The goal of the Community Health Team is to provide our community with reliable and well-coordinated access to a broad range of health and human services. For a copy of the Rutland Community Resource Guide or to request changes or updates, please contact:

Kathym Lulek, Office Coordinator
Rutland Regional Medical Center
Community Health Team,
160 Allen Street, Rutland, VT 05701
KLulek@rrmc.org
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**Vermont 2-1-1**

For information and referrals to any health and human service need in Vermont, dial 2-1-1, a local call from anywhere in the state.

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Crisis Lines

**Adult Protective Services** To report abuse: 1.800.564.1612

**Child Abuse** 1.800.649.5285

**Child Sexual Abuse** 1.888.773.8368

**Children’s Crisis Line** – Rutland Mental Health 802.773.4225

**Domestic Violence** 1.800.228.7395

**Emergency:** 9-1-1 *Ambulance, Fire, & Police*

**Human Trafficking Hotline** 1.888.373.7888

**LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer) Crisis Hotline** 1.866.488.7386

**National Runaway Hotline** 1.800.786.2929

**Poison Control** 1.800.222.1222

**Smoking Cessation, VT Quit Now** 1.800.784.8669

**Rutland Mental Health Crisis Line Adults** 802.775.1000

**Rutland Rape Crisis** 802.775.3232

**Sexual Violence** 1.800.489.7273

**Suicide Hotline** 1.800.273.8255

**24 Hour Teen Line** 1.800.639.6095

**Under Age Drinking Tip Line** 1.866.833.6873

**Veterans Crisis Line** 1.800.273.8255
Adult Education and Employment

**Adult and Continuing Education**
802.770.1178
www.staffordonline.org
Stafford Technical Center
8 Stratton Road, Rutland, VT 05701
Contact: Maryanna Mezzo@rutlandahs.k12.vt.us

Provides educational opportunities for adults over age 16. Courses are typically non-credit. Programs include CDL, plumber and electrician apprenticeships, general contractor courses, business, technology, languages, and more.

**Community College of Vermont**
802.786.6996
www.ccv.edu
60 West Street, Rutland, VT 05701

CCV is a VT State college offering Associate’s degrees, Certificate programs, and workshop and workforce training.

**Community High School of Vermont**
802.951.5037
www.chsvt.org
103 South Main Street
Waterbury, VT 05671-1001
Charity.baker@state.vt.us

The Mission of the Community High School of Vermont is to provide an accredited coordinated and personalized education that assist students in their academic, social, and vocational successes. Programs for high school diplomas and GEDs are available.

**Castleton State College**
802.468.1213  1.800.639.8521
www.castleton.edu
Seminary Street, Castleton, VT 05735
info@castleton.edu

CSC is a VT State college offering two and four year undergraduate degree and graduate programs.

**College of St Joseph**
802.773.5936  1.877.270.9998
www.csj.edu
71 Clement Road, Rutland, VT 05701
admissions@csj.edu

CSJ offers two and four year undergraduate degree and graduate programs. It also offers accelerated programs, alternative credits, and certificate programs.

**Department of Labor**
802.786.5837
200 Asa Bloomer Bldg.
Rutland, VT 05701
www.labor.vermont.gov
Contact: Debra Kingsbury
Email: deb.kingsbury@state.vt.us

The Department’s primary focus is to help support efforts to make Vermont a more competitive place to do business and create good jobs. DOL consists of Economic and Labor Market Information, Workers' Compensation and Safety, Workforce Development, Workforce Development Council, and Unemployment Insurance and Wages.
Green Mountain College
802.287.8099
www.greenmtn.edu
One Brennan Circle, Poultney, VT 05764

GMC offers undergraduate degree and graduate programs. It also offers certificate programs.

Job Corps
802.877.2922
100 A- MacDonough Drive
Vergennes, VT 05491

Provides career skills and academic training programs for young adults, ages 16-24.

Reach Up
1.800.479.6151
320 Asa Bloomer Building,
Rutland VT 05701
www.dcf.vermont.gov

Reach Up helps families with children by providing cash assistance for basic needs and services that support work and self-sufficiency.

Rutland Area Prevention Coalition
802.775.4199
www.rapvt.org
(See Community Collaborative for further details)

R.R. Workforce Investment Board
802.786.5866
www.vacrutland.org/rrwib
190 Asa Bloomer Building
Rutland, VT 05701
info@bacrutland.org

Links many Rutland County business and education communities to bridge the gap between workforce of today and the one needed for the future. Fostering relationships among employers, educators, and service providers to enable people to get the skills they need to find productive and rewarding work. Offering an Adult Workforce Council and a Council on Youth.

Stafford Technical Center
802.770.1033
www.staffordonline.org
Stratton Road, Rutland, VT 05701

Stafford technical Center provides technical education to area high school students and adults.

Teen Parent Education Program
802.775.9711
Rutland County Parent Child Center
www.rcpcc.org
61 Pleasant St, Rutland VT 05701
Contact: Cindy Fortier

TPE is a free, year-long program offered through the Rutland County Parent/Child Center. Their mission is to offer services to teens and other young parents, who want to earn a high school diploma or GED, build and improve basic skills, or become job ready.
University of Vermont Extension
802.773.3349
1 Scale Ave Ste 55, Rutland, VT 05701
www.uvm.edu/extension

UVM Extension is a family and community resource that is used for economic development, nutrition, food safety and health, agriculture and natural resource and environmental management. It offers workshop training, and college courses as well as programs for people with special needs.

Vermont Adult Learning
802.775.0617
www.vtadultlearning.org
1 Scale Avenue Rutland, VT 05701
Contact: Nancy Connor

Provides adults with essential skills for their education. Programs include: high school completion program, Vermont adult diploma program, GED, ESOL, Bridge to College, Making it work. Also offers programs on computer instruction and adult and family literacy.

Vermont Associates
802.282.4423
www.vermontassociates.org
88 Merchants Row Rutland, VT 05701

Provides training and employment services to low income Vermonters over age 55 or disabled.

Vermont Job Link
802.786.5837
www.vermontjoblink.com
Contact: Larry Sudlow
LABOR-VJL.Rutland@state.vt.us

VermontJobLink is a free, self-service job matching system for jobseekers provided by the Vermont Department of Labor.

Vocational Rehabilitation
802.786.5866
www.vocrehab.vermont.gov
190 Asa Bloomer Bldg, First floor, Rutland, VT 05701

Vocational Rehabilitation offers free, flexible services to any Vermonter or employer dealing with a disability that affects employment.
Alcohol/Drug/Tobacco/Addiction

ACORN AIDS Community Resource Network
603.448.8887  1.800.816.2220
www.acornvtnh.org

Provides services for those living with HIV/AIDS in Vermont

Alanon
1.866.972.5266
www.vermontalanonalateen.org
info@vermontalanonalateen.org

A fellowship of relatives and friends of alcoholics who share their experience, strength and hope, in order to solve their common problems. Al-Anon's primary purpose is to help family and friends of alcoholics, whether the alcoholic is still drinking or not.

Alcoholics Anonymous
www.aavt.org

AA helps people find local help with their alcohol addiction and treatment.

Meetings - Rutland: 802.775.0402
Meetings - Bennington: 802.447.1285
Meetings - Manchester: 802.362.3824
Meetings - Middlebury: 802.388.9284

Black River Area Community Coalition
802.228.7878
Email: bracc7878@yahoo.com
(see Community Collaborative for further details)

Brattleboro Retreat
802.258.3700  1.800.738.7328
www.brattlebororetreat.org
1 Anna Marsh Ln., Brattleboro, VT 05301

Provides help for mental health and addictive disorders, alcohol or other drug use. Provides specialized diagnosis and treatment services for children, adolescents and adults suffering from a wide range of psychiatric and addiction challenges.

CRASH Program
802.747.3588
(Division of Evergreen Center)
www.rmhsccn.org
135 Granger Street Rutland, VT 05701

Project Crash is a state sponsored drinking driver rehabilitation program that provides mandatory educational courses for people whose motor vehicle privileges have been suspended due to driving violations that involve the use of alcohol.

Evergreen Services
802.747.3588
www.rmhsccn.org
135 Granger Street Rutland, VT 05701
Contact: Clay Gilbert

Provides substance abuse treatment for individuals with addiction problems, provides outpatient services for individuals experiencing problems with alcohol and drugs, including assessment, referral and individual and group therapy.
Maple Leaf Farm Associates
802.899.2911
www.mapleleaf.org
10 Maple Leaf Road, Underhill, VT 05489

Provides medical detoxification and residential treatment and support services for drug and alcohol abuse to help their patients find recovery.

Narcotics Anonymous
802.773.5757
www.gmana.org
gmanaorg@gmana.org

This is a 12-step recovery model that is based on the idea of reliance on a Higher Power to relieve the obsession of drug addiction and alcoholism.

Recovery Houses
802.446.2640
McGee House, Grace House, Serenity House
www.recoverhousevt.org
98 Church Street, Wallingford, VT 05773

A professional alcohol, drug, gambling and family rehabilitation program dedicated to providing effective treatment with practical goals and a reasonable cost for services. They will turn no one away who they feel would benefit from treatment, including those currently supervised by federal or state corrections programs. Services are also offered to pregnant women and to intravenous drug users.

Rocking Horse Circle of Support
802.747.3588
Evergreen Center
www.rmhsccn.org
135 Granger Street, Rutland, VT 05701
Contact: Tammy DeRosia

This program is designed for women of all ages including those with young children and pregnant women who are substance users or whose lives are affected by the substance abuse of a spouse, significant other or family member. The curriculum offers education about substance abuse, parenting and coping skills in a supportive environment.

Rutland Area Prevention Coalition
802.775.4199
www.rapvt.org
(See Community Collaborative for further details)

Rutland County Women’s Network and Shelter
802.775.6788
www.rcwn.org
(see Safe Communities for further details)

Spring Lake Ranch
802.492.3322
www.springlakeranch.org/
1169 Spring Lake Road
Cuttingsville, VT 05738
info@springlakeranch.org

Offers licensed residential treatment and a variety of transitional options. A working community that offers a healing community for people with mental illness, substance abuse issues, or dual diagnosis.
**Turning Point Club of Rutland**

802.773.6010  
141 State St, Rutland Vermont 05701  
turningpointcenterrutland@yahoo.com  
Contact: Liz Antonoff

Turning Point is a place for people to go for help with recovery. A drop-in recovery center with many programs and facilitated groups to assist in the struggles of recovery.

**Valley Vista**

802.222.5201  
www.vvista.net  
23 Upper Plain St., Bradford, VT 05033

80 bed Inpatient Alcohol and Chemical Dependency Treatment Center, offering comprehensive services for Adults (male and female), adolescents and their families. Provides a safe structured environment for treatment of patients with addictive & co-occurring disorders.

**Vermont Quit Network**

Quit Line: 1.800.784.8669  
(1-800-QUIT-NOW)  
Quit Local: 802.747.3768  
Quit Net: www.vtquitnetwork.org

Free one on one, group, phone, & website tobacco cessation coaching. Free or reduced cost nicotine replacement for Vermonters 18 years and older.

**VT Division of Alcohol & Drug Abuse (ADAP)**

802.786.5876  
www.healthvermont.gov/adap/adap.aspx  
Asa Bloomer Bldg, Rutland, VT 05701  
Contact: Sarah Roy

Helps Vermonters prevent and eliminate the problems caused by alcohol and other drug use. In partnership with other public and private organizations, they plan, support, and evaluate a comprehensive system that provides education, prevention, intervention, treatment, recovery, and research services.

**WITS End Support Group**

802.775.6608  
(see Parenting for further details)
Child Development

**Boys and Girls Club**  
802.747.4944  
[www.rutlandbgclub.org](http://www.rutlandbgclub.org)  
(see Safe Communities for further details)

**Building Bright Futures**  
802.775.9711  
[www.buildingbrightfutures.org](http://www.buildingbrightfutures.org)  
Contact: Jan Krantz

Building Bright Futures is a nonprofit organization that seeks to assure that all Vermont children are healthy and successful by improving the quality, affordability and accessibility of services for families with children under the age of six in the areas of health, early care and education.

**Children with Special Health Needs**  
802.786.5852  
1.800.724.5077  
Rutland Office – VT Department of Health  
[www.healthvermont.gov/family/cshn/cshn.aspx](http://www.healthvermont.gov/family/cshn/cshn.aspx)

The Office of Children with Special Health Needs provides a number of services to Vermont children - birth to age 21 - who have complex health conditions, and to their families. CSHN provides information, medical services, care coordination, and resources to help families support their children’s well being, growth, and development. This program also provides CSHN Clinics that may include physician specialists, nurses, nurse practitioners, social workers, physical or occupational therapists, nutritionists, orthotists, speech and language specialists, audiologists, dentists and orthodontists. The make up of a particular clinic team will depend upon the specific needs of the children who are being served and the nature of the conditions that are being followed.

**Child Care Consumer Concern Line**  
802.241.3110  
1.800.649.2642  
[www.dcf.vermont.gov/cdd/consumer_line](http://www.dcf.vermont.gov/cdd/consumer_line)

Provides a place for parents to receive information about Vermont Child Care Providers as well as an avenue for anyone to voice concerns about child care providers in Vermont.

**Child Care Providers Network**

**Rutland:**  
Liz King  
802.775.3906  
Kathy Allen  
802.773.3523

**Brandon:**  
Tracy Bruce  
802.247.5427

**Castleton:**  
Teresa Fowler  
802.468.5242  
Kathy Mongeur  
802.468.3230

Offers support for registered or licensed daycare providers, private and centers, holds get-togethers 10 months out of year, provide training or classes for providers, classes are also open to the public and cover different subjects such as childcare, nutrition, and communication.

**Child Car Seats**  
802.773.1746

Offers clinics on child car seats and safety, check that car seat is in working order, instruction on how to properly use and install the car seats, any questions regarding car seats and safety. Call for an appointment.
Child Care Support Services at VAC
Resource and Referral       802.747.0033
Subsidy       802.773.4365
www.vacvt.org

Determines eligibility for families to receive financial assistance for childcare, offers professional development opportunities and support for registered and licensed child care providers, provides referral information and educational literature for families searching for child care.

Child Development Clinic
802.786.5852       1.800.724.5077
www.healthvermont.gov/family/cshn/clinic.aspx
(Children with Special Health Needs)
For Referrals: 1.800.660.4427

For children (generally under age 8) who may have a developmental delay or disability. They provide developmental evaluation services, follow-up and referral to community services.

Child Development Division (CDD)
1.800.649.2642
Department of DCF
www.dcf.vermont.gov

Increases access to high quality childcare and child development services

Children’s Integrated Services
802.770.1621       1.888.268.4860
RAVNAH, P.O. Box 787, 7 Albert Cree Dr.
Rutland, VT 05702
Contact: Jona Farwell, jfarwell@ravnah.org

A statewide program to help identify and coordinate early childhood prevention as well as early intervention resources and services for families with children birth to six and pregnant women.

CUPS/Early Childhood Mental Health
802.786.7386
www.rmhsccn.org/childfamilyservices.php
10 Engrem Ave, Rutland, VT 05701

The Early Childhood team utilizes a holistic assessment process to assist children and families in mobilizing their strengths. They support parents, teachers and other caregivers in strengthening relationships and uncovering “meanings” of challenging behavior. They provide consultation to families, child care programs and others to improve community and family outcomes.

Prevent Child Abuse VT
802.498.0608       1.800.244.5373
www.pcavt.org
PO Box 829, Montpelier, VT 05601
Email: hhinckley@pcavt.org

PCAVt works to effectively prevent child abuse and neglect through parent education, support, and public awareness. Courses include those specialized for families in recovery from drug and alcohol abuse, military families and reunification and foster and adoptive families as well as a program for nurturing fathers.

Rutland County Head Start
802.775.8225
www.rchscnc.org
PO Box 222, 78 Meadow Street,
Rutland, VT 05701
Contact: Kelley Todriff

Head Start promotes school readiness for low-income children by working on their social and emotional development through early education, mental health support, social services, and parent involvement.
Rutland County Parent-Child Center
802.775.9711
www.rcpcc.org
61 Pleasant Street Rutland, VT 05701
Contact: Samantha Brown

Community-based private nonprofit organization dedicated to supporting and meeting the needs of parents, children, and families. They strive to nurture children and families through positive educational experiences that enhance their success in the community.

Rutland County Women’s Network and Shelter
802.775.6788
www.rcwn.org
(see Safe Communities for further details)

Tapestry- Rutland City Schools
802.786.1935
Northwest Primary, Northeast Primary, Rutland Intermediate School
Email: dpfenning@rutlandhs.k12.vt.us

A licensed Afterschool Program for children in Kindergarten through 6th grade. Offers enrichment activities, homework assistance, outdoor activities, wholesome snack and bus transportation home. Call for more info.

Vermont Achievement Center
802.775.2395
www.vacvt.org
88 Park St, Rutland VT 05701

Charitable organization serving children and families, providing vital programs in special education, family social services, early education and care, and water therapy and instruction.

VAC’s Afterschool and Summer Enrichment Programs
802.775.2395
Contact: Diahn Johnson
Email: djohnson@vac-rutland.com

Vermont Family Network
1.800.800.4005
www.vermontfamilynetwork.org
600 Blair Park Williston, VT 05495
Rutland office: 190 Asa Bloomer Building, Rutland, VT 05701

Empowers parents, families, and children and adults who have special needs to be effective advocates for their health, education and well-being; provides information, support, and advocacy; and promotes family-centered policies and practices.

Voices for Vermont’s Children
802.229.6377
www.voicesforvtkids.org
149 State Street, Montpelier, VT 05601
Contact: Deborah Wetmore

This is a member organization that makes it easy for people to support kids and their needs. There are many ways to help our community and we provide sound research and analysis to give you the tools you need to make change happen for our children.
Clothing/Fuel Needs

**BROC** (Bennington Rutland Opportunity Council)
802.775.0878  
www.broc.org  
(See Financial Services for further details)

**Operation Bundle Up**
802.236.4336  
Contact: Heather Olsen  
Email: bolsen1025@msn.com

An annual event to provide winter outerwear for families in need. Please call for additional information or to donate items.

**Castleton Cares Inc.**
802.468.2444  
www.castletoncares.org  
504 Main Street, PO Box 475, Castleton, VT 05735  
Email: castletoncares@yahoo.com

Providing assistance support and resources for residents of Castleton and surrounding area in times of financial difficulty.

**DCF Economic Services** (formerly PATH)
1.800.479.6151  
www.dcf.vermont.gov  
(See Financial Services for further details)

**Fair Haven Concerned**
802.265.3666  
www.fairhavenconcerned.com  
19 Washington Street (Rt. 22A)  
Fair Haven, VT 05743  
Contact: Julie Austin, shci@comcast.net

**Food and Fuel Hot Line**
1.800.479.6151  
(during work day, contact BROC)

**Good Cents Thrift Store**
802.665.1700  Store number: 802.786.2257  
www.broc.org/thrift.php  
38 West Street, Rutland, VT 05701

A BROC supported store offering good quality second hand merchandise. Also host to transitional training center in partnership with Reach Up.

**Open Door Mission – Thrift Store**
802.775.5661  
(see Food and Groceries for further details)

**Salvation Army**
802.775.5150  
www.use.salvationarmy.org/nne  
263 South Main St, Rutland, VT 05701

The Salvation Army seeks to help people with the basic needs of life such as food, shelter, and warmth.

**Southwestern Vermont Council on Aging**
802.786.5991  
www.svcoa.org  
1085 US Route 4 East  
Unit 2B East Ridge Professional Building  
Rutland, Vermont 05701

The goal of SVCOA is to support elders in keeping their maximum independence. A community based organization offering support and assistance to community members in need. Serves Fair Haven, Benson, and West Haven.
Community Centers and Activities

Brandon Community Center  
802.247.3121  
1591 Forrestdale Road, Brandon, VT 05733  
Contact: Cynthia Cahill  
A Community Center servicing the Brandon area.

Brandon Recreation Department  
802.236.0670  802.247.3635  
www.townofbrandontv.com/departments/recreation-department/  
49 Center Street, Brandon, VT 05733  
Email: recsmith@sover.net  
Coordinating recreational activities in the Brandon community.

Castleton Recreation Commission  
802.468.2212  
www.castletonvermont.org/recreation/  
1655 Main Street, Castleton, VT 05735  
Coordinates activities for all ages in the Castleton community, including youth activities, adult programs, and community activities.

Clarendon Recreation Committee  
802.747.4074  
www.clarendonvt.org  
Sponsors recreational activities in the Clarendon community.

Fair Haven Recreation Committee  
802.265.3010  
www.fairhavenvt.org  
3 North Park Place, Fair Haven, VT 05743  
Coordinating recreational activities in the Fair Haven community.

Godnick Adult Center  
802.773.1853  
www.rutlandrec.com/facilities/godnick  
1 Deer Street, Rutland VT 05701  
Email: rutlandrecreation@comcast.net  
This center provides many opportunities to get more involved with the community with activities such as dance lessons, yoga, zumba, Bone Builders, knitting, lunches, bingo, movies, and book discussions.

Killington Recreation Department  
802.422.3932  
www.KillingtonRec.com  
2706 River Road, Killington, VT 05751  
Providing activities for the all ages in the Killington community.

Pittsford Recreation Department  
802.483.6500 x17  
www.pittsfordvermont.com/departments/recreation-department/  
426 Plains Road, Pittsford, VT 05763  
Email: Recreation@pittsfordvermont.com  
Providing activities for the all ages in the Pittsford community.
**Poultney Recreation Commission**  
802.287.2010  
[www.poultney.vt.com](http://www.poultney.vt.com)  
PO Box 151, Poultney, VT 05764  
Email: poulneyvt@yahoo.com  

Sponsors recreation programs for the Poultney community.

**Proctor Recreation Programs**  
802.459.3333  
[www.proctorvermont.com/recreation.htm](http://www.proctorvermont.com/recreation.htm)  
45 Main Street, Proctor, VT 05765  

Coordinates recreation programs for the Proctor community including the Olympus Pool, Skating Rink, and Youth League programs.

**Rutland Area Physical Activity Coalition**  
802.775.4199  
[www.rapac.info](http://www.rapac.info)  
Email: rapac@rmhsccn.org  

Information on activities in the area including walk paths, ice skating, running trails, bone builders, and more.

**Rutland Recreation and Parks Department**  
802.773.1853  
[www.rutlandrec.com/home](http://www.rutlandrec.com/home)  
1 Deer Street, Rutland, VT 05701  
Email: rutlandrecreation@comcast.net  

Providing activities for the all ages in the Rutland community. Activities include team sports, individualized sports, creative arts programs, hunter safety programs, day camps, special events, rock climbing, and more.

**Rutland Town Recreation Commission**  
802.770.5072  
[www.rutlandtown.com/town_depts/internalrec.htm](http://www.rutlandtown.com/town_depts/internalrec.htm)  
181 Business Route 4, Center Rutland, VT 05736  
Contact: Mike Rowe  

Coordinating recreational activities in the Rutland Town community.

**The Center**  
802.747.4944  
44 Evelyn Street, Rutland, VT 05701  

A program for 16-21 years olds. Open Monday thru Friday from 11:00am – 2:00pm, with a free lunch at 12:00. Provides support and resources for young adults in the community.

**Tinmouth Community Center**  
[www.tinmouthvt.org/MainPages/Events/CommunityCenter.php](http://www.tinmouthvt.org/MainPages/Events/CommunityCenter.php)  
Access website for further information.

This center provides activities in the Tinmouth community including contra dance, yoga, workouts and community activities.

**Wallingford Recreation Committee**  
802.446.2872  
[www.wallingfordvt.com/recreation](http://www.wallingfordvt.com/recreation)  
75 School Street, Wallingford, VT 05773  

Coordinates recreational activities in the Wallingford community.

**West Rutland Recreation**  
802.438.2263  
35 Marble Street, West Rutland, VT 05777  

Sponsors recreation programs in the West Rutland community.
Community Collaborative and Volunteer Opportunities

Black River Area Community Coalition
802.228.7878
P.O. Box 197 Ludlow, VT 05149
Contact: Brigid Sullivan
Email: bracc7878@yahoo.com

BRAC is a prevention coalition focused on providing the community with drug, alcohol, and tobacco prevention education and activities for children, young adults and their families. Serves Mt. Holly, Ludlow, and Plymouth.

Mentor Connector
802.775.3434
77 Woodstock Ave, Rutland, VT 05701
Contact: Rebecca Majoya

Mentor Connector finds mentors for kids. They will connect you to the program in Rutland County that is the best fit.

Outright Vermont
802.865.9677
www.outrightvt.org
241 North Winooski Ave,
McClure Multigenerational Building
Burlington, VT 05401
Email: info@outrightvt.org

Outright is a lesbian, gay, bisexual, transgender, queer and questioning (LGBTQQ) ‘queer’ youth center and statewide advocacy organization. Their Mission is to build safe, healthy, and supportive environments for gay, lesbian, bisexual, transgender, queer, and questioning youth (ages 13-22). Outright includes programs at its Burlington office as well as workshops, summer camp programs and additional Friday night support groups in Rutland, Burlington, and Montpelier.

RSVP/Volunteer Center
802.775.8220
www.volunteersinvtd.org
6 Court St Rutland, VT 05701

This program is for all individuals who wish to help, serve, and support our community by volunteering. Programs include Telecare, Green Mountain Foster Grandparent Program, and The Volunteer Center.

Rutland Area Prevention Coalition
802.775.4199
www.rapvt.org
78 South Main St, Rutland VT 05701
Contact: Tina Coltey
Email: rap@rhmhsccn.org

Non-treatment human services program. The Rutland Area Prevention Coalition works with schools, civic and community organizations, businesses, clergy and congregations, and all interested individuals throughout Rutland County to provide education, support and resources for the prevention of alcohol, tobacco and other drug abuse.

United Way of Rutland County
802.773.7477
www.uwrutlandcounty.org
6 Church Street Rutland, VT 05701
Contact: Traci Moore
Email: uwrc@aol.com

This organization collaborates with community organizations, partners with businesses, teams with service delivery organizations and joins forces with dedicated leaders and volunteers. UWRC is a funding source for local services. Together they work to solve community needs that affect families and children and assure community-wide services infrastructure.
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Consumer Protection Div.</td>
<td>Attorney General 1.800.649.2424</td>
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<tr>
<td>Department of Liquor Control</td>
<td>1.800.832.2339</td>
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<tr>
<td></td>
<td><a href="http://www.liquorcontrol.vermont.gov/home/contact">www.liquorcontrol.vermont.gov/home/contact</a></td>
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<tr>
<td>Vermont Department of Liquor Control</td>
<td>13 Green Mountain Drive Montpelier VT 05620-4501</td>
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<tr>
<td>Governor’s Action Hotline</td>
<td>1.800.649.6825</td>
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<tr>
<td>Health Care Administration Consumer Assistance</td>
<td>1.800.631.7788</td>
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<td></td>
<td><a href="http://www.bishca.state.vt.us">www.bishca.state.vt.us</a></td>
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<td></td>
<td>Regulates health insurance, monitor insurance complaints</td>
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<td>Lawyer Referral Service</td>
<td>1.800.639.7036</td>
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<tr>
<td>Public Defender</td>
<td>802.786.5823</td>
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<tr>
<td>Rutland City Police Department</td>
<td>802.773.1816</td>
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<tr>
<td>Rutland County Diversion Program</td>
<td>802.775.2479</td>
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<td><a href="http://www.rutlandcountycourtdiversion.org">www.rutlandcountycourtdiversion.org</a></td>
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<tr>
<td>Rutland County Sheriff’s Department</td>
<td>802.775.8002</td>
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<tr>
<td>Rutland County Treatment Program</td>
<td>802.786.3835</td>
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<tr>
<td></td>
<td>Previously Rutland Drug Court Contact: Kim Debeer</td>
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<tr>
<td>Teen Alcohol Safety Program</td>
<td>802.786.3840</td>
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<tr>
<td></td>
<td><a href="http://www.rutlandcountycourtdiversion.org">www.rutlandcountycourtdiversion.org</a></td>
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<tr>
<td></td>
<td>Contact: Bonnie Pratt</td>
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<tr>
<td>Vermont Legal Aid</td>
<td>1.800.889.2047</td>
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<td></td>
<td><a href="http://www.vtlegalaid.org">www.vtlegalaid.org</a></td>
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<td></td>
<td>57 N Main St #2 Rutland, VT 05701</td>
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<td>Vermont Legal Aid provides free civil legal service to people throughout our community who are poor, elderly, or have disabilities.</td>
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<tr>
<td>Vermont State Police</td>
<td>802.773.9101</td>
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<td>802.468.5355</td>
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<tr>
<td>Victims’ Advocate</td>
<td>(State’s Attorney’s office)</td>
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<tr>
<td></td>
<td>802.786.2531</td>
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<tr>
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<td>Contact: Cheryl Patch</td>
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</tbody>
</table>
**Disabilities**

**Adult Protective Services**  
1.800.564.1612 (work hours)  
1.800.649.5285  
www.dlp.vermont.gov/protection

The mission of this program is to protect vulnerable adults whose health and welfare may be adversely affected by abuse, neglect or exploitation, raise public awareness of adult abuse issues, and educate mandatory reporters about their reporting responsibilities.

**ARC – Rutland Area**  
(Advocacy, Resources, Community)  
802.775.1370  
www.home.myfairpoint.net/~arcrutlandarea/  
128 Merchants Row, Suite 302  
Rutland, VT 05701  
Contact: Lisa Lynch  
Email: arcrutlandarea@myfairpoint.net

The ARC advocates for the rights of people with developmental disabilities and their families to have opportunities to participate in their communities as valued citizens.

**Autism Supports**  
1.802.871.3062  
www.ddas.vermont.gov  
Division of the Dept. of Disabilities, Aging & Independent Living  
Contact: Clare McFadden,  
clare.mcfadden@state.vt.us

The role of this program is to develop and enhance the system of support in the home and community for people with autism spectrum disorder.

**Austine School for the Deaf**  
1.802.258.9500 (v/tty), 802.275.0130 (vp)  
www.vcdhh.org  
Austine Dr, Brattleboro, VT 05301

Provides education from Pre-K through 12th grade for deaf and hard of hearing students. The program encourages independent and collaborative learning.

**Blind and Visually Impaired Division**  
802.786.5822  
1.800.708.7712  
www.dbvi.vermont.gov  
Division of the Dept. of Disabilities, Aging & Independent Living  
190 Asa Bloomer Building, Room 14, Rutland, VT 05701

This division supports the efforts of Vermonters who are blind and visually impaired to achieve or maintain economic independence, self-reliance, and community integration.

**Children with Special Health Needs**  
802.786.5852  
1.800.724.5077  
http://healthvermont.gov/family/cshn/cshn.aspx  
(see Child Development for further details)

**Community Access Program (CAP)**  
802.775.0828  
www.rmhsccn.org  
P.O Box 222 Rutland, VT 05702-0222

CAP assists those who are developmentally disabled and their family members or guardian. They work with families and other service providers to develop the supports necessary within the community to assist individuals with developmental disabilities to identify and achieve personal goals.
Disability Rights Vermont
802.773.3944   1.800.834.7890
www.disabilityrightsvt.org
1 Scale Ave, Ste. 23, Howe Ctr., Bldg. 14, Rutland, VT 05701

A statewide agency dedicated to advancing the rights of people with disabilities and mental health issues. It is separate and independent from all state agencies, hospitals, and community mental health centers.

Division of Disability and Aging Services
802.871.3065
www.ddas.vermont.gov

This division provides assistance in obtaining services and supports for older Vermonters, people with developmental or physical disabilities, and people with traumatic brain injuries, and their family members and/or caregivers.

Emma’s Place
802.446.3574
Main Street, Wallingford, VT 05773

Supervised residential apartment facility for residents with head injuries, providing three apartments for independent living with monitoring and supervision of the residents provided by the staff of Lenny Burke Farm.

Head Injury /Stroke Independence Project
802.446.2302

Serves survivors of traumatic brain injury age 18 & up. Rehabilitation in effort to move survivors from institution to higher levels of independence with support system.

Kids on the Move
802.775.0568
www.kidsonthemovevt.org
RAVNAH
7 Albert Cree Dr, Rutland, VT 05701

Serves children of all ages with rehabilitative needs, including physical therapy, occupational therapy, and speech-language therapy services to children from birth to 21 years of age. Provides family-centered care that is based on the individual needs of each child.

Lenny Burke’s Farm
802.446.6020
1409 US Route 7, Wallingford, VT 05773

7-acre residential health care facility for individuals with head/brain injuries.

Maple Leaf Center
802.446.3601
www.mapleleafclinic.org
167 North Main Street, Wallingford VT 05773
Contact: Linda Hudson
Email: MapleLeafClinic@vermontel.net

Resource Center for books, tapes, toys, learning aids, and conferences for Nonverbal Learning Disabilities, Asperger’s Syndrome, Turner Syndrome, and Social Skills training.
Maple Leaf Clinic
802.446.3577
www.mapleleafclinic.org
167 North Main Street,
Wallingford VT 05773
Email: MapleLeafClinic@vermontel.net

Assessments of children, adolescents, and adults (educational, psychological, and neuropsychological), therapy over the lifespan, consultation (clinical and educational), supervision, and professional development. The clinic also hosts Camp Maple Leaf, a summer day camp that caters to the social needs and relaxation skills of children and adolescents with Nonverbal Learning Disabilities, Asperger’s Syndrome, and High Functioning Autism.

National Multiple Sclerosis Society, Greater New England Chapter
802.871.5696
www.nationalmssociety.org/chapters/MAM/index.aspx
75 Talcott Road, Suite 40,
Williston, VT 05495

Helps each person address the challenges of living with MS

Rutland Mental Health Services
802.775.2381
www.rmshccn.org
78 S. Main St, Rutland, VT 05701
Contact: Joy

Their mission is to improve the overall quality of life of residents in the greater Rutland Region by offering high quality health, human services, education, employment, and rehabilitative programs for individuals, families, and communities.

Traumatic Brain Injury Program
802.241.3719
www.ddas.vermont.gov
Contact: Glen McClintock

Diverts and/or returns Vermonters, with a moderate to severe traumatic brain injury, from hospitals and facilities to a community-based setting. This is a rehabilitation-based, choice-driven program intended to support individuals to achieve their optimum independence and help them return to work.

Vermont Achievement Center
802.775.2395
www.vacvt.org
(See Child Development for further details)

Vermont Assistive Technology Program
802.786.5936  1.800.750.6355
www.atp.vermont.gov
Rutland Office: 190 Asa Bloomer Bldg.
Rutland, VT 05701
Contact: Dan Gilman,
dan.gilman@state.vt.us

This program is committed to enabling Vermonters with disabilities to have greater independence, productivity, and confidence, and to provide Vermonters a clear and direct avenue toward integration and inclusion in school, the work force and the community.
Vermont Center for Deaf and Hard of Hearing Services
802.258.9500
www.vcdhh.org
147 Knight Lane, Suite 101,
Williston, VT 05495
Services for Age 0-22:
Rutland: 802.774.7750
128 Merchants Row, Rutland VT 05701
Contact: Alicia Ayles, aayles@vcdhh.org
Brandon: 802.247.2883
25 East Prospect Street,
Brandon, VT 05733
Contact: Maureen Pearl,
MPearl@vcdhh.org

VCDHH is a multi-service organization providing comprehensive educational programs and a wide variety of support services to children and adults in Vermont who are deaf and hard of hearing. Encompassing the Austine School, several regional classrooms, consultant services for mainstreamed students, a parent-infant program, a family mentoring program, adult services and numerous other support options, the Vermont Center of the Deaf and Hard of Hearing provides an array of quality services to Deaf and Hard of Hearing children, youth and adults statewide.

Vermont Communication Support Project
1.888.686.8211
www.disabilityrightsvt.org
Email: csp@disabilityrightsvt.org

VCSP assists the person with a disability in communicating with the judge, court staff, attorney, or a State Agency. VCSP serves people with disabilities whose communication problems prevent them from participating fully in Court and Agency proceedings.

Vermont Interpreter Referral Service
802.254.3920
www.virs.org

Provides statewide interpreter and CART referral services for American Sign Language/English interpreting assignments. Serves all Vermonters, both hearing and deaf, in need of securing a sign language interpreter. Also provides advocacy for deaf clients and training opportunities for interpreters.

Vocational Rehabilitation
802.786.5866
www.vocrehab.vermont.gov
(See Adult Education and Employment for further details)

VT Adaptive Ski and Sports
802.786.4991
www.vermontadaptive.org
P.O. Box 139, Killington, VT 05751
Contact: Erin Fernandez, Executive Director
Email: director@vermontadaptive.org

VT Adaptive is a place where youth and adults with disabilities gain a measure of self confidence and independence by participating in adaptive sports programs and activities. It offers diverse winter and summer program opportunities and unique, specialized equipment.
VT Association for the Blind and Visually Impaired
802.775.6452  1.800.639.5861
www.vabvi.org
80 West Street, Suite 202, Rutland, VT 05701

This program serves Vermonters who are visually impaired. The main objective of this organization is to help clients achieve and maintain independence. Programs include rehabilitation, orientation and mobility, assistive technology, social networking, and other services such as transportation, readers, and companions.

VT Center for Independent Living
1.800.639.1522
www.vcil.org
1 Scale Ave., Suite 30 Rutland, VT 05701
Rutland Contact: 802.779.9021

VCIL believes that individuals with disabilities have the right to live with dignity and with appropriate support in their own homes, fully participate in their communities, and to control and make decisions about their lives.

Vermont Relay
1.800.676.3777
www.vermontrelay.com

A free service for all Vermonters connecting deaf, hard of hearing, and speech disabled individuals with users of regular phones. To use: either party can dial 7-1-1 to reach a trained operator
Financial Services

BROC (Bennington Rutland Opportunity Council)
802.775.0878
www.broc.org
60 Center Street Rutland, VT 05701
Contact: Pam Shambo

BROC is committed to empower, support, and educate individuals and families to be self sufficient in their employment, homes and communities through family stabilization and development. It helps assist with education, training, job creation, affordable housing, and expanding community awareness and advocacy.

DCF Economic Services (formerly PATH)
1.800.479.6151
www.dcf.vermont.gov
329 Asa Bloomer Building
Rutland, VT 05701

Helping Vermonters in finding programs, services, and resources for assistance. The divisions of the DCF are Child Development, Disability Determination, Economic Services, Family Services, Office of Child Support, and Office of Economic Opportunity.

Child Care Support Services at VAC:
Resource and Referral 802.747.0033
Subsidy 802.773.4365
www.vacvt.org
(See Child Development for further details)

Vermont Office of Child Support
802.786.5060, 1.800.786.3214 (24 hour)
www.dcf.vermont.gov/ocs
420 Asa Bloomer Bldg
Rutland, VT 05701

OCS is the state agency responsible for establishing, collecting upon, enforcing, and modifying support orders for children who do not live with both parents.
Food and Groceries

3 Squares Vermont
1.800.479.6151
www.vermontfoodhelp.com

BROC
802.775.0878
www.broc.org
(See Financial Services for further details)

Brandon Emergency Food Shelf
802.247.6720
Contact: Kathy Mathis
Brandon Congregational Church,
Union Street, Brandon, VT 05733

Serves Brandon, Forestdale, and Goshen.

Castleton Cares Inc.
802.468.2444
www.castletoncares.org
(see Clothing/Fuel Needs for further details)

Commodity Supplemental Food Program
1.800.214.4648
The Vermont Food Bank
www.vtfoodbank.org

A VT resident food program for those 60 or older and children under 6 not receiving WIC, and pregnant women not receiving WIC.

Danby Food Shelf
802.293.5136
130 Brook Road, Danby VT 05739
Contact: Danby Town Clerk

Serves Danby and Mt. Tabor.

EFNEP UVM Extension Food and Nutrition Program
802.773.3349
www.uvm.edu/extension/food
1 Scale Ave, Ste. 55, Rutland, VT 05701

The Nutrition Program helps limited resource families, their children, and pregnant women learn to shop smarter, eat healthier, and save money.

Fair Haven Concerned
802.265.3666
(see Clothing/Fuel Needs for further details)

Hubbardton-Castleton Food Distribution Center
802.273.2241
Town Hall, 1851 Monument Hill Road, Hubbardton, VT 05735
Serves Hubbardton and some Castleton.

Manchester Community Food Cupboard
802.362.0057
Manchester Town Hall,
Manchester Center, VT 05255
Contact: Martha Carey

Serves Danby, Dorset, East Dorset, Londonderry, Manchester, Manchester Center, Middletown Springs, Mount Tabor, Pawlet, Peru, Rupert, Sandgate, South Dorset, Sunderland, Wells and Winhall.
Meals on Wheels  
802.775.0133  
80 Belden Rd, Rutland, VT 05701

MOW delivers meals to disabled persons or others, 60 or older. Noon meals are delivered Mon-Fri throughout Rutland County.

Open Door Mission  
802.775.5661  
31 Park St, Rutland, Vermont 05701  
Contact: Sharon Russell  
Email: Rutmission@aol.com

A 51 bed facility with Emergency Shelter and a Long Term Veterans Shelter. A soup kitchen is held three times a day M-F, and twice a day S-S. The mission is a dry, no tolerance shelter. It also offers a thrift store, of which the proceeds assist in supporting the mission.

Pawlet Community Food Pantry  
802.325.3022, 802.325.3814  
Pawlet Comm. Church, Pawlet, VT 05761

Serves Pawlet, West Pawlet.

Pittsford Food Shelf  
802.483.2967  
Keith’s Country Store,  
Route 7 Pittsford, VT 05763  
Contact: Robin Rowe

Serves Pittsford, Proctor and Florence.

Poultney Food Shelf  
802.287.9558  
66 Beaman Street, The Stonebridge Inn,  
Poultney, VT 05764

Serves Poultney, Middletown Springs, and Hampton, NY

Reach Up  
1.800.479.6151  
www.dcf.vermont.gov  
(see Adult Education and Employment for further details)

Rutland Community Cupboard  
802.747.6119  
191 Columbian Avenue  
Rutland, VT 05701

Serves Chittenden, Clarendon, East Wallingford, Killington, Mendon, North Clarendon, Rutland City, Rutland Town, Shrewsbury, Wallingford, Tinmouth, Cuttingsville, and West Clarendon

Salvation Army  
802.775.5150  
www.use.salvationarmy.org/nne  
(see Clothing/Fuel Needs for further details)

Vermont Food Bank  
1.800.585.2265  
www.vtfoodbank.org

Offers links to resources with a network of food shelves that run programs that feed Vermonters.  
Youth Programs  802 477 4126  
Contact Jen Hutchinson –  
jhutchinson@vtfoodbank.org  
Agricultural Programs  802 477 4130  
Contact Chris Meehan –  
cmeehan@vtfoodbank.org

WIC (Women, Infant and Children)  
802.786.5811  1.888.253.8802  
www.healthvermont.gov/wic  
300 Asa Bloomer Building,  
Rutland, VT 05701

Supplementary food and nutrition program for pregnant women and children through age 5.
Health Care

Bayada Home Health Care
802.775.7272
www.Bayada.com
(see Home health care and hospice for further details)

Bayada Hospice
802.282.4122
www.Bayada.com
(see Home health care and hospice for further details)

Diabetes Center
802.775.7844
Rutland Regional Diabetes and Endocrinology Center
www.rrmc.org
8 Albert Cree Drive Rutland, VT 05701
Contact: Donna B. Hunt

Personalized care to patients living with conditions such as diabetes, thyroid disorders, metabolism and obesity, polycystic ovary syndrome, osteoporosis and bone disorders, cholesterol and lipid problems, glandular cancers, hormone imbalances, and pituitary gland concerns. Specialized adult, gestational and pediatric diabetes care. Diabetes education and self-management programs provided

Ladies First (mammograms and Pap tests)
1.800.508.2222
www.LadiesFirst.org

Removing financial barriers that prevent many women from being screened for breast and cervical cancer and heart disease.

PACE
802.776.2900
www.pacevt.org
(see Senior Services for further details)

Planned Parenthood
802.775.2333
www.plannedparenthood.org
6 Roberts North, Rutland, VT 05701
Health care for Men and Women

Services offered include: abortion services, birth control, general health care, HIV testing, Emergency Contraception, Pregnancy testing and services, STD testing, treatment and vaccines; Sliding scale fee, Medicaid and Medicare accepted.

Poison Control
1.800.222.1222 (call if the victim is alert)
If not alert: call 911

RAVNAH Travel Health Clinic
802.770.1536
www.ravnah.org

Resource for comprehensive and safe travel health services including vaccines and individualized disease prevention plans to international travelers.

Rutland Area Visiting Nurse Assoc. and Hospice (RAVNAH)
802.775.0568
www.ravnah.org
(see Home healthcare and hospice for further details)
Rutland Regional Medical Center
802.775.7111
**For medical emergencies, dial 9-1-1**
www.rrmc.org
160 Allen Street, Rutland, VT 05701

More than 30 specialized service areas to meet your health care needs.

Rutland Free Clinic
802.775.1360
www.vccu.net/rfc.htm
(see Low Cost/Free Health Clinics for further details)

Vermont Department of Health
802.786.5811
www.healthvermont.gov
Asa Bloomer Building, Rutland, VT 05701

Provides essential health promotion and disease prevention services.
Health Education

2-1-1 Vermont
1.866.652.4636 or dial 2-1-1
www.vermont211.org

Dial 2-1-1 for information about health and human services and organizations in your community. A local call anywhere in Vermont. A free, confidential service available 24 hours/7 days. For everyday needs and difficult times, 2-1-1 is a connection to thousands of resources across Vermont.

AIDS Hotline
1.800.882.2437

Serves all of Vermont. Provides AIDS education information, HIV testing, and counseling.

Alcohol Safety Program
802.786.3840
www.rutlandcountyouthdiversion.org
50 Center St, Rutland VT 05701
Contact: Bonnie Pratt

Makes kids aware of the consequences of buying, consuming, and possessing alcohol under the legal age.

American Heart Association
1.800.639.6024
Contact: Kelly Columber

American Red Cross
802.773.9159
www.redcrossvtnhuv.org

Community classes include CPR and First Aid.

Brain Injury Association of VT
1.877.856.1772
www.biavt.org
Email: support@biavt.org
92 South Main Waterbury 05676

Advocacy for brain injury survivors, M-F.

Breast Feeding Support
802.747.3695
Rutland Regional Medical Center

Free classes and information to help in the days after birth and the time that follows.

Care Net Pregnancy Center
802.775.5611
www.carenetrutland.comcastbiz.net
138 West Street Rutland, VT 05701

Care Net gives free pregnancy testing, confidential services, information and support

Childbirth Education Classes
802.770.1502
RAVNAH
www.ravnah.org

Educates parents and parents-to-be to be prepared for childbirth.

Community Education and Wellness
802.772.2400
Rutland Regional Medical Center
www.rrmc.org/health_resources/community_education/

Offers a variety of health education programs and links to resources.
**Community Health Team – Blueprint for Health**

802.773.9888  
Community Health Improvement  
Rutland Regional Medical Center  
[www.rrmc.org/health_resources/index/page853.html](http://www.rrmc.org/health_resources/index/page853.html)  
Email: CHT@rrmc.org

The CHT is a multi-disciplinary team that coordinates care of patients who have chronic health conditions. The goal of the CHT and Blueprint is to improve the health of individuals by engaging patients in self-management and working with primary care providers and community health resources to provide proactive care.

**Diabetes Education**

802.775.7844  
Rutland Regional Diabetes & Endocrinology  
[www.rrmc.org/clinical_services/diabetes_endocrinology/](http://www.rrmc.org/clinical_services/diabetes_endocrinology/)

An individualized program to give patients and their family members a better understanding of diabetes. Call for more information.

**Epilepsy Foundation of Vermont**

802.775.1686   1.800.565.0972  
[www.epilepsyvt.org/](http://www.epilepsyvt.org/)  
PO Box 6292, Rutland, VT 05702  
epilepsy@sover.net

Program provides information, referral, and advocacy for treatment, driver's licenses, employment, and education for persons with epilepsy and their families. The foundation is working to stop seizures, find a cure, and overcome the challenges created by epilepsy. Also provides information on support programs in the area for individuals, families, and friends.

**Health Information Library**

802.747.3777  
Community Provider and Relations  
Rutland Regional Medical Center  
[www.rrmc.org/health_resources/library/](http://www.rrmc.org/health_resources/library/)

A medical librarian is available Monday through Thursday and allows you to call to request assistance or for the information to be mailed to you. It provides Community Health resources including books, handouts, and computer access.

**Healthier Living Workshops**

802.772.2400  
Community Education and Wellness  
Rutland Regional Medical Center  
Email: communityeducation@rrmc.org

Provides 6 week programs to help participants improve their self-care skills, learn to better manage chronic diseases, and work closer with their medical providers.

**National MS Society**

1.800.344.4867  
[www.mssociety.org](http://www.mssociety.org)

Helps each person address the challenges of living with MS, provides services, offers education and furthers more advocacy efforts than any other MS organization has in the world.
Pregnancy Helpline
1.800.649.4357

Prevent Child Abuse VT
802.498.0608   1.800.244.5373
www.pcavt.org
(See Child Development for further details)

Regional Ambulance Service
(CPR classes information)
802.773.1746

Rutland Area Prevention Coalition
802.775.4199
www.rapvt.org
(See Community Collaborative for further details)

Safe Sitter Babysitting Course
802.772.2400
Community Education and Wellness
Rutland Regional Medical Center
www.rrmc.org/health_resources/community_education/

Two day babysitting course designed for 11 to 13 year old girls and boys.

Vermont CARES (Committee for AIDS Resources, Education, and Services)
802.775.5884
www.vtcares.org
P.O. Box 6033 Rutland, VT 05702

Vermont CARES works for and with Vermonters affected by HIV/AIDS to promote wellbeing through a continuum of prevention, support, and advocacy services

VT Association for the Blind and Visually Impaired
802.775.6452   1.800.639.5861
www.vabvi.org
(see Disabilities for further detail)

WIC (Women, Infant and Children)
802.786.5811   1.888.253.8802
www.healthvermont.gov/wic
300 Asa Bloomer Building, Rutland, VT 05701

Offers peer counselors and educational information on breastfeeding. Also offers nutrition information and support for pregnant women and children and their families.

WIC (Women, Infant and Children)
802.786.5811   1.888.253.8802
www.healthvermont.gov/wic
300 Asa Bloomer Building, Rutland, VT 05701

Offers peer counselors and educational information on breastfeeding. Also offers nutrition information and support for pregnant women and children and their families.
Home Health Care/ Hospice

**Bayada Hospice**
802.282.4122  
www.Bayada.com  
Gryphon Bldg, Suite 310  
56 ½ Merchants Row  
Rutland, VT 05701

Bayada Hospice provides hospice to children, adults, and seniors in the comfort of their own homes.

**Bayada Home Health Care**
802.775.7272  
www.bayada.com  
135 N Main St Ste 7, Rutland, VT 05701

Bayada Nurses provides personal nursing, rehabilitative, therapeutic, hospice, and personal home health care services to children, adults, and seniors in the comfort of their own homes.

**Rutland Area Visiting Nurse Assoc. and Hospice**
802.775.0568  
www.ravnah.org  
7 Albert Cree Dr, Rutland VT 05701

RAVNAH provides high quality home health care, hospice, private duty, and community health services for people throughout Rutland County. Sponsors additional services to the community including cholesterol screenings, foot clinics, blood pressure screenings, and immunization clinics.
Housing

**DISMAS of Vermont**
802.775.5539  
www.dismasofvermont.org  
103 Park Avenue Rutland, VT 05701  
Email: terese@dismasofvermont.org

Their mission is to reconcile prisoners with society and society with prisoners. They are working locally to serve former prisoners in their difficult transition from prison to the community, assuring harmony in their lives and greater public safety.

**Dodge House**
802.775.6772  
(see Veterans/Armed Services for further details)

**Open Door Mission**
802.775.5661  
(see Food and Groceries for further details)

**Housing Trust of Rutland County**
802.775.3139  
www.housingrutland.org  
13 Center St, Rutland, VT 05701  
Email: into@housingrutland.org

Housing resources, property management

**Rutland Country Housing Coalition**
802.775.9286  
www.rchcvt.org  
46 Evelyn St Rutland, VT 05701

Services to empower individuals and families to recognize their strengths and abilities to overcome barriers and obstacles that may lead to homelessness. Programs include Homeless Prevention and Rapid Rehousing, Emergency Shelter Grants, Street Outreach and Peer Outreach services to identify the homeless or those at risk for homelessness and those who are chronically ill or mentally ill with co-occurring substance abuse disorders, Department of Corrections Re-Entry, and Tenant Education.

**Rutland County Women’s Network and Shelter**
802.775.6788  
www.rcwn.org  
(see Safe Communities for further details)

**Rutland Housing Authority**
802.775.2926  
www.rhavt.org  
5 Tremont St Rutland, Vermont 05701

Works to create diverse housing opportunities by building partnerships that support healthy, vibrant, sustainable neighborhoods. RHA assists with information, administration, and applications for subsidized and fair market housing.
Neighborworks of Western Vermont
802.438.2303
www.nwwvt.org
110 Marble Street, PO Box 541, West Rutland, VT 05777

Provides Vermonters in Addison, Bennington, and Rutland Counties with education, counseling, and access to affordable loans needed to purchase, improve, and help keep their homes. They promote safe and affordable housing, focusing on sustainable home ownership. They offer information and assistance for many home improvement programs including weatherization, accessibility, lead removal, and structural issues.

Salvation Army
802.775.5150
www.use.salvationarmy.org
(see Clothing/Fuel Needs for further details)
Insurance

AARP Medicare Supplement Insurance
1.888.399.4001
www.aarpmedicaresupplement.com

Blue Cross and Blue Shield of VT
1.800.247.2583
www.bcbsvt.com

Cigna
1.800.531.4584
www.cigna.com

Green Mountain Health Care
1.800.250.8427
www.greenmountaincare.org
Healthcare for eligible Vermont residents.

MVP
802.264.6500
www.mvphealthcare.com

Medicare
1.800.633.4235
www.medicare.gov
  Medicare A 1.800.522.8323
  Medicare B 1.800.447.1142
Long Term Care/Community Care Homes

Harvey House, Ltd
802.468.5357
1997 Main Street, Castleton, VT 05735
Level III

Lakewood Adult Family Home
802.468.3010
69 Rainbows End, Bomoseen, VT 05732
Level III

Lenny Burke’s Farm
802.446.6020
1409 US Route 7, Wallingford, VT 05773
7-acre residential health care facility for individuals with head/brain injuries.
Level IV

Loretto Home
802.773.8840
59 Meadow Street, Rutland, VT 05701
Level III

Maple Terrace Community Care Home
802.775.3036
143 Maple Rutland, Rutland, VT 05701
Level III

Misty Heather Morn Community Care Home
802.265.3300
174 Blissville Rd, PO Box 176, Hydeville, VT 05750
Level III

Mountain View Center
802.775.0007
www.genesishcc.com/MountainView
9 Haywood Ave, Rutland, VT 05701
Nursing Home, OT/PT/ST, Short Stay Rehab, Long Term Care, Transitional Care, and Memory Impairment services

Our House Residential Care Home
802.773.4294
Four locations in Rutland
Level III

Owen House
802.468.5357
3 Union Street, Fair Haven, VT 05743
Level III

Rutland Healthcare and Rehabilitation Center
802.775.2941
www.genesishcc.com/Rutland
46 Nichols St Rutland, VT 05701
Nursing Home, OT/PT/ST, Short Stay Rehab, Long Term Care and Memory Impairment services

Rutland Manor
802.775.4939
www.genesishcc.com/RutlandManor
48 Nichols Street, Rutland, VT 05701
Level III
St. Josephs Kervick Residence
802.775.5133
131 Convent Avenue, Rutland, VT 05701
Level III and IV

Saltis Home
802.468.5185
1141 Main Street, Castleton, VT 05735
Level III

The Gables at East Mountain
802.770.5263
www.thegablesvt.com
1 Gables Place, Rutland, VT 05701
Level III

The Meadows at East Mountain
802.775.3300
www.themeadowsvt.com
157 Heritage Hill Place
Rutland, VT 05701

Assisted Living Residence

The Pines
802.773.2877
www.pinesrutland.com
99 Allen Street Rutland, VT 05701

Nursing Home, OT/PT/ST, Short Stay Rehab,
Long Term Care and Rehab

Wintergreen Residential Care
802.465.4140
3 Union St Brandon, VT 05733
Level III
Low Cost/Free Health Clinics and Dental Clinics

**Ladies First**  
(mammograms and Pap tests)  
1.800.508.2222  
www.LadiesFirst.org

Removing financial barriers that prevent many women from being screened for breast and cervical cancer and heart disease.

**Rutland Free Clinic**  
802.775.1360  
www.vccu.net/rfc.asp  
145 State St., Rutland, VT  
Medical and Dental Clinic  
Contact: Karen Alcorn  
Email: pksthealthshare@yahoo.com

A free health clinic for uninsured and underinsured Adult Vermonters. Medical and Dental Care. No emergency services available.
Mental Health/Counseling/Support

Adult Outpatient Department  
802.775.2381  
Rutland Mental Health  
www.rmhsccn.org/adultservices.php  
78 South Main Street, Rutland, VT 05701

Offers a variety of programs and services designed to assist people in improving the quality of their lives. These programs include group therapy and medication evaluation and treatment to meet the needs of people with mental health and substance abuse problems. Current groups include Stabilization, Weekly Therapy Group, and Seeking Safety Group.

Behavioral Health  
802.747.1857  
Rutland Regional Medical Center  
www.rrmc.org/clinical_services/behavioral_clinic  
1 Common Street, Rutland, VT 05701

Outpatient behavioral health services. May require physician referral.

Children’s Crisis Services  
802.773.4225  
Rutland Mental Health Services  
www.rmhsccn.org/childfamservices.php  
78 South Main Street Rutland, VT 05701

Children’s Crisis Services provides crisis assessment and short term treatment for children and families in Rutland County. Services offered are: 27/7 crisis hotline, family case management, short-term therapy, respite services, parent education, and consultation and substance abuse services.

CUPS/Early Childhood Mental health  
802.786.7386  
Rutland Mental Health Services  
www.rmhsccn.org/childfamservices.php  
(see Child Development for further details)

Mental Health Hotline  
1.800.789.2647  
www.mentalhealth.org

Provides mental health information and resources. Able to refer callers to treatment facilities or federal, state and local organizations dedicated to treating and preventing mental illness.

NAMI  
(National Alliance on Mental Illness)  
1.800.950.6264

The nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

Rutland County Peer-Run Warm Line  
802.770.4248  
P.O. Box 6046, Rutland, VT 05702-4062

Volunteer-run program provides telephone support and information.
RMHS is organized to maintain and operate a community mental health and developmental disabilities system providing medical, clinical and supportive services, to promote health, and to further other benevolent, scientific and educational activities. RMHS provides services and education for adults, children, and families. Services include programs for developmental disabilities, seniors and volunteers, substance abuse, and the community.

Rutland Mental Health Crisis Line
802.775.1000
www.rmhsccn.org
78 South Main Street Rutland, VT 05701
Contact: Mary Rard 802.775.2381

The Health Crisis line has a 24 hour availability that can be used for any mental health crisis.

Suicide Prevention Lifeline
1.800.273.8255
www.suicidepreventionlifeline.org

Suicide Prevention Lifeline is a 24 Hour confidential help line for any type of suicide thoughts.

Vermont Catholic Charities
802.773.3379
24 ½ Center St, Rutland, VT 05701
Email: vccrutland@aol.com

Services include: counseling, including pre-marriage counseling, and assessment and referral. Limited financial assistance available. VCC serves on a nondiscriminatory basis.

Vermont Federation for Families
802.876.7021 1.800.639.6071
www.vffcmh.org
P.O. Box 1577, Williston VT 05495

Provides information and an open ear to talk about what you are going through with your child and their mental health. This allows individuals to talk and get advice about how to help and treat their child. It provides emotional support, help with locating services, referrals, peer navigation, family resource library, and trainings.

Vermont Psychiatric Survivors
802.775.6834 1.800.564.2106
www.vermontrecovery.com/vps.html
1 Scale Ave Ste 52 Rutland, VT 05701

An independent, statewide, survivor-run organization for mental health workers and psychiatric consumers/survivors/ex-patients. The primary focus of VPS is to empower individuals, assist in recovery and employment, and provide advocacy, information, education, referrals, and peer support.
Mediation is used to help people reach agreements with one another. A trained mediator works with families in order to come to a settlement.

La Leche League is dedicated to providing education, information, support, and encouragement to women who want to breastfeed.

Helps parents find the answers they need in order to give their child the best care possible.

Parent support group healing on various issues.
Parent Up Vermont
www.parentupvt.org/
Help stop underage drinking

Prevent Child Abuse VT
802.498.0608  1.800.244.5373
www.pcavt.org
(See Child Development for further details)

Rutland County Parent-Child Center
802.775.9711
www.rcpcc.org
(see Child Development for further details)

Rutland County Women’s Network and Shelter
802.775.6788
www.rcwn.org
(see Safe Communities for further details)

Vermont Department of Education
Parent Representative
802.828.5114
www.education.vermont.gov
120 State Street
Montpelier, VT 05620-2501

This department provides information about the education system in Vermont and what services your child should be receiving.

Vermont Catholic Charities
802.773.3379
(see Mental Health/Counseling/Support for further details)

Vermont Family Network
1.800.800.4005
www.vermontfamilynetwork.org
(see Child Development for further details)

Vermont Federation for Families
802.876.7021  1.800.639.6071
www.vffcmh.org/
(see Mental Health/Counseling/Support for further details)

Vermont Kin as Parents (VKAP)
802.338.4725
www.vermontkinasparents.org
PO Box 382, Winooski, VT 05404
Rutland Support: 802.747.0490

VKAP supports relatives who are raising children. VKAP offers information about resources to kinship families; assists in the development of support groups; organizes an annual kinship care conference, and publishes a quarterly newsletter.

WITS End Support Group
802.775.6608
57 Crampton Ave Rutland, VT 05701
Contact: Kathy or Patrick Marin
Email: collcartoy@aol.com

WIT’s end is a support group for parents and friends of young people addicted to drugs or alcohol.
Physical Activity
(Also view Community Centers and Activities, page 12)

Bone Builders
802.775.8220
www.volunteersinvt.org

A free exercise program hosted through RSVP throughout the Rutland Area.

Castleton State College Gym and Pool
802.468.1252

Godnick Adult Center
802.773.1853
www.rutlandrec.com/facilities/godnick
(see Community Centers and Activities for further details)

Green Mountain College Gym and Pool
802.287.8378

Mitchell Therapy Pool
802.775.2395 ext 303
www.vacvt.org
88 Park Street Rutland, VT 05701
Contact: Kathy Corey

This is an Indoor, heated pool for adults and children. Swim lessons and exercise classes are available, as well as open swim times.

Movers and Shakers
802.775.8220
www.volunteersinvt.org

A free exercise program for those living with Parkinson’s and other related diseases and their loved ones. RSVP/Volunteer Center and Godnick Center

Pine Hill Park
www.pinehillpark.org

Includes trail information for biking, hiking, snowshoeing, and running.

Rutland Area Physical Activity Coalition
802.775.4199
www.rapac.info
(see Community Centers and Activities for further details)

Recreation and Parks Departments
(see Community Centers and Activities for further details)

RSVP fitness opportunities
802.775.8220
www.volunteersinvt.org

Vermont Health Department
www.getmoving.vermont.gov

Interactive website that provides tracking of activity, weight, nutrition, stress, and more.

Walk Rutland
802.786.7324
RAPAC
www.walkrutland.com

A program dedicated to getting people in Rutland County to walk more through personal walking plans and maps and walking activities, motivation, and social networking.
Safe Communities

Emergency: 9-1-1

Black River Area Community Coalition
802.228.7878
Email: bracc7878@yahoo.com
(see Community Collaborative for further details)

Boys and Girls Club
802.747.4944
www.rutlandbgclub.org
71 Merchants Row Rutland, VT 05701
Email: lbbgcrc@comcast.net

The Club’s programs and services promote and enhance the development of children by instilling a sense of competence, usefulness, belonging and influence. Boys & Girls Clubs are a safe place to learn and grow – all while having fun.

Child First Advocacy Center
802.747.0200
www.childfirstvermont.org
P.O. Box 6822 Rutland, VT 05702
Email: info@childfirstadvocacycenter.org

The CAC focuses on child abuse and prevention and assisting victims and non offending family members. Education, information, and referrals are available.

Child Protection Hotline (to report child abuse and neglect)
1.800.649.5285
www.dcf.vermont.gov/fsd

Fair Haven Concerned
802.265.3666
(see Clothing/Fuel Needs for further details)

Human Trafficking Hotline
1.888.373.7888
www.humantrafficking.org

National Runaway Switchboard
1.800.786.2929
info@nrscrisisline.org

24-hour hotline providing crisis intervention, information and referral, message delivery, and conferencing services. Free bus rides home for qualified runaways via the “Home Free Program”.

Prevent Child Abuse VT
802.498.0608 1.800.244.5373
www.pcavt.org
(See Child Development for further details)

Probation and Parole, Rutland Office
802.786.5808
www.doc.state.vt.us/custody-supervision/field/rutland
P.O. Box 175 92 State Street
Rutland, VT 05702
Contact: Keith Tallon, Manager

Rutland Area Prevention Coalition
802.775.4199
www.rapvt.org
(See Community Collaborative for further details)

Rutland City Fire Department
802.773.1812
www.rutlandcity.com
104 Center Street, Rutland, VT 05701
**Rutland City Police**  
802.773.1816  
www.rutlandcity.com  
108 Wales Street, Rutland, VT 05701  
Tip Line   802.773.1872

**Rutland County Sheriff’s Department**  
802.775.8002  
www.rutlandsheriff.net  
108 Wales Street Rutland, VT 05701  
Anonymous Crime Tip 802.775.8002

**Rutland County Women’s Network and Shelter**  
802.775.6788  
www.rcwn.org  
101 Grove Street, Rutland, VT 05701  
Email: rcwns@yahoo.com  
Contact: Miche Chamberline  
**24-hour hotline:** 802.775.3232  
**Sexual Violence Hotline:**  
1.800.489.7273

The Rutland County Women's Network and Shelter is dedicated to assisting survivors of domestic and sexual violence. This includes prevention, education and outreach to the communities with the goal of preventing and decreasing incidences of further abuse. Services are confidential and free of charge. Offers assistance in establishing new residence, alcohol and substance abuse referrals, short term counseling and support, community referrals, legal advocacy, and community education.

**Rutland Mental Health Emergency Services**  
802.775.1000

**Rutland’s United Neighborhoods and Community Justice Center**  
802.770.5364  
www.runjc.org/  
128 Merchants Row, Suite 401  
Rutland, VT 05701

RUN is a coalition of neighbors who are committed to providing and promoting active cooperation, respect, and a responsibility for a safe and healthy community. Programs include: Neighborhood Watch, Reparative Board (by referral), Re-entry Program to reintegrate offenders into the community, and COSA, Circle of Support and Accountability for High Risk Offenders.

**Safer Society Program and Press**  
802.247.3132  
www.safer society.org/safer-society-press  
P.O. Box 340 Brandon, Vermont 05733

Safer Society Press is a nonprofit organization dedicated to providing resources for the prevention and treatment of sexual abuse.

**Stop It Now**  
1.888.PREVENT  
www.stopitnow.org

Stop It Now seeks to prevent the sexual abuse of children by mobilizing adults, families, and communities to take action that protect children before they are harmed.

**Under Age Drinking Tip Line**  
1.866.TEENUSE (1.866.833.6873)
Vermont State Police: Rutland Barracks
802.773.9101  802.468.5355
www.vsp.vermont.gov
124 State Place, Rutland, VT 05701
Serves Rutland County.
Senior Services

**Advance Directives:**
Vermont Ethics Network 802.828.2909
Social Work Department 802.747.3713
Rutland Regional Medical Center
RAVNAH 802.775.0568

**Bridges and Beyond**
802.747.3710
Rutland Regional Medical Center
www.rrmc.org
(see Transportation for further details)

**Castleton Community Center**
802.468.3093
2108 Main Street Castleton, VT 05735
Email: homested@shoreham.net

The CCC strives to enrich the lives of their residents, particularly seniors, by providing education, recreation, communication, health and social opportunities.

**Division of Disability and Aging Services (Vermont)**
802.871.3065
www.ddas.vermont.gov

This division provides assistance in obtaining services and supports for older Vermonters, people with developmental or physical disabilities, and people with traumatic brain injuries, and their family members and/or caregivers.

**Godnick Adult Center**
802.773.1853
www.rutlandrec.com/facilities/godnick
(see Community Centers and Activities for further details)

**Green Mountain Foster Grandparents**
802.773.4719
www.volunteersinvnt.org
6 Court Street, Rutland, VT 05701
fgp@volunteersvt.org

Opportunity for senior citizens to give their wisdom, experience, and knowhow to the children within our community. By being a volunteer grandparent you are able to reach out to schools, recreation departments, health care facilities, and libraries that are in need of your services.

**InterAge Adult Day Program**
802.773.2011
230 North Main Street,
Rutland, VT 05701
Email: interageads1@aol.com

InterAge is a full service day program for adults and seniors who may have cognitive impairment, medical and/or physical challenges and seniors who are socially isolated. It provides much needed respite to families and caregivers.
Lifeline Program  
802.747.1816  
Rutland Regional Medical Center  
www.rrmc.org/patients_visitors/lifeline/

This program is a personal response system that allows subscribers to remain in their homes with the security of someone available at the touch of a button, 7 days a week, 24 hours a day.

One 2 One (transportation)  
802.775.4318  
6 Court Street Rutland, VT 05701  
Email: one2one@volunteersinvit.org

Volunteers of all ages provide transportation assistance to adults over age 60 and/or physically challenged adults funded by Medicaid. Volunteers receive mileage reimbursement, insurance and support from staff and are RSVP registered volunteers.

PACE  
802.776.2900  
www.pacevt.org  
3 General Wing Road Maples Senior Living Community Rutland, Vermont 05701

Provides and coordinates all needed medical and support services for enrolled participants. Services include medical, dental, mental health, home health, adult day, in-hospital care, nursing home, case management, and medical transportation.

Poultney Young Heart Senior Center  
802.287.9200  
www.poultneyvt.com/relocate-to-poultney/clubs/young-at-heart-club  
35 Furnace Street  
Poultney, VT 05764-1119

This club provides meals and activities for senior citizens.

Retired and Senior Volunteer (RSVP)  
802.775.8220  
www.volunteersinvit.org  
6 Court Street Rutland, VT 05701

RSVP gives opportunities for citizens 55 and older to serve within their community. It offers a full range of volunteer opportunities with many locations in Rutland County.

Senior Helpline  
1.800.642.5119  
Program of SVCOA  
www.svcoa.org  
1085 US Route 4 East,  
Unit 2B East Ridge Professional Building  
Rutland, Vermont 05701

Enables Seniors to age in place safely and comfortably by providing transportation services, telephone relationships, information and referrals; and offers opportunities for seniors and others who care about issues related to aging to get involved in advocacy and change in order to make our communities good places to age. Includes Senior Meal Program.
Southwestern Vermont Council on Aging
802.786.5991
www.svcoa.org
1085 US Route 4 East,
Unit 2B East Ridge Professional Building
Rutland, Vermont 05701

The goal of SVCOA is to support elders in keeping their maximum independence.

TeleCare
802.775.8220
RSVP
6 Court Street Rutland, Vermont 05701

Provides free telephone check-in to area seniors on a scheduled basis.

Vermont Associates
802.282.4423
www.vermontassociates.org
(see Adult Education and Employment for further details)
Supervisory Unions and Schools

Addison-Rutland 802.265.4905
(Benson, Castleton, Hubbardton, Fair Haven, Orwell)

Allen Street Campus 802.773.1906
(Rutland City School)

Rutland Central 802.775.4342
(Proctor, Rutland Town, West Rutland)

Rutland City School District 802.773.1900

Rutland Northeast 802.247.5757
(Barstow, Leicester, Lothrop, Neshobe, Otter Valley, Sudbury, Whiting)

Rutland South 802.775.3264
(Clarendon, Mill River, Shrewsbury, Wallingford)

Rutland Southwest 802.287.5286
(Middleton Springs, Poultney, Tinmouth, Wells)

Rutland-Windsor 802.228.2541
(Mt. Holly, Ludlow, Plymouth)

Stafford Technical Center 802.770.1033
Support Groups

Online Support Group: www.supportgroups.com

Addiction

Alcohol Drug Abuse Div
802.786.5876

Alcoholics Anonymous
802.775.0402

Anorexia
888.740.4186

ANAD (Anorexia Nervosa and Associated Disorders)
630.577.1330

Family Anonymous
1.800.736.9805
For families dealing with alcohol and drug addiction of a family member.

Gamblers Anonymous
802.773.8305  1.800.522.8800
Contact: Jim McFarlane

Narcotics Anonymous
802.773.5575

Overeater’s Anonymous
www.oa.org

Rocking Horse Circle of Support
802.747.3588

Rutland County
Women’s Network and Shelter
802.775.6788
Women codependence, substance abuse, young kids support groups, sexual assault services.

Substance Abuse and Older Vermonters
802.779.2777
Contact: Patricia Facey
Email: patriciafaceyct@yahoo.com

WITS End Support Group
775-6608
**Behavioral Health**

**ADD Support Group**
603.448.6311

**CHADD (Children and Adults with Attention Deficit Disorder)**
802.265.4291 or 802.287.9866
www.chadd.org

**Mental Health Hotline**
1.800.789.2647
www.mentalhealth.org

**NAMI, the National Alliance on Mental Illness**
1.800.950.6264

**Rutland County Peer-Run Warm Line**
802.770.4248

**Care Givers**

**Care Giver Support Group**
802.776.2900 ext 0

**Rutland County Caregiver Coalition**
802.786.5990

**Rutland Mental Health Crisis Line**
802.775.1000

**Suicide Prevention Line**
1.800.273.8255

**Vermont Psychiatric Survivors**
802.775.6834 1.800.564.2106

**Veronica Marie Harper Memorial Foundation**
802.747.5945
Contact: Brandy
Providing support, guidance, access and education regarding suicide prevention.

**Tea for the Soul**
802.747.1693
Contact: Jessica Greco
A caregiver’s support group for anyone who cares for someone with cancer.
Cancer

Cancer Helpline
1.800.862.2215

Cancermount
802.747.1828
Support system for patients with cancer who want help in dealing with life changes and emotional support.

Man-to-Man Cancer Support Group
802.483.6220
Cancer-support group for men to share concerns, exchange information, and offer support to each other.

Tea for the Soul
802.747.1693
Contact: Jessica Greco
A Caregiver Support Group for anyone who cares for someone with cancer.

Women to Women Cancer Support
802.747.1693
Contact: Jessica Greco

Disabilities

ARC (Advocacy, Resources, Community)
Rutland Area
802.775.1370

Autism Support Daily
802.985.8773
www.autismsupportdaily.com
Offers a parent-only message board in Vermont, a message board for parents and professionals, and additional support opportunities for families

Community Access Program
802.775.0828
Rutland Mental Health

National Multiple Sclerosis Society,
Greater New England Chapter
802.871.5696
Disorders

Anorexia
1.888.740.4186

ANAD (Anorexia Nervosa and Associated Disorders)
630.577.1330

Family

Adoption Alliance
802.863.1721
Email: Imasi1031@aol.com

Autism Support Daily
802.985.8773
www.autismsupportdaily.com
Offers a parent-only message board in Vermont, a message board for parents and professionals, and additional support opportunities for families

Children’s Crisis Services
802.773.4225

Family and Children Support Services
802.773.4365
www.rmhsccn.org/childfamilyservices.php
88 Park St Rutland Vermont 05701

Family and Children Support Services help with questions and struggles regarding the family and the children within the family.

Friends of Adoption
802.235.2373
Contact: Dawn Smith Pliner or Joanne Turner
Supports the needs of all birthparents by sharing their various adoption experiences and feelings

Kin Conversations
802.747.0490 802.338.4725

Outright VT Friday Night Support
802.865.9677
Adam@outrightvt.org
Meets two Fridays a month for a peer to peer social and support group for queer and questioning youth across the state of Vermont. FNG is open to queer and questioning youth between the ages of 13-22.

Parents Together
802.775.1548
Contact: Debbie
Parent support group healing on various issues

WITS End Support Group
775-6608
Grief

**Compassionate Friends**  
802.446.2278  
Contact: Susan Mackey

Compassionate friends are a support group to assist families who have suffered the loss of a child any age.

**Heartbeat Vermont**  
802.446.3577  
Maple Leaf Clinic  
MapleLeafClinic@vermontel.net

Heartbeat is a group for mutual support of those who have lost a loved one through suicide. Meetings are held on the third

Parents of Murdered Children (POMC)  
802.747.4847  
Contact: Gloria Davis

Share Southern Vermont  
802.226.7231  
sharesouthernvermont@gmail.com  
Pregnancy and Infant Loss Support

SIDS: VT Department of Health  
802.786.5811

Provides public health nursing services for support and information to families who have experienced the loss of a child from SIDS.

Health

**AIDS Hotline**  
1.800.882.2437

**Arthritis Support Group**  
802.775.8220 ext 101  
Contact: Michelle

**Better Breathers Support Group**  
802.236.3883  
Contact: Sheri

**Diabetes Support**  
802.775.7844 ext 3

**Hepatitis Support Group**  
1.800.891.0707

**HIV/AIDS Support Group**  
802.775.5884

For those whose lives have been affected by HIV/AIDS

**Insulin Pump Support Group**  
Rutland Regional Medical Center  
802.775.7844

**Multiple Sclerosis Assoc of America**  
1.800.532.7667  
www.massociation.org

**Rheumatoid Arthritis Support Group**  
802.775.8220, ext. 101  
Contact: Nan, nmhart14@aol.com

**Vermont Lung Association**  
1.800.LUNG.USA
Veterans

Military One Source
1.800.342.9647
Supports every phase of military life

Veterans Crisis Line
1.800.273.8255
24 hours a day

Veterans Suicide Help
1.802.273.8255 (or text a message to 838255)
www.veteranscrisisline.net/
Transportation

**Bridges and Beyond**  
802.747.3710  
Rutland Regional Medical Center  
www.rrmc.org  
Contact: Betty Spooner

Offers non medical assistance to Rutland Area residents of any age to support independent living and improve quality of life.

**Marble Valley Transit District (The Bus)**  
1.800.339.3191 or 802.773.3244  
www.thebus.com

**Medicaid Bus (The Bus)**  
802.773.8682  
Out of town: 802.747.3502  
www.thebus.com/routes/special.htm  
158 Spruce St Rutland, Vermont 05701

Medicaid Transportation comes from the same company as “The Bus”. It offers free transportation to medical/Reach-up/Fair Hearing appointments for qualified recipients. Requires 48 hour notice.

**One 2 One (transportation)**  
802.775.4318  
(see Senior Services for further details)

**Thrift Shuttle Service**  
802.775.2490

Specializes in senior transport, but accepts all. Call in order for the rates to your destination.

**Transportation to White River Clinic**  
802.747.7838

**Vermont Rideshare**  
1.800.685.RIDE (7433)

**VA Hospital Transportation**  
802.295.9363, x5508  
www.dav.gov

Transportation for disabled American Veterans

**Taxi**

**All Occasion Transportation**  
802.236.1966  
Email: allocctaxi@yahoo.com

**Roy’s Taxi**  
802.772.7080

**Web’s Transportation Service**  
802.353.5007
Veterans/ Armed Services (+Family)

**Blinded Veterans Association**  
1.202.371.8880  
477 H Street Northwest  
Washington, DC 20001  
Through national and regional offices, provides support and resource referrals to blinded active and retired military personnel and their families.

**Dodge House**  
802.775.6772  
Email: dodgehouse_vao@comcast.net  
Contact: Chris Morgan  
Provides shelter, clothing, food, and an individualized program to reintegrate veterans back into the community and help them to achieve self-sufficiency.

**Health Benefits Information**  
1.866.687.8387

**Military One Source**  
1.800.342.9647  
Supports every phase of military life

**Home at Last**  
1.802.257.1358  
Brattleboro, Vermont 05303  
Contact: Kate Harty  
Provides residences for homeless veterans in mobile homes purchased in existing parks. Each veteran is supported by a case worker and provided with some basic needs. Veterans who are placed are asked to contribute 30% of their income for rent and utilities; however, VA subsidized housing grants are available.

**Open Door Mission**  
802.775.5661  
Rutmission@aol.com  
(see Food and Groceries for further details)

**Rutland VA Clinic**  
802.770.6713  
www.va.gov  
215 Stratton Road  
Rutland, Vermont 05701

**Veterans Affairs**  
1.800.827.1000  
www.va.gov

**VA Hospital Transportation**  
802.295.9363, x5508  
www.dav.gov  
Transportation for disabled American Veterans

**Veterans Crisis Line**  
1.800.273.8255  
24 hours a day

**Veterans Center**  
802.862.1806  
359 Dorset Street South  
Burlington, VT 05403  
Veterans of Foreign Wars (VFW)
802.775.6892
15 Wales Street, Rutland, VT 05701

Veterans Suicide Help
1.802.273.8255
(or text a message to 838255)
www.veteranscrisisline.net/

This hotline connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. This line is for veterans and the veterans loved ones.

Vermont National Guard
802.773.8022
Rutland site

Vermont Office of Veterans Affairs
802.828.3379
www.veterans.vermont.gov/ova
118 State Street
Montpelier, Vermont 05620

Veterans Outreach Center
1.585.546.1081 1.886.906.8387
www.veteransoutreachcenter.org
459 South Avenue, Rochester, VT 14620

The veterans outreach center provides a great wellness and support service. Their mission is to ensure veterans’ success by overcoming barriers to economic well-being, employment, physical and mental health.

Vermont Veterans and Family Outreach
1.888.607.8773
www.veterans.vermont.gov

Provides round-the-clock access and assistance for veterans. Trained professionals are available to provide information and referrals.

White River Junction VA Medical Center
1.802.295.9363 1.866.687.8387
www.whiteriver.va.gov
215 North Main Street
White River Junction, VT 05009