



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

Transition years (16-21) can pose 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.

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

Is your child in crisis right now? Call #988 or visit: [988 Suicide & Crisis Lifeline](#)

Vermont Resources

HireAbility Vermont provides transition counselors, benefits counselors, job training, driver education, and assistive technology. Find your local HireAbility VT counselor at 1-886-879-6757 or <https://www.hireabilityvt.com/>

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, 802-876-7021 or <https://www.vffcmh.org/leadership-opportunities/youth-transition-grant/>

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. 802-660-0580 x 341 <http://www.impactvt.org/>

The Social Security Administration provides income support through Supplemental Security Income (SSI) for eligible youth with disabilities. 1-800-772-1213
<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
<http://www.vermont211.org/>

Addiction and Recovery

Howard Center provides the Alcohol Crisis Team - ACT 1/Bridge Program for adults struggling with a drug or alcohol crisis, or in need of detoxification services, Impaired Driver Rehabilitation Program and St. Albans Substance Uses Crisis Program. 802-488-6000 <https://howardcenter.org/substance-use/alcohol-other-substances/>

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

The Vermont Association for Mental Health and Addiction Recovery (VAMHAR) is a statewide information and advocacy organization that supports all paths to recovery from addiction and mental health conditions. 802-223-6263 www.vamhar.org

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

Education

[Vermont Adult Learning](http://vtadultlearning.org/) offers GED and high school completion programs for young adults 16+. <https://vtadultlearning.org/> 1-800-322-4004

[Community High School of Vermont](http://www.chsvt.org/) 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. <http://www.chsvt.org/> 802-241-0055

[Vermont Family Network](https://www.vermontfamilynetwork.org/) provides information and support to families of children and young adults with disabilities. <https://www.vermontfamilynetwork.org/> Call a Family Support Consultant at 802-876-5315.

Post-Secondary Education

Training and Resources for Interdisciplinary Professionals Serving Children and Youth (TRIPSCY) provides a variety of information and training modules. 802-656-4031 <http://www.uvm.edu/~cdci/tripscy/?Page=TransHome.html&SM=TnsSubmenu.html>

Vermont Student Assistance Corporation (VSAC) offers information and resources to help you plan for education and future employment. 1-800-642-3177 <https://www.vsac.org/about>

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

HireAbility offers job training and benefits counseling.
1-866-879-6757 <https://www.hireabilityvt.com/>

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. <http://www.impactvt.org/jobs-jump-board-success/>
<https://mentalhealth.vermont.gov/services/children-youth-and-family/services-and-support/transition-aged-youth-and-young-adults/jump>

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/>

Family Support

National Alliance on Mental Illness Vermont (NAMI Vermont) provides programs and support for families coping with the mental illness of a loved one. 1-800-639-6480
<http://www.namivt.org>

Vermont Family Network Support Groups - <https://www.vermontfamilynetwork.org/wp-content/uploads/2023/03/Support-Groups-in-Vermont-March-2023.pdf>

Several agencies located throughout the state offer parent/caregiver groups. Check with your local mental health agency.

Foster Care/Custody

Department of Children and Families - A place for licensed foster and kinship foster parents in Vermont <https://dcf.vermont.gov/resources/foster>

Vermont Kin As Parents - Supports Vermonters who are raising children when the parents are unable to. 802-871-5104 <https://vermontkinasparents.org/>

Vermont Judiciary - *A Guide for Parents in CHINS* Cases* *Child in Need of Supervision
<https://www.vermontjudiciary.org/sites/default/files/documents/400-00116%20-%20Booklet%20for%20Parents%20in%20CHINS%20Cases.pdf>

Department of Children and Families Juvenile Proceedings ACT-CHINS (C) and (D) Assessments Family Services Policy 60
<https://dcf.vermont.gov/sites/dcf/files/FSD/Policies/60.pdf>

Vermont Parent Representation Center, Inc. Providing legal advocacy and family support services for parents at risk of having their children placed in state or other out-of-home custody. 802-540-0200 <https://www.vtprc.org/> <https://www.vtprc.org/>

Guardianship

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

Health Care

Community Health Centers of Burlington (CHCB) improves the health of ALL within the communities they <https://www.chcb.org/services/>

Pearl Street Youth Health Center - This site offers scheduled medical and patient counseling appointments for [young adults](#) ages 10 through 30, and special services for at-risk youth, [homeless teens](#), and young adults. 802-652-1080 or 802-864-6309 or <http://www.chcb.org>

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

Green Mountain Care is the official State of Vermont website for health insurance. 1-800-250-8427 <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 a Family Support Consultant at VFN. 802-876-5315 Call for a copy or look under Publication on the website <http://www.VermontFamilyNetwork.org>

Juvenile Justice

Court Diversion is a restorative alternative for individuals charged with a crime. For a listing of local programs by county <http://vtcourtdiversion.org/county-programs/>

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

Vermont Judiciary <https://www.vermontjudiciary.org/>

Legal Assistance

Vermont Legal Aid has offices around the state. 1-800-889-2047 <http://www.vtlegalaid.org/>

Vermont Human Rights Commission protects people from unlawful discrimination in housing, state government employment, and public accommodations. 802-828-2480 <http://hrc.vermont.gov/>

Mental Health Services

Vermont Department of Mental Health 802-241-0090
<http://mentalhealth.vermont.gov/services#cafu>

Chittenden County Howard Center serves children, youth and adults including programs for mental health care. 802-488-6000 <https://howardcenter.org/>

Statewide The Department of Mental Health designates one Designated Agency (DA) in each geographic region of the state to provide the Department's mental health programs for adults and children. <https://mentalhealth.vermont.gov/individuals-and-families/designated-and-special-services-agencies>

Find a mental health therapist

Chittenden County Partners for Access is a single point of contact resource for youth and families seeking outpatient mental health therapy in Chittenden County. Partners for Access can assist families in finding available providers and can also be a resource for providers who may refer families seeking care to a reliable resource. 802-488-7474 <https://howardcenter.org/pfa/>

Statewide Psychology Today Lists Professional, Licensed, and Verified Therapists https://www.psychologytoday.com/us/therapists/vermont?gclid=EAlaIQobChMI6OyjwqO18AIVyvDjBx2Q7gO1EAAAYASABEglg7PD_BwE

Developmental Disability

The Department of Disabilities, Aging and Independent Living. Mission: Make Vermont the best state in which to grow old or to live with a disability-with dignity, respect and independence. Offers support for youth, caregivers and older Vermonters. <https://dail.vermont.gov/>

Self-Advocacy and Peer Support

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

NAMI Connections is a peer-run support group for adults. 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. 802-775-6834
<https://www.vermontpsychiatricsurvivors.org/>

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/what-we-do/supportive-housing/>

Committee on Temporary Shelter (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.

https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox

National Agencies

The Balanced Mind Foundation - Information and resources for families with kids with mood disorders. 802-826-3632 <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. 800-826-3632 or <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. Local meetings and membership are available. 1-800-950-NAMI or <http://www.nami.org>

Mental Health America is dedicated to helping people live mentally healthier lives. 703-684-7722 or 1-800-969-6642
<http://www.mentalhealthamerica.net/go/information/get-info/youth-and-families>

Need help navigating this list?

Call a Family Support Consultant at Vermont Family Network - **802-876-5315**
Visit our website: www.VermontFamilyNetwork.org

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