Thank You For Joining Us Today!
Practice These Self-Care Tips to Help You Be Fully Present Today

1. Close your eyes and take 10 deep breaths.
2. Gather items next to you to doodle or fidget with while you listen, such as paper and crayons or a fidget toy.
3. Drink water throughout the day to stay hydrated.
4. Allow yourself to step away from the computer if you feel the need.
5. Reach out to a loved one, a support person, if you need extra support today.
Enhanced Life Options Group Vermont is a non-profit organization that brings clarity and peace of mind to the process of long and short term financial planning for the disabled community through the use of special needs trusts. Special Needs Trusts allow an individual’s assets to be held and utilized on their behalf while continuing to use Medicaid and Social Security. Our goal is to provide a sound financial structure that will allow a disabled individual to maximize their finances and get on with the business of living their life.
NAMI Vermont is partnering with the producers of Orchestrating Change to offer a panel discussion on

**Wednesday, June 9**

7 pm

Registrants will be able to view the full-length documentary between June 7-10.

For more information and to register, visit namivt.org/orchestrating-change.
The University of Vermont Health Network is an integrated academic health system that serves more than one million residents across Vermont and Northern New York. We are working to preserve access to care for our families, friends and communities while also innovating to change the way that care is delivered to focus on wellness as much as illness and to control costs.
ANXIETY GROUNDING TECHNIQUE

Focus on your breathing, then identify:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste
Train to become a volunteer facilitator
June 4th - 6th

Peers Needed!!!
Training is FREE to NAMI Vermont members.
Must register by Monday, May 24th.

Visit www.namivt.org/support
Since 1959, the Counseling Service of Addison County (CSAC) is a local community mental health center located in Middlebury, Vermont. CSAC is committed to promoting stable and safe communities by helping people live emotionally healthy and satisfying lives. We strive to provide the best mental health, substance abuse, and developmental services to improve the quality of life for all community members. We work collaboratively with community organizations to help individuals and families achieve maximum wellness.

CSAC holds Centers of Excellence (COE) accreditation through Vermont Care Partners (VCP).
Registration is now open for NAMICon 2021.
Visit www.nami.org for more info and to register.
Vermont Cooperative for Practice Improvement & Innovation is a statewide membership cooperative, representing mental health and substance abuse providers, state agencies, hospitals, professional associations, peers, families and more working to support practice improvement and workforce development in the Vermont system of care.
NAMI Vermont and Team Two Vermont present an *Ernie & Joe: Crisis Cops* presentation for the Washington County/Montpelier Community on

**Wednesday, June 16**

6 – 7:30 pm

A 25-minute excerpt of the film will be followed by a panel discussion. Access to the full film will be available after the event. Visit [www.namivt.org/ernie-joe](http://www.namivt.org/ernie-joe) to learn more.
NAMI VT Family of Programs

NAMI Connection
NAMI In Our Own Voice
NAMI Homefront
NAMI FaithNet
NAMI Vermont
NAMI Provider

family Support Group
Ending the Silence
Family-to-Family
Mental Illness & Recovery

namivt.org
M.S. in Clinical Mental Health Counseling
Weekend Format

https://www.northernvermont.edu/ms-clinical-mental-health-counseling

Admissions@northernvermont.edu
NVU M.S. in Clinical MH Counseling

Earn Your Masters Degree
One Weekend-A-Month

LICENSURE as an LCMHC
(MOU with the VT Allied MH Board)

Integrated approach to Mental Health &
Substance Use Disorder Counseling

Contact: Admissions@northernvermont.edu
SAVE THE DATE!

SATURDAY,
OCTOBER 9, 2021

Join NAMI Vermont and other NAMIWalks around the country as we walk together for a United Day of Hope.

www.namivt.org/WALK
Mastering Brain Chemistry Course
Spring 2022 (Dates TBA)

Comprehensive online course for physicians (MD/DO or ND) on the role of nutrients for mental, learning and behavioral disorders developed through extensive research and clinical experience by William J. Walsh, PhD, FACN, president of the Walsh Research Institute (IL) and Malcolm Sickels, MD, ABOIM, ABIHM, board-certified family/integrative medicine physician (MI).

For more information, please visit: www.walshinstitute.org/practitioner-education.html
Vermont Support Line: Call or Text (833) VT-TALKS / (833) 888-2557

National Suicide Prevention Lifeline: (800) 273-8255

Crisis Text line: Text VT to 741741

Designated Mental Health Agencies Crisis Lines: vermontcarepartners.org/intake-and-crisis-lines

Visit www.namivt.org/crisis-resources for more resources
NVU M.S. in Clinical MH Counseling
Weekend Format

https://www.northernvermont.edu/ms-clinical-mental-health-counseling

Apply Now

Classes One-Weekend-A-Month, in Williston, VT

Integrated Mental Health & Substance Use Disorder Counseling

Licensure as an LCMHC

Substantial content towards the LADC

Exploring Future Remote Options

PCMHAAdmissions@northernvermont.edu
Get Involved with NAMI Vermont!

We are a grassroots organization that relies on the support of our volunteers. There are many ways you can help. Learn how:

Visit www.namivt.org/about/get-involved
Train to become a volunteer program leader
June 12th - 13th

Clinicians, Family Members, and Peers Needed!!!
Training is FREE to NAMI Vermont members.
Must register by Monday, May 31st.

Visit www.namivt.org/education
NVU M.S. in Clinical Mental Health Counseling
Weekend Format

https://www.northernvermont.edu/ms-clinical-mental-health-counseling

Apply:

https://www.northernvermont.edu/admissions-and-aid/students/graduate-students

For more information:

Admissions@northernvermont.edu Or

PCMHAAdmissions@northernvermont.edu
HELP IS AVAILABLE

activeminds.org/gethelp

Crisis Text Line
Text Home to 741741

National Suicide Prevention Lifeline
1-800-273-8255

NAMI Crisis Resources
namivt.org/crisis-resources/

Vermont Support Line: Call (833) VT-TALKS (or call/text 833-888-2557)

Complete this post-event survey for a chance to win a gift card! ↓

activeminds.org/survey
Visit our Sponsors in the VIRTUAL Exhibit Hall!

namivt.org/exhibit-hall

🔍 Search for the hidden NAMI Vermont grass logo on one of these pages and enter a raffle for the chance to win a:

$50 Gift Card to Hannaford!