FROM OUR EXECUTIVE DIRECTOR

The work at Center for Health and Learning promotes the health and well-being of children, families, schools and communities. Every day, staff and consultants support policy development, create educational resources, and offer professional development, leadership training and technical assistance focused on priority health issues.

Our programs and services are based on the fundamental belief that the most effective and efficient way to advance health and learning is to foster cross-sector collaboration and to bring capacity to projects with public, private and non-profit partners. We hope as you look through this report you will get a sense of the importance of the health issues we address.

JoEllen Tarallo, Ed.D., MCHES, FASHA
Executive Director

OUR MISSION

The Center for Health and Learning (CHL) serves as a catalyst, inspiring optimal health for all. Our mission is to build a foundation for healthy communities, through educational resources, professional development and practice improvement, research, policy development, evaluation and consult. Our goal is to bring collective knowledge, skills and experiences to programs and policies that improve health. In 2017 our core priority areas focused on suicide prevention and substance misuse and prevention.

Visit our website: www.healthandlearning.org to learn more about our programs, trainings and staff.
Vermont Suicide Prevention Center (VTSPC) is a public-private partnership between CHL and Vermont Department of Mental Health. The mission is to create health promoting communities in which people have the knowledge, attitudes, skills and resources to reduce the risk for suicide. We support statewide suicide prevention efforts and help local communities implement the recommendations of the Vermont Suicide Prevention Platform using data-driven evidence-based practices.

The VTSPC provides:

- Suicide prevention and postvention protocols for professionals
- Development and support of suicide prevention and postvention trainers
- School policy, protocol and curriculum development
- Training and support for schools and institutions of higher education
- Mental health, depression awareness and compassion training
- Development of culturally appropriate prevention strategies
- Support for the implementation of Zero Suicide principles and practices for preventing suicide within health and mental health systems

**UMatter** Suicide Prevention is a training program and public information campaign that engages youth, schools and communities to reduce the incidence of suicide.

- **UMatter for Schools** is a national best practice program that provides school teams, which include an administrative liaison, teachers, administrators, counselors, nurses and other staff, with the knowledge and skills to develop a comprehensive, asset-based approach to suicide prevention at their school.
- **UMatter for Communities & Professionals** strengthens the mental health and wellness of our communities and helps avert crisis through trainings designed for community professionals who work in the areas of law enforcement, fire and rescue, emergency care, social services, mental health, faith services, health care, youth services, counseling, and funeral services.
- **UMatter Training of Trainers** is a training that prepares participants to facilitate UMatter Awareness workshops in their community. Attendees gain the skills, knowledge, and confidence to learn how to help others identify signs and symptoms of suicide; risk and protective factors; when and how to refer for more help; and how to access important resources.
- **UMatter for Youth and Young Adults** is a youth leadership and engagement initiative that fosters healthy community cultures for youth and young adults and promotes mental health and resiliency. Youth carry out Community Action Projects.

“*The Vermont Suicide Prevention Center is leading the way in coordinating efforts, educating the public, caregivers and gatekeepers. They are raising awareness about one of the most pressing public health crises in Vermont. Their work is literally saving lives!*”

— Jaskanwar S. Batra, M.D., Former Medical Director, Vermont Department of Mental Health

“*Thank you so much for the trainings. You create such a comfortable and open atmosphere for learning and exchange in what is a sensitive subject. I appreciate your transparency and ability to move through materials with grace, ease, and knowledge.*”

— UMatter for Schools Training Participant
**2017 PROGRAM IMPACT**

- **Umatter Trainings**
  - 1,695 People were educated in suicide prevention. **43% increase from 2016**

- **Umatter Youth & Young Adults (YYA)**
  - 115 Youth Participants were taught healthy methods for coping with stress, as well as the ability to recognize and help peers in need.

- **Survivor of Suicide Loss Resource Packets**
  - 200 Community Members received Survivor of Suicide Loss Resource Packets.

- **Zero Suicide Implementation**
  - 241 Clinicians were trained in specific strategies and tools for suicide prevention in health and mental health care systems.

- **Public Awareness**
  - 18,206 Page Views AND 6,689 New Users on the VTSPC Facebook page.

- **Substance Misuse and Prevention**
  - 1,439 People were trained through multiple projects and 47 unique professional development events on topics such as the impact of marijuana legalization, project management in the nonprofit, and cultural considerations in working with high risk populations.

**2017 FINANCIALS**

- **2017 Revenue by Source**
  - $359,494
  - $129,616
  - $75,930
  - $65,865
  - $7,050
  - $1,238
  - $31,075

- **2017 Expense by Activity**
  - $526,336
  - $129,616
  - Individual & Business Donations
  - Programs
  - Other Revenue
  - Operations/ Administrative
  - Other Grants
  - Private Foundations
OUR PARTNERS
In 2017, the Center for Health and Learning collaborated on community projects and workforce development with the following agencies, schools and community organizations:

- American Association of Suicidology
- American Foundation for Suicide Prevention, Vermont Chapter
- CAMS-care
- Health Care & Rehabilitation Services
- Lamoille County Mental Health Services
- Howard Center
- Northwestern Counseling & Support Services
- Outright Vermont
- Rutland High School
- Rutland Regional Medical Center
- Support and Services at Home (SASH) Cathedral Square
- Springfield School District
- The Collaborative
- United Way of Windham County
- University of Vermont
- Vermont Association for the Mentally Ill
- Vermont Bar Association
- Vermont Care Partners
- Vermont Coop for Practice Improvement
- VAHS Department of Vermont Health Access
- Vermont Department of Health, Division of Alcohol and Drug Abuse Programs
- Vermont Department of Health, Emergency Preparedness, EMS & Injury Prevention
- Vermont Department of Health, Division of Maternal and Child Health
- Vermont Federation of Families for Children’s Mental Health
- Vermont Department of Mental Health
- Washington County Mental Health
- Windham Southwest Supervisory Union

OUR SUPPORTERS
CHL is grateful to the many individuals whose financial contributions make our programs possible. We are also thankful to the following supporters of our work in 2017:

- American Foundation for Suicide Prevention, Vermont Chapter
- Binghamville United Methodist Church
- Brattleboro Food Coop
- Brattleboro Retreat
- C&S Grocers, Inc.
- Cathedral Square Corporation
- Chroma Technology
- Couch Family Foundation
- Dartmouth-Hitchcock
- Debra Lopez Gottesman and Bill Gottesman
- Fanny Holt Ames and Enda Louise Holt Fund
- Fraternal Order of Eagles
- Invest EAP
- Lotus Graphics
- Main Street Landing Company
- Missisquoi Valley Union H.S.
- Northeast Employment & Training
- Palmer Lane Maple, LLC
- Rutland Regional Medical Center
- Southern New Hampshire University
- The Jack and Dorothy Byrne Foundation
- The Richards Group
- Triple C. Creations, LLC
- United Way of Windham County
- University of Vermont Medical Center Community Health Investment Fund

CHL depends on the generosity of all our donors to make our work possible. You can make a one-time or monthly sustaining gift online at www.healthandlearning.org/donate-today or write a check to the Center for Health and Learning and mail to:

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In Crisis?
Text VT to 741741
CRISIS TEXT LINE Free, 24/7, Confidential
www.vtcrisistextline.org