

HowardCenter



Youth Yellow Pages

Worried about yourself or a friend?

ALCOHOL AND OTHER DRUGS

Many youth have been exposed to alcohol or other drugs. There might be many reasons that you or someone you know would use substances. Sometimes people use substances because others around them are doing it or they are trying to make feelings go away. Like many choices, using substances can have consequences. Using substances can cause you to get in trouble with the police, at school, or with your parents and it can impact your physical or mental health. When people use substances their ability to make safe decisions can be affected, this can be dangerous. When people use substances it can also cause problems in their relationships with their friends or family members. There are many places to help people who are struggling with their own or someone else's substance use.

IN A CRISIS, IF YOU OR SOMEONE ELSE IS NOT SAFE, CALL 911

Here is a list of programs you can call:

OUTPATIENT

Centerpoint Adolescent Treatment Services	488-7711
www.centerpointservices.org	
Howard Center Mental Health (Ages 18+)	488-6100
howardcenter.org/Adult-Mental-Health	
Spectrum Counseling	864-7423 ext 310
www.spectrumvt.org	
U VM Substance Abuse Treatment (Ages 18+)	656-8714 or 800-377-8714
www.uvm.edu/~uvmsatc	

SUPPORT GROUPS

Al-Anon	860-8388
www.vermontalanonlateen.org	
Alcoholics Anonymous	860-8382
www.aa.org	
Green Mountain Area Narcotics Anonymous	773-5575
www.gmana.org	

INPATIENT/RESIDENTIAL

Act 1/Bridge (24 Hours)	488-6425
www.howardcenter.org	
Maple Leaf Farm (Ages 18+)	800 254-5659 or 899- 2911
www.mapleleaf.org	
Brattleboro Retreat	800 738-7328
www.brattlebororetreat.org	

SUICIDE & VIOLENT BEHAVIOR

What if you think a friend is suicidal? You can show them you care by listening, staying calm, and not judging their feelings. Just ask, "Are you thinking about killing yourself?" or "Are you thinking of suicide?" This is not something you should keep to yourself. Just the fact that you are worried about your friend means that you need to take it seriously.

Any person that others think is having suicidal thoughts or any person making a suicidal statement should be seen immediately by a mental health professional, guidance counselor or doctor.

You can be a big help, as you may be the only person your friend has told. You can listen and show your support and make a real difference, but you should not handle it alone. If your friend refuses to get help, tell his or her parents, teacher, counselor, or other trusted adult. You can call First Call for Chittenden County at 488-7777 to get information on how to get help.

What if it's YOU?

If you are thinking of suicide, be a friend to yourself. Tell someone and ask for help. You do not have to deal with the pain alone!

For emergency help 24 hours a day call

First Call for Chittenden County	488-7777
National Suicide Hotline	800-273-talk(8255)
	www.suicidehotlines.com/national.html
Police & Ambulance	911

VIOLENT BEHAVIOR

There are three different kinds of abuse: emotional, physical and sexual. Emotional abuse is hurting others with words, physical abuse is hurting someone's body, and sexual abuse is unwanted sexual touching or behavior. Abuse can happen in any relationship. For example, child abuse is abuse between an adult and a child. Domestic violence is what people call abuse between a couple. No one deserves to be hurt. It is painful to be a victim of abuse, but it is also painful to witness violence. Please talk to an adult you trust for help. People in certain occupations, such as teachers, doctors and child care providers, are required by law to report suspected abuse to the police or the Department of Children and Families (DCF). Sometimes DCF does an "investigation" or "assessment" to identify the problem and help protect children from abuse. In serious cases, the police or court may be involved. Always report abuse –whether sexual, emotional, or physical – to a trusted adult.

Here is a list of programs you can call

Victim Advocates	863-2865
Women Helping Battered Women	658-3131
	www.whbw.org
DCF Centralized Intake	800-649-5285
	dcf.vermont.gov
Domestic Violence Emergency Hotline (Child Abuse Hotline)	800-4-A-CHILD
	www.childhelp.org

MENTAL HEALTH AND COUNSELING

BULLYING

Bullying is when someone tries to manipulate, coerce or harass another person by any means, direct or indirect. Bullying includes things like name calling, teasing, intimidation, threats, using force or pressure to make someone do something, putting something in someone's locker or getting someone in trouble. There are laws and school rules about bullying in Vermont. Being bullied is often a hurtful, scary experience; it's ok to ask for help. Bullying is not ok in person, on the computer, phone or through texting. If you are being bullied, talk to an adult you trust.

ARE YOUR PARENTS IN JAIL?

Youth who have a parent who is in jail or has been in jail sometimes feel alone or isolated. Having a parent go to jail can disrupt many parts of people's lives. You may wonder what is going to happen to your parent, or at your home and you may not have all the facts. At First Call for Chittenden County, we have a part of our program called Safety Net to help children and families where a parent or caregiver has been incarcerated. Just call 488-7777.

DEPRESSION

Life has ups and downs. Everyone feels down or sad sometimes. If you feel down but are still able to do the things you normally do and that feeling goes away after a couple days, this could be a part of the ups and downs of life. You may want to check in with someone you trust or find ways to manage your stress and feelings during those times.

If you have long periods of sadness with or without a reason, changes in eating, sleeping, and a loss of interest in activities that used to be fun, you may be experiencing depression. Some people who are depressed have so little energy that it is hard to get out of bed in the morning. A person who is depressed may feel helpless, hopeless, or bad about themselves. If you see these symptoms in yourself or a friend, get help. Talk to a school counselor, a trusted adult, or you may want to see a mental health counselor.

LOSS AND GRIEF

When you lose someone or something you care about, it may hurt a lot, and it may hurt for a long time. You may have feelings you don't understand. The feelings and process we go through after a loss is called grieving. Besides feeling lonely and sad, you may feel guilty and/or blame yourself for something you did or did not do to prevent the loss. You may be sorry that you did not express your feelings to that person. You may also have trouble understanding your behaviors. Sometimes the pain is so great it feels unbearable. Talking with someone who cares and who is willing to listen can help you sort through your feelings as you grieve your loss. It can help to talk with a counselor who is trained to help people deal with death and other losses.

VNA Grief and Bereavement Services

www.vnacares.org 658-1900

MENTAL HEALTH AND COUNSELING RESOURCES

First Call for Chittenden County	488-7777
Howard Center CYFS Intake	488-7777
Associates at the Gables	876-1100
	www.associatesatthegables.com
Associates in Psychology	863-6114
UVM Behavior Therapy & Psychotherapy	656-2661
Cedar Brook Associates	879-5333
Centerpoint Adolescent Treatment	488-7711
	www.centerpointservices.org
VT Center for Children, Youth & Families & FAHC	847-4563
	www.fletcherallen.org
Champlain Valley Psychiatry	651-7561
Counseling Connection	264-5333
Networks	863-2495
	www.networksvt.org
New England Counseling and Trauma Center	878-4990
	www.nectcvt.com
Northeastern Family Institute	658-0040 x1042
	www.nfivt.org
Otter Creek Associates	865-3450
	www.ottercreekassociates.com
Partners In Psychiatry	876-4000
Spectrum Youth & Family Services	864-7423 ext 310
	www.spectrumvt.org
Stone House Associates	654-7607
	www.stonehouseassociates.com

For additional resources, please call First Call for Chittenden County, consult the yellow pages, your Doctor, or

ptophelp.org.

EATING DISORDERS

A healthy diet and regular exercise are two important ways to keep your body healthy. Eating or not eating to feel better about yourself, or to avoid feelings, is not healthy. Your body needs balanced nutrition and exercise in order to function at its best. Talk with a doctor about the best eating plan for you.

When people eat in an unhealthy way for an extended period of time, their doctor might say they have an Eating Disorder. Eating Disorders can be very harmful to your body and may be life-threatening. They are, however, treatable with appropriate help from a doctor and/or a mental health professional.

Adams Center for Mind and Body	859-1577
	www.theadamscenter.com

Overeaters Anonymous

863-2655

www.oavermont.org

Refer back to resources in the Mental Health and Counseling Resources section. Many trained clinicians are competent at dealing with a variety of eating disorders.

If you think you might need a Doctor

SEXUALLY TRANSMITTED DISEASES OR INFECTIONS (STD/STI)

What are they?

STDs are diseases that are transmitted through sexual contact, and they can also be called STI-Sexually Transmitted Infection. STDs are most common among adolescents and young adults and, if untreated, can cause serious health problems.

How do you get an STD?

STDs are transmitted through the exchange of sexual fluids and HIV/AIDS is transmitted, primarily, through the exchange of sexual fluids and blood. You can get an STD through unprotected sexual contact with an infected partner.

What to do if you think you have an STD or think you have come into contact w/ a partner who is infected

If you have sexual contact w/ a partner who you think might be infected with an STD, GET TESTED!!! Someone can have an STD even if they have NO physical signs. STD tests are confidential and your parent's permission is NOT required for you to get tested. The longer you wait to get treated for an STD, the more damage the STD can do to your body.

How to prevent getting an STD and how to protect yourself

1. Abstinence/not having sex is the best way not to get an STD
2. If you do choose to have sexual contact, BE SAFE - use protection with every sexual act (protection means: a condom for anal/vaginal sex and a dental dam/condom for oral sex; you can get these things at community health centers and Planned Parenthood for free)
3. Not engaging in sexual contact w/ people who have signs of an STD, people who you think have an STD, or people who engage in risky behavior (such as having multiple sexual partners, practicing unsafe sex, or doing IV drugs)
4. If you are sexually active, you should get an STD test periodically and ask your partner(s) to get tested too

Be Safe!

For more information about preventing or treating STDs contact your own doctor or call:

Community Health Center	www.chcb.org	864-6309
Planned Parenthood	www.plannedparenthood.org	878-7232
Spectrum Health Clinic	www.spectrumvt.org/health-clinic	652-1080
Vermont CARES	www.vtcares.org	863-2437 or 800-649-2437
HIV/AIDS Program Hotline	www.healthvermont.gov	800 882-2437
STD & Hepatitis Hotline		800 244-7639
Care Act HIV/AIDS Programs	www.healthvermont.gov	863-7245

RU12, Spectrum Drop-In and VT CARES provide free HIV testing (with 20 minute results) and condoms.

HEALTH AND HEALTH CARE

Are you feeling sick or having worries about your physical health? Everyone needs to have proper treatment and care to improve their well-being. If you are feeling sick or feeling like something is not right with your body, here are some places that can help:

Places you can get help

Community Health Center	864-6309
www.chcb.org	
Fletcher Allen Health Care	847-0000 or 800-358-1144
www.fletcherallen.org	
Spectrum Health Clinic	864-6309
www.spectrumvt.org/health-clinic	
Safe Harbor Clinic	860-4310
www.chcb.org/about/hours-locations/safe-harbor	

PREGNANCY

If you think you are pregnant, or someone you know thinks she is pregnant, there are places that can help. It is important to have a pregnancy test as soon as possible. Tests done at home are not always accurate, so it is important to get tested at a medical clinic.

Pregnancy tests, medical care, decision-making counseling, birth control or education are available at the following places:

Get Help

Birthright	865-0056 or 800-550-4900
www.birthright.org	
Community Health Center	864-6309
www.chcb.org	
Visiting Nurse Association & Family Support Services	860-4420
Lund Family Center	864-7467
www.lundvt.org	
Milton Family Center	893-1457
www.miltonfamilycenter.org	
Planned Parenthood	878-7232
www.plannedparenthood.org	
Spectrum Health Clinic	864-6309
www.spectrumvt.org/health-clinic	
Vermont Gynecology (formerly VT Women's Choice)	428-4663
www.vtgyn.com	

SEXUAL ASSAULT AND DATE RAPE

Sexual Assault is any unwanted sexual contact forced upon a person, male or female. While we usually think of a sexual assault as a stranger attacking someone in a public place, statistics show that a large proportion of sexual assaults are committed by a friend or relative of the victim. If you have told someone you do not want to be sexual with him/her, and he/she forces sexual contact on you, this is sexual assault. Substances may be used in some cases of date rape. If you suspect that drugs may have been slipped to you please consult with your physician or a local emergency room. Victims experience the same physical and emotional violation from a friend as from a stranger. Even though an incident may have happened a long time ago, the effects may continue to bother you, and there are counselors who can help.

If you have been assaulted, IT'S NOT YOUR FAULT & contact your local law enforcement or go to the hospital as soon as possible after an assault.

If you were assaulted and want to talk to someone about it call:

HOPE Works (formerly Women's Rape Crisis) 24 hr hotline	www.hopeworksvt.org	863-1236 or 800- 489-7273
Safe Space	www.ru12.org/safespace.html	863-0003 or 866-869-7341
Women Helping Battered Women	www.whbw.org	658-3131
Chittenden Unit for Special Investigations	www.cusi-vermont.org	652-6800
DCF Centralized Intake	www.dcf.vermont.gov	800-649-5285

Wellness

FOOD

There are places you can go to get a meal or snack provided to you if you do not have enough food at home. Please call for hours of operation and services offered.

Get Help

Salvation Army -64 Main St Burlington	http://use.salvationarmy.org/greaterburlington	864-6991
Chittenden Emergency Food Shelf -228 North Winooski Ave. Burlington	www.feedingchittenden.org	658-7939
Spectrum Drop-in	www.spectrumvt.org	862-5396

SPIRITUALITY

Developing your spiritual side can be a life-long process of self discovery and learning. There are all sorts of beliefs about what spirituality means. Some people believe it has to do with religion and going to church; some people say that it means finding peace in nature. Others think that it is finding meaning for life within yourself, and yet others think that being spiritual means that you believe in a power higher than yourself.

Sometimes there are differences between what you believe and what others believe. It is important to remember that everyone's spirituality is important to them. It may be easier than you think to find some things that are similar about your beliefs. Through this natural process it might be helpful to talk with a trusted adult, or to go to a place of worship.

STRESS

Stress is something everyone experiences at some point. Stress can come from everyday things like having a cold or doing a class presentation or from things like having an argument with someone. Sometimes it is easy to identify the source of stress, and at other times, there does not seem to be a particular cause, and it may be the build up of many smaller things. Stress can be experienced physically and emotionally in a number of ways. Some of the things you might experience are irritability and distractibility, anxiety or worrying, stomach aches, or a change in your sleeping or eating habits. Sometimes distracting yourself from what is causing you stress, by doing things such as eating well, exercise, getting enough sleep or talking to friends or family may be all you need. Relaxation techniques have been developed in which a person imagines a peaceful scene, or focuses on breathing to bring about a mental state much like meditation. Talking to a healthy adult can also help. Using unhealthy ways to manage stress often leads to more stress – please ask for help.

SEXUALITY/SEXUAL IDENTITY

As you get older, you may be more aware of sexual feelings. This is a typical part of growing up, and you may notice changes in your thinking, how you are feeling, and in your body. Many teenagers are sexually active in some way, and many teenagers are not. You need to know and learn what feels right and makes sense for you. It is normal for teenagers to think about their sexuality and sexual identity. All people have a sex, gender, and sexual orientation. There are many supportive people in our communities and many resources for you.

If you need additional support or have questions, ask! You are not alone.

Get Help

Outright Vermont	www.outrightvt.org	865-9677
RU12	www.ru12.org	860-7812
Samara Fund of Vermont	www.vermontcf.org/samara/	388-3355 x295

Youth and the Community

EDUCATION & EMPLOYMENT

There are services available to help you get an education. All you have to do is ask for help. If you find that you are behind in your work, your grades are low, or you don't understand the material, ask your teacher for help. If you are not currently attending school, you may also contact the school counselor in the town where you live.

Interested in getting a job? There are lots of different jobs for teens. You probably know someone who babysits, or mows lawns for the neighbors. Maybe you've seen young people behind the counter at fast food restaurants, department stores or grocery stores. If you have a career interest, like architecture or auto mechanics, try calling a business and talking to them about any ways you might help out. Volunteer work has almost as many benefits as paid work. You can help at the hospital, after school sports programs, the humane society, or many other places.

Get help finding a job

Northlands Job Corps	northlands.jobcorps.gov	800-733-5627 or 877-2922
Spectrum	www.spectrumvt.org	862-5396
Vermont Family Network	www.vermontfamilynetwork.org	800-800-4005
ReSOURCE & Youthbuild	www.retrainvt.org/retrain/youthbuild	658-4143 x 39
VT Youth Conservation Corps	www.vycc.org	434-3969
VocRehab Vermont	vocrehab.vermont.gov	1-866-VRWORKS

THE LAW AND YOU

Laws exist to protect the community, people's safety and property. Breaking laws can have consequences. This can include arrest, fines, community service, probation or being placed outside of your home by the Department of Children and Families or the police. There are laws about almost everything.

The following are legal resources for you

Lawyers Referral Service	www.vtbar.org	1-800-639-7036
VT Legal Aid, Inc	www.vtlegalaid.org	863-5620
Probate Court	www.vermontjudiciary.org	651-1518

RUNNING AWAY

Sometimes it feels hard to be where you are. If you are having trouble at home and feel like running away - talk to an adult you trust. Running away can be dangerous. Be careful of strangers offering friendship, drugs or alcohol, or a place to stay. There are options to make a safe plan for yourself to get some space or to be in a different environment. This may be the home of a friend, family member or a shelter.

Get Help

First Call	488-7777
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National Runaway Switchboard
(Referrals to shelter resources, food, medical care and
Greyhound Bus home free program)

www.1800runaway.org

800-RUNAWAY
(800 786-2929)

Spectrum
(7 days a week overnight emergency shelter for teens
who have runaway from home or are homeless)

www.spectrumvt.org

862-5396 x 325 (x202 after 5pm)

LIVING INDEPENDENTLY

It is not easy to live on your own but community help and support is available to you. There are agencies that will help you with housing, jobs, food and counseling. If you want to look into getting emancipated (When a minor has achieved independence from his or her parents) you can find the paperwork and information at the Costello Courthouse at 32 Cherry Street in Burlington.

Get help with housing, jobs, food and counseling

Chittenden Community Action 863-6248

www.cvoeo.org

King Street Youth Center 862-6736

www.kingstreetcenter.org

Spectrum Drop-In 864-3641

www.spectrumvt.org

MENTORING

A mentor is a person who provides support, guidance, and teaches you life skills. Mentors enjoy spending time with children and teenagers and are positive role models. There are many different types of school or community mentoring programs in the area and some are related to employment or specific activities. Sometimes it helps to have another adult to support you.

If you are interested in having a mentor, call:

Mobius 658-1888

www.mobiusmentors.org

Community Friends Mentoring 488-6650

www.howardcenter.org

MULTICULTURAL

A person's culture is defined by his or her values, practices and family background. Sometimes cultural similarities and differences are visible, but often they are not so obvious. Everyone deserves to be treated with respect. You may feel isolated or as though you're the only one who identifies a certain way. You're not alone. There are people in your community and in the area who can be a support and a resource.

Support and Resources

Association of Africans Living in VT 985-3106

www.africansinvermont.org

Islamic Society of VT 655-6711

www.isvt.org

Tibetan Association of VT 578-6708

www.vermonttibet.org

Somali Bantu Community Association of VT 658-2683

www.somalibantuvermont.org

Vermont Refugee Resettlement Program 655-1963

www.refugees.org/about-us/where-we-work/vrrp/

RECREATIONAL ACTIVITIES

Are you looking for a fun, safe place to spend your time and make some new friends? Get some energy out, learn something new, meet new people your age, and have fun. Take a ride on the bike path, checkout the skate park, or contact the following places:

Get some energy out, learn something new, meet new people your age, and have fun

YMCA	www.gbymca.org	862-9622
Boys & Girls Club of Burlington	www.bandgclub.org	864-5263
Vermont Special Olympics	www.specialolympicsvermont.org	863-5222 or 800-639-1603
Burlington Kids After School Program	www.bsdtv.org	355-4014
Underground Teen Center-Winooski		655-1392 x10
Talent Skate Park	www.talentskatepark.com	864-2069
Petra Cliffs	www.petracliffs.com	657-3872
Essex Teen Center	www.essexchips.org	878-6981

Important Phone Numbers

EMERGENCY NUMBERS

Fire, Police, Ambulance	911
First Call for Chittenden County	488-7777
Poison Control	800-222-1222
Department of Children and Families	800-649-5285

GENERAL INFORMATION

GENERAL INFORMATION	211
Police Departments	
Burlington Police Department	658-2704
Charlotte Police Department	878-7111
Colchester Police Department	264-5556
Essex Police Department	878-8331
Milton Police Department	893-2424
Richmond Police Department	434-2153
Shelburne Police Department	985-8051
South Burlington Police Department	658-1050
Vermont State Police	878-7111
Williston Police Department	878-6611
Winooski Police Department	655-0221