



Community  
Care Network

Rutland Mental Health Services | Rutland Community Programs

## Early Childhood & Family Mental Health (CUPS)



[rmhscn.org](http://rmhscn.org)

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

**ECFMH Service Location**  
10 Engrem Avenue  
Rutland, VT 05701  
802-786-7390

Early Childhood and Family Mental Health is part of Children's Integrated Services and Rutland Mental Health Services.

The Early Childhood Team at Rutland Mental Health consists of experienced clinicians, case managers and support specialists who provide comprehensive, social/emotional and mental health services to young children and their families.

Services may be provided in a child's home, childcare program, preschool, or clinic office at **10 or 12 Engrem Avenue** in Rutland.

For additional information, please contact the Early Childhood Team Manager, Lauren Norford, at 802-786-7388, [lnorford@rmhscn.org](mailto:lnorford@rmhscn.org)



thriving community,  
empowered lives



## FOR CHILDREN BIRTH TO SIX

- Is your child overly demanding, cry often, or cling to you?
- Does your child get upset easily or have difficulty calming down once upset?
- Is your child frequently sad or unhappy?
- Does your child hit others or throw temper tantrums more than what seems typical?
- Does your child seem more angry or disobedient than other children?
- Is your child a challenge at day care?
- Is your child highly active or have difficulty sticking with tasks?

## SERVICES AVAILABLE

- Access to services such as full evaluation, case management, family therapy, play therapy, parent support
- Treatment of trauma related issues in children
- Specialized Services:
  - Parent Child Interaction Therapy (PCIT)
  - Child Parent Psychotherapy (CPP)
  - Circle of Security Parenting groups
- “Holding Hope” pregnancy / postpartum peer support
- Parents and Babies Intervention (group or 1:1)
- Assistance connecting parents with perinatal mental health concerns to resources

## A RANGE OF SERVICES

- Coordinated, seamless care with other CIS providers, such as CIS Family Support workers, Early Intervention, Nursing.
- Services can provide preventative counseling for parent & child to strengthen relationships.
- Transitional services to care after age six.
- Help with kindergarten readiness.
- Consultation to child care programs available. We are glad to come to the child!

**Early Childhood Mental Health,  
part of Children’s Integrated  
Services, can help!**

**If you have concerns about  
your child, please call:  
Child/Family Intake  
802-775-2381**

**Families in crisis should call  
802-775-1000  
RMHS Crisis Line  
24 Hours A Day**

