

HOW DO I REQUEST SERVICES?

If you would like more information about our services or want to schedule an appointment, please call (802) 775-2381 and an Intake Worker will assist you.

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

The following are additional supports that may be available to those already engaged in other Rutland Mental Health services:

Vermont Outdoor Adventure Program (VOAP)

VOAP is a specialized program that utilizes adventure-based activities in a wilderness setting as a means of helping individuals improve their self-esteem, self-confidence, and self-control. The program is designed to help participants learn how to manage emotions, communicate effectively, trust others, take responsibility, work with others as a team, and make positive choices for their life.

Respite Services

The Respite program provides respite services for children in Rutland County who are engaged in other services at RMHS, and whose family system would benefit from brief separation (one to four hours) of the child from the home environment.

Medication Management

A psychiatric evaluation can be requested to help determine if medications and ongoing medication management would be beneficial to a child's treatment.

**Services are available up to the age of 21 if a youth receives special education services.*



Child and Family Services

When a child in Rutland County needs help, Rutland Mental Health is always within reach. Our Child and Family Services division provides counseling and support for children and families struggling with emotional, behavioral and/or substance use issues.



WHO WE ARE:

Child and Family Services is a team of caring and skilled helping professionals committed to providing a continuum of high quality, person centered supports to children and families facing mental health, behavioral and relationship challenges. We are committed to providing accessible, evidence-based services which are tailored to the individual needs of each child and family. Services are provided in a variety of settings including schools, communities and homes as well as at our Outpatient and Early Childhood offices.

SERVICES AVAILABLE

Outpatient Services

Outpatient Services offers evidence-based interventions for children ages 6 to 18* experiencing mental health, behavioral and/or emotional challenges. Clinical services are tailored at evaluation with a strong focus on family and person-centered choice. Services available include assessment, psychotherapy (counseling), case management (skill building, service coordination) and groups.

Early Childhood Services

Assessment, consultation, service planning and coordination, supportive counseling and evidence based individual and family therapy for infants and children age 6 and under. Master's level Early Childhood Mental Health Consultation is provided to childcare centers, Head Start, and childcare provider networks.



Emergency/Crisis Services

Child and Family crisis services are available 24/7 through our RMHS Emergency Services program. The Emergency Services team can be reached 24/7 at (802) 775-1000. Our Emergency Services team works closely with the Child and Family Services teams to ensure follow-up stabilization services are available.

Adolescent Outpatient Substance Use Disorder Treatment

The Outpatient Substance Use Treatment Program provides services for adolescents needing support around challenges related to self-medication and substance use. Our counseling group utilizes both harm reduction and co-occurring treatment models designed to empower youth to identify and work on the self-improvement changes that they want to make.

Intensive Family-Based Services

IFBS is an intensive community-based, short-term (3 to 6 months) program that works with families at risk of having a child removed from their home or who are in the reunification process with a child following an out-of-home placement. Referrals for this program traditionally come from the Department of Children and Families (DCF) but families can also be referred through other providers.

Parent-Child Interaction Therapy (PCIT)

PCIT is a short-term program that teaches caregivers of children up to 6 how to manage their child's difficult behaviors while increasing their positive behaviors.

School-Based Services

This program offers contracted clinical and behavioral support services to some Rutland County schools to provide on-site mental and behavioral health services.

J.O.B.S Program (Jump On Board for Success)

The JOBS Program services youth age 16 through 23 who are looking for support transitioning to independent adulthood. The program provides support to gain or maintain employment and assists youth with skills building and goal setting.

Rapid Response

Short term stabilization services for children/families following a mental health crisis assessment through the RMHS Crisis Team. Rapid Response services are also utilized for aftercare planning and re-unification following a mental health related hospitalization or other out of home placement.

