 864-7402  
<http://www.cotsonline.org/>

## Suicide Prevention

**If you feel your loved one is at immediate risk, call 911.**

National Suicide Prevention Lifeline: (800) 273-TALK (1-800-273-8255)  
<http://www.suicidepreventionlifeline.org/>

For warning signs of suicide:  
<http://www.suicidepreventionlifeline.org/Learn/WarningSigns>

## National Agencies

The Balanced Mind Foundation - Information and resources for families with kids with mood disorders. (847) 492-8510 <http://www.thebalancedmind.org/>

Depression and Bipolar Support Alliance (DBSA). A national support and information-giving group for people with depression and bipolar illness and for their family members and friends. For information, contact DBSA at (800) 826-36332 or online at <http://www.dbsalliance.org>.

National Alliance on Mental Illness (NAMI) is an international support and informational organization for people with psychiatric illness and their family members. For information about NAMI membership and availability of local meetings, call (800) 950-NAMI, or reach them online at <http://www.nami.org>

Mental Health America is dedicated to helping people live mentally healthier lives. Phone (703) 684-7722 (800) 969-6642  
<http://www.mentalhealthamerica.net/go/information/get-info/youth-and-families>

Need help navigating this list? Call the Parent Transition Resource Consultant at Vermont Family Network (800) 800-4005 or 876-5315  
Visit our website: [www.VermontFamilyNetwork.org](http://www.VermontFamilyNetwork.org)

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