



# 2017 ANNUAL REPORT

## 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.



CHL continues to dedicate its efforts to building solid links between health and education and to innovate in suicide and addictions prevention and the promotion of mental health wellness. Thank you for being a colleague, participant, funder, donor, and/or partner in this work.

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](http://www.healthandlearning.org)

to learn more about our programs, trainings and staff.

## OUR BOARD

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## OUR STAFF

**JoEllen Tarallo, Ed.D., MCHES, FASHA**

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**Zan Walker, MA**

*Program Specialist*

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*Bookkeeper*

# CORE PROGRAMS



[www.vtspc.org](http://www.vtspc.org)

**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

*"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

## Substance Misuse

CHL offers high quality professional development and support in the area of alcohol, tobacco and other drugs policy and prevention. Our work provides school, community staff and employers with important current knowledge and skills related to alcohol, tobacco and other drugs, and to create environments that prevent substance misuse.



[www.umatterucangethelp.com](http://www.umatterucangethelp.com)

**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.

*"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.



### 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.

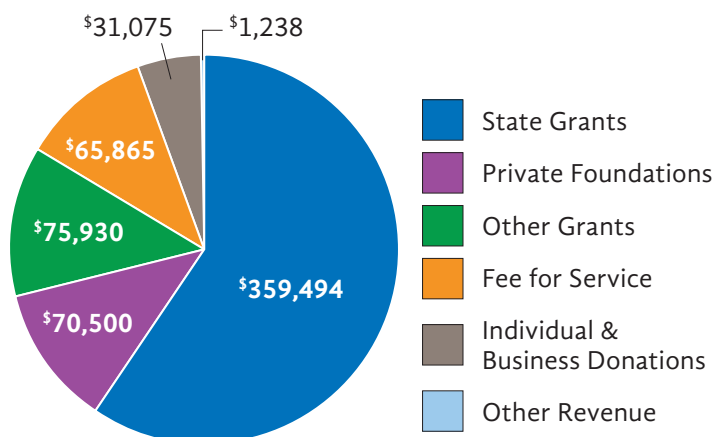
### Substance Misuse and Prevention

1,439

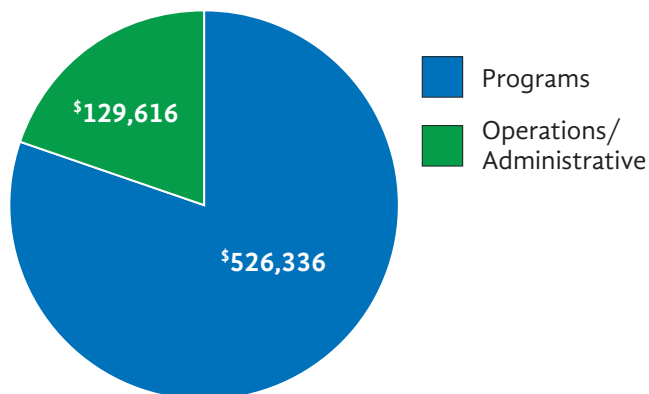
People were trained through multiple projects and 47 unique professional development events on topics such as the impact of marijuana legalization, project management in the nonprofit, and cultural considerations in working with high risk populations

## 2017 FINANCIALS

### 2017 REVENUE BY SOURCE



### 2017 EXPENSE BY ACTIVITY



## 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  
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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](http://www.healthandlearning.org/donate-today) or write a check to the *Center for Health and Learning* and mail to:

**Center for Health and Learning**  
**28 Vernon Street, Suite 319 • Brattleboro, VT 05301**



info@healthandlearning.org  
**802-254-6590**  
www.healthandlearning.org

**In Crisis?**  
Text **VT** to **741741**  
CRISIS TEXT LINE Free, 24/7, Confidential  
[www.vtcrisistextline.org](http://www.vtcrisistextline.org)