

HOURS OF OPERATION & CONTACT INFORMATION

OPEN ACCESS HOURS

Assessment & Referral

Individuals seeking services can walk in at 7 Court Square in Rutland, Vermont, on Monday, Tuesday, or Thursday from 8:30 a.m. to 4:30 p.m. to receive an initial assessment.

OFFICE HOURS

98 Allen Street Office

Monday, Wednesday, Friday: 8:00 a.m. – 8:00 p.m.
Tuesday, Thursday: 8:00 a.m. – 6:30 p.m.

802-775-4388

7 Court Square Office

Monday, Thursday, Friday: 8:30 a.m. – 4:30 p.m.
Tuesday and Wednesday: 8:30 a.m. – 6:00 p.m.

802-775-4388

Crisis – Emergency Services:
(802) 775-1000 or
Text us at (802) 214-2553



rmhscn.org

Main Agency:
78 S Main St, Rutland, VT 05701
802-775-2381
Monday-Friday 8AM-5PM

SERVICES AVAILABLE

Housing Support

Housing Support program assistance includes guidance around developing and managing a housing budget, searching for housing, completing applications, touring housing sites, talking to landlords, reviewing leases, moving coordination, connections to community resources to get you started in your new residence, and how to terminate a lease while keeping a reference.

Individual Therapy

Individual Therapy program assistance includes guidance around managing distress, staying in the present moment, combating intrusive thoughts, regulating emotions, processing trauma, and developing alternative coping skills, just a few examples of how individual therapy can be a useful tool.

Outreach

Intensive community supports to practice skills, support independent living skill development, provide access to and reminders for medications to those who struggle with organization and/or overdose concerns.

Peer Services

Support and services from those with lived experience.

Psychiatry

Psychiatric evaluation, and prescribed psychotropic medications as indicated by APRN or MD.

Treatment Court

Treatment Court is designed to offer an alternative to the traditional legal process so offenders can put their life back together without a criminal history. Referrals for this program are made through the criminal justice system. Treatment Court is a collaborative effort between Community Care Network, Rutland District Court, the State's

Attorneys Office, the Public Defender's Office, and is supported by the State of Vermont.

Wellness Activities

Drop in, or referral-based activities geared to support health, wellness, socialization and psychoeducation.

Residential Services

Crisis Stabilization and Inpatient Diversion (CSID): 24/7 staffed program that provides individuals experiencing a mental health crisis supports and service as an alternative to inpatient psychiatric care, or a brief step-down when discharging from a psychiatric hospital prior to returning to the community.

Maplewood: Intensive recovery residential facility that is a 24/7 staffed program and provides individuals experiencing severe and persistent mental illness 6 to 18 months of support and services in an effort to transition from a long-term psychiatric hospitalization into the community.

Transitional Housing: Support staff available on site throughout the day. 0 to 90 days increased services and supports including weekly housing support appointments, twice-daily medication access visits, weekly support visit, and attendance at Life Skills Group or equivalent at base. Individualized agreements tailored to individual's needs, goals, and preferences. Individuals must be enrolled, and actively engaged, in a Rutland Mental Health Adult Services Program and adhere to program guidelines.

COLLABORATION FOR PERSON-CENTERED SUPPORT

Community Care Network works collaboratively with partner organizations in the community to deliver services that meet individuals where they are and help them thrive within the community.



Community
Care Network

Rutland Mental Health Services | Rutland Community Programs

Adult Services



thriving community,
empowered lives

OUR APPROACH

Compassionate Care, Evidence-Based Practice

Community Care Network services are provided by a compassionate, interdisciplinary team using evidence-based practices. Everyone is different, and no two journeys are identical. This is why we offer different levels of care and a variety of services that help address unique needs.

ASSESSMENT & REFERRAL

Individuals seeking services can walk in at 7 Court Square in Rutland, Vermont, on Monday, Tuesday, or Thursday from 8:30 a.m. to 4:30 p.m. to receive an initial assessment.

For those with transportation issues, mobility challenges, or who need scheduling accommodations, please call our intake department at 802-775-4388 to schedule an appointment. You will be asked to answer a few brief questions with our Intake Specialists, and complete a series of screening questionnaires. If you need assistance, our clinicians will be happy to complete the screening tools with you.

The initial assessment is meant to respond quickly to your immediate needs and provide timely access to recommended services. The intake clinician may also provide you with the following resources:

- Orientation & welcome packet
- Housing applications
- Medicaid application
- 3 Squares application
- Follow-up appointment within 1 week of initial evaluation
- Psychotherapy, and drop-in group schedule
- Narcan
- Fentanyl and/or Xylazine test strips
- Urine drug screen availability on site

FOLLOW UP

Staff will work with you to create an individual treatment plan based on your goals, and reasons for seeking services. This plan will be reviewed periodically, and helps you and your team monitor progress in your treatment.

Staff will also support you in creating a Wellness Support Plan, which aims to proactively identify: stressors, triggers, warning signs, coping skills, supports you have, things that have been helpful in the past when you are struggling, and things that make the situation worse.

*Community Care Network Substance Use Services prioritizes treatment to pregnant females, specifically those struggling with IV substance use.

PROGRAMS AVAILABLE

Community Rehabilitation and Treatment (CRT)

CRT eligibility is based on state-determined criteria and approval. Individual's must meet diagnostic criteria, functional needs as a result of the qualifying diagnosis, and established treatment history. CRT services include:

- Case Management
- Employment
- Housing Support
- Individual Therapy
- Outreach Services
- Peer Support
- Psychiatry
- Transitional Housing
- Wellness Activities

Intensive Outpatient Treatment Program (IOP)

IOP is an intensive outpatient substance use treatment program which allows people to maintain their daily routines while receiving the psychological and social support necessary for recovery. Sessions include structured individualized activities designed to foster an understanding of substance use and relapse prevention strategies. IOP consists of:

- Access to MAT/PSYCH/Health Screenings
- Approximately 20, three-hour group sessions
- Case Management
- Employment Coaching
- Peer Support
- Weekly Individual Sessions

Outpatient Services for Substance Use and/or Mental Health

Individuals are offered a variety of services through our Outpatient Program that are tailored based on your personal needs and preferences. These services include:

- Case Management
- Consultation with Employment Specialists
- Consultation with Housing Support
- Individual Therapy
- Medication Assisted Treatment (MAT) for opioid use disorder
- Peer Supports
- Psychiatry
- Psychotherapy Groups
- Wellness Activities

Eldercare

The Eldercare program includes Individual Therapy and Case Management supports provided to home-bound older Rutland and Bennington County Residents. These services aim to provide connection to supportive resources, decrease isolation and depressive symptoms, support elders who struggle with substance use, and provide education to community partners about geriatric care.

SERVICES AVAILABLE

24/7 Emergency Services

If you or someone know if experiencing distress or a mental health crisis, our Emergency Services staff are available 24 hours a day, 7 days a week to offer phone or in-person support. Call 802-775-1000, or text 802-214-2553 to access these services.

Caregiver Supports

Providing care and support to those we love can take a large toll on those providing the care, even when it is something they want to be doing. Often times, those doing the "caring" are overlooked for those who need the care. These services and supports are aimed to provide skill building, psychoeducation, and supportive counseling to caregivers (paid and non-paid) who take care of others.

Case Management

Case Management includes service coordination, connection to local supportive resources and assistance in identifying and overcoming barriers to goals.

Employment

Support and assistance with identifying areas of interest, as well as individual strengths, and helping to develop these into potential work opportunities. Additional assistance includes guidance around resume writing, finding job postings, completing applications, interviewing practice, job skills, navigating tough conversations with your employer, and how income affects your benefits.

Group Therapy

Examples of our Group Therapy offerings include: Advanced Topics in Recovery, Anger Management, Co-Occurring, Criminal & Addictive Thinking, Dialectical Behavior Therapy Skills, Grief & Loss, Healthy Women's Group, Making Connections for Change, Men's Group, Mother's Therapy and Seeking Safety.

(Services Continued on Back)

