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Licensed Clinical Mental Health Counselor
Nutrition Therapy Consultant
802-888-6215, x2
Green River Guild
111 Main Street
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Mental Health Resources

Looking for a therapist:

Go to the Psychology Today website <https://www.psychologytoday.com/us> and use the “Find a Therapist” tool. Once you put in the zip code or name of the town you are in, you can apply various filters (ie: Issues, Insurance, Gender, Types of therapy, Age, etc) to try to get the best match for you or your loved one.

Lamoille County Mental Health <https://lamoille.org/>

Behavioral Health and Wellness Center
<https://chslv.org/our-services/behavioral/>

Green River Guild, Hyde Park, 888-6215

Leave a message on the general voicemail and a clinician will call you back to follow-up to offer resources and additional referral options, if necessary.

200 Park St. Morrisville Collaborative of Therapists

Meg Bickerstaff, 696-2485
Kris Connolly, 730-2531
Kate Donnally, 730-9086
Rich Farrell, 734-9352
Frederick Gluck, 498-5211
Joie Marshall, 888-9101

Daniel Merges, 851-0057
Gary Mitchell, 696-9303
Cathy Murphy, 888-3726
Marie Olson, 917-3183
Matt Sadowsky, 760-9703
Ally Wise, 793-7955

Crisis Text Line available 24/7
Text for Support **741741**

SAMHSA’s National Helpline
#1-800-662-4357 (HELP)

From the Vermont Community Foundation's Information COVID-19 Resource List:

MENTAL HEALTH RESOURCES:

- 24/7 emotional help Crisis Textline Text: "VT" to 741741 or call National Suicide Prevention Lifeline at 1-800-273-TALK.
- [Free and Low Fee Mental Health Services](#) for front line workers during Covid-19
- Alcoholics Anonymous meetings online at www.aavt.org. Additional resources at [Online recovery resources/ meetings](#)
- <http://youfeellikeshit.com/> (simple but effective website for those experiencing anxiety around COVID-19)
- [Pathways Vermont Support Line](#): Reach out to your neighbors, connect with your chosen family, and call or text the Pathways Vermont Support Line. Open from 3 PM to 6 AM. Connect with an operator by dialing (833) VT - TALKS / (833) 888 - 2557
- [Invest EAP](#) Online Guidebook and Mental Health Support: statewide non-profit serving employees and all household members. Not tied to insurance, and completely free and confidential to you. <https://www.investeapcovid19.org/> (check your or your partner's workplace benefits for your own EAP if you don't have Invest)
- CDC Managing Anxiety and Stress with COVID 19 [CDC](#)
- Mental Health Considerations during COVID-19 Outbreak [WHO](#)
- National Alliance Mental Illness [NAMI](#)
- Parent/Caregiver Guide to Helping Families Cope with the Coronavirus (Covid-19) [The National Child Traumatic Stress Network](#)
- [VT Alcoholics Anonymous](#)
- Vermont Help Link offering free, confidential and personalized information and referrals to substance use prevention, treatment and recovery services throughout the state <https://vthelplink.org/> or dial 802-565-LINK (5465). The call center is open 8:00 a.m. to 10:00 p.m. weekdays, and 8:00 a.m to -6:00 p.m. weekends and holidays, 365 days per year.
- [Online recovery resources/ meetings](#)
- [Washington County Mental Health Services](#) - Find valuable information on [COVID-19 support](#), selfcare, kidcare and familycare as well as fun and educational ways to keep kids and the entire family active and engaged while sheltering in place. Mental health crisis care is available 24/7 by calling 802.229.0591. You're not alone. WCMHS, where hope and support come together.

- [Howard Center - Help is Here](#). Message to our Community: Howard Center is Open. Main Number: 802-488-6000; First Call for Chittenden County 802-488-7777. If you experience longer than a 15 minute wait for a call back, please call again. We are adapting and changing as needed and some services are being provided by telephone and video telehealth. Some of our locations are also operating with modifications. 102 S. Winooski Avenue, 855 Pine Street, 1138 Pine Street, and 208 Flynn Avenue locations in Burlington do not currently have reception and the building's main doors are locked. At 172 Fairfield Street in St. Albans we do not have reception for Outpatient Services but the Public Inebriate Program is providing in-person support. Our ACT1/Bridge Program at 184 Pearl Street in Burlington has moved temporarily to 851 Pine Street to share resources with our ASSIST Program. The Resource Center and Onion River Program at Knight Lane in Williston remain closed temporarily.
- [Good Beginnings](#) - "Good Beginnings is still available and a great resource for any family with a new baby. We can help families connect with financial resources and mental health services, provide support and advice re: newborn care and soothing infants, and simply be a listening ear/encouraging voice for tired/overwhelmed parents. Anyone caring for an infant can call us. We are available via phone, text, email, or Zoom call and prepared to answer questions about birthing or parenting newborns during COVID-19, provide emotional support, information about newborn care or soothing strategies, help accessing mental health services, or just to LISTEN as someone shares their postpartum experience. We are hosting a weekly, facilitated peer support group on Zoom and can connect families to other online support groups to fit their needs. We may also be able to help families connect with other resources or assistance (eg formula, diapers, enrolling in WIC). Families can contact us directly by calling (802) 276-0383 or emailing ana@goodbeginningscentralvt.org"

Nutrition Information and Supports -- FOOD Supports

Katie Black, Nutrition Educator, Expanded Food and Nutrition Education Program (EFNEP) is offering virtual nutrition education through a program called, "Eat Smart, Move More"

www.uvm.edu/extension/efnep

Salvation Farms <https://www.salvationfarms.org/about-us/> , along with WIC/CHSLV, Hardwick Health Center, and others have distributed many shares of produce to

families this season. Check this site for other programs and upcoming plans to support food system needs in Lamoille County.

Kate Myerson, RD, CHSLV If you are interested in improving your health using a HAES, Intuitive Eating and a Body Positive approach contact Kate Myerson, non-diet dietitian at Stowe Family Practice, 802-253-4853.

<https://chslv.org/new-research-on-weight-science-health-improvement-for-every-shape-and-size/>

Laura Biron, Living Better: Nutrition and Wellness

<http://www.livingbetternutrition.com/>

Lamoille County Food Shelves:

Lamoille Community Food Share <http://www.lcfoodshare.org/>

Specific Information on Thanksgiving 2020

<http://www.lcfoodshare.org/whats-up/-thanksgiving-.html>

Hardwick Area Food Pantry <https://www.nourishhardwick.org/pantry>

Morrisville Food Co-op (MOCO)

Moco was the first market in the area to offer online ordering and curbside pick-up when covid hit in March. They continue to offer this service and is prepared to help in any way they are able to. The order form is on their website here

<https://morrisvillecoop.com/order-groceries/>

and you can order 24 hours/day 7 days/week. If you put in your order in the morning, it will usually be available that same day. If the order form comes in after 2 pm, your order will be ready the next business day. Saturday and Sunday online orders will be available for pick-up on Monday. Moco has limited capacity to handle phone-in orders, but if you don't have internet service to complete the online orders, don't hesitate to give them a call at 888-2255. Also if you are an at-risk individual, you can do your shopping between 9-10, M-F.

RESOURCES & PLACES FOR INFO SHARING:

- Updated information about food resources: <https://www.hungerfreevt.org/>
- Vermont 2-1-1 <https://www.vermont211.org/>
- People can use the Hunger Council listserv for discussion, questions, info sharing: email: lamoillevalleyhungercouncil@hungerfreevt.org
- <https://unitedwaynwvt.org/covid19-community-response>
- *The Farmers to Families food box program has been extended through the end of the year! Starting November 16th, Farmers to Families food boxes will be available at multiple daily food distributions throughout the state.*

To keep wait times to a minimum, reservations will be required for the distributions. To register and see the dates and locations, please visit <https://humanresources.vermont.gov/food-help> or call 802-476-0316 for assistance.

Each reservation will receive 1 box with about 30 lbs of food, including fresh produce, dairy products, and meat.

You are welcome to pick up food for other families who are not able to make it to the pickup site, just be sure to make a separate reservation for each household you would like to pick up for. Each reservation is for one set of food.

This program will likely end at the end of December, so we encourage people utilizing it to look into other resources for the new year. There are many excellent programs that can help. For more ways to access the food you need, visit: <https://www.vtfoodbank.org/gethelp> or <https://www.vtfoodbank.org/coronavirus-services-for-individuals>

- **Everyone eats/Shift meals** information can be accessed at this site: <https://shiftmeals.org/>
- **The Bounty Share** has 2 more weeks. The bounty share is fresh produce from Salvation farms and everyone eats meals. The program filled however there are a few shares leftover that people do not pick up so anyone who identifies as food insecure can contact Kate Myserson at kmyerson@chslv.org Or through CHSLV <https://chslv.org/our-services/stowefamily-2/>

Takeaway Tools:

Practice daily and regular use of the STOP technique as one important, user-friendly tool for creating a pause or space that allows us to have a response instead of a reaction when we are stimulated or triggered by an outside event or stressor: <https://www.mindful.org/stressing-out-stop/>

S - STOP what you are currently doing: Take a break

T - TURN to your breath and take 3 deep breaths, slowing down your inhalations and exhalations.

O - OBSERVE your thoughts, feelings, and emotions. Notice whether you are hungry, thirsty, tired, worried, excited, sad, hopeful, etc.

P -PROCEED with self-care or nourishment. For example, if you observe that you are thirsty, get yourself a glass of water; if you noticed you are tired, make a plan to get to bed a little earlier; if you feel worried, make a plan to call a friend for support, write down your worries to get them out of your head, hug yourself, or take an action step that helps you feel more empowered.

Research Meditation, Mindfulness, or Stress-Management Apps that can be used easily from your phone or computer: [Insight Timer](#), [Breathe](#), [Calm](#), and [Headspace](#) are a few I often recommend. They are easy to use and many of them are free. I have one client who sets a chime on her phone to go off every 30 minutes at which time she does a 2-minute mini-breathwork meditation. She finds this regular practice an essential component of how she remains calm and responsive (versus reactive) throughout her day. Also, check out this [15-minute segment on meditation](#).

For information on the **Pillars of Mental Health**, please go to Copley Hospital's LiveWellLamoille Blog and check out Julie Bomengen's six posts on the foundations of mental health:

<https://www.livewellamoille.com/?s=Pillars+of+Mental+Health>

<https://www.livewellamoille.com/?s=Sweet+Dreams>

<https://www.livewellamoille.com/?s=Food+as+Medicine+for+Mental+Health>

<https://www.livewellamoille.com/?s=Movement+for+Mental+Health>

<https://www.livewellamoille.com/?s=Making+Connections+for+Mental+Health>

<https://www.livewellamoille.com/?s=Busting+Stress+for+Mental+Health>

Vermont Edition, VPR

Aired on Monday, 11/15

Check out this episode on managing stress and cultivating joy and gratitude

<https://www.vpr.org/post/getting-through-holidays-during-pandemic>

In terms of the impact of our use of technology on our emotional and mental well-being, please consider not looking at any technology within the first hour of waking. Set the tone of your day by doing something that is calming or satisfying. Make a yummy breakfast, take a shower, read a book, take a short walk -- something that makes you feel good -vs- engaging in technology that spikes anxiety or stress. Making this a daily practice is one way to set a more relaxed, calm, and hopeful tone for your day.

Throughout the day, please ask yourself, is my use of technology serving me right now or is it merely fueling my dis-ease, anxiety, stress, etc. ?? News breaks and technology-free periods each day are extremely helpful strategies for reducing stress and nervous system dysregulation.

Thank you for tuning in. Take care of yourself and your loved ones.

Warmly,

Julie Bomengen