



CHL
CENTER FOR HEALTH
AND LEARNING
HEALTHY LIVING MATTERS
www.healthandlearning.org

2019 ANNUAL REPORT

CELEBRATING 20 YEARS OF WORKING WITH PARTNERS TOWARDS OPTIMAL HEALTH FOR ALL

FROM OUR EXECUTIVE DIRECTOR

This year CHL achieved a big milestone: 20 years of work with state, community and national partners to address priority health issues. Throughout this time, we have managed hundreds of projects addressing physical, mental, social, emotional, and environmental health concerns, trained over 30,000 people, worked with scores of partners and coalitions, and contributed to a body of important published research and prevention policy. I have immense gratitude for the community partners and supporters that made this work possible.

At CHL we collaborate with:

- Donors and volunteers who believe in our mission, respect and support our work;
- Professionals who meet the needs of people in our communities and take our trainings;
- Sponsors who entrust us with work;
- Colleagues who work with us as team members;
- Partners who collaborate with us on projects, programs and services;
- People with lived experience who inform and drive our work;
- Clients who contract for our services;
- Community members who seek resources and support;
- Youth and young adults who want to make a difference;
- Interns who introduce us to innovations while learning from us;
- Board members who help us sustain and grow;
- Each other- our staff- every day- plugging away.



The educators, social services, and health care providers we serve rise to the occasion to meet the needs of people in our communities, and CHL rises to meet them with high quality resources, training, project management, technical assistance and support. We pledge to continue to do so because there is nothing more important to us than promoting the health and well-being of children, families, schools and communities.

Whoever you are, and whatever brings you to read this report, we thank you.

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 work focuses on building strong statewide and regional foundations 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 public health, equity and wellness. In 2019, we continued and expanded our focus on two of our core platforms: suicide prevention, and substance misuse awareness and prevention.

OUR BOARD

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PMP, PMI Fellow, Program Chair,
Granite State College

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Hal Colston

Independent Consultant

State Representative – Winooski, VT

Gene Fullam

Self-Employed Financial Consultant

Jason Mott

Software Engineer, HitPoint, Inc.

Yvonne Sin Alberts

Independent Consultant, and Investor

Chiang Wong, M.Sc.

Director for Market Access, Avedro

JoEllen Tarallo – Non-voting member

Executive Director

Our Board of Directors provides numerous hours of thoughtful discussion and activity to ensure that CHL is carrying out its vision and mission. They have recently committed to financial planning and operational improvements through active committee work.

Sincere gratitude to retired board member Richard Paul, CPA, who served on CHL's Board of Directors for 11 years in the capacities of Treasurer and Board President.

OUR STAFF

JoEllen Tarallo, ED.D., MCHES, FASHA

Executive Director

Catherine Diduk

Trainings and Events Coordinator

Melissa Farr, MSW

Program Specialist

Sara Haimowitz, LCSW

Director of Development

Debby Haskins, MS, LADC

Program Specialist

Eric Jones

Marketing and Technology Specialist

Gwen Mousin, MPH

Operations Manager

Beth Shrader

Senior Program Specialist

Bob Tucker

Bookkeeper

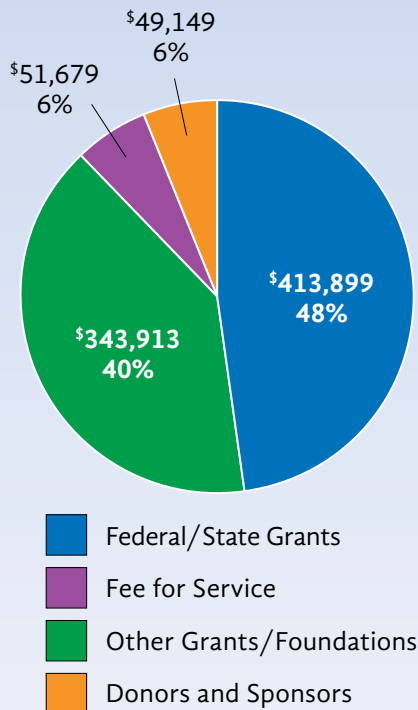


CHL Annual Retreat 2019. Left to right: Eric Jones, Julia Hampton, Richard Paul, Yvonne Sin Alberts, Hal Colston, Janet Schreiber, Karen White, Jason Mott, JoEllen Tarallo, Paul VanWinkle, Michael Cohen.

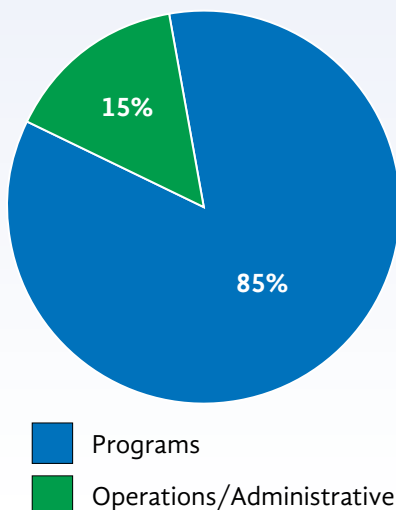
2019 FINANCIALS

2019 REVENUE BY SOURCE

Total Revenue = \$858,640



2019 EXPENSES: PROGRAMS VS. ADMINISTRATIVE



"CHL works efficiently with state dollars and does a great job reporting the outcomes of those investments."

- Alison Krompf, Director of Quality and Accountability,
Vermont Department of Mental Health

Everything CHL does is in collaboration with other people and organizations. We thank the following organizational sponsors and all individual donors for your partnership and support.

FOUNDATIONS

Bowse Health Trust
Canaday Foundation
Fanny Holt Ames and Edna Louise Holt Fund
University of Vermont Community Health Investment Fund

PARTNERS

American Foundation for Suicide Prevention – Vermont
NAMI Vermont
Support and Services at Home (SASH)
U.S. Department of Veterans Affairs
Vermont Care Partners
Vermont Department of Disabilities,
Aging & Independent Living
Vermont Program for Quality in Health Care, Inc.

STATE AGENCY SPONSORS

Vermont Agency of Education
Vermont Department of Health -
Alcohol & Drug Abuse Programs
Vermont Department of Health -
Department of Maternal and Child Health
Vermont Department of Mental Health

OTHER SPONSORS

Blue Cross Blue Shield of Vermont
Brattleboro Retreat
Chroma Technology
Kinney Pike Insurance Professionals
Mt. Ascutney Hospital - Prevention Network Grant
New England Public Health Training Center
North Country Hospital
One Care Vermont
Vermont Public Health Association
Vermont Public Health Institute

**CHL HAD OVER 100 UNIQUE
INDIVIDUAL DONORS IN 2019.
WE ARE VERY GRATEFUL FOR
YOUR SUPPORT!**



Substance Misuse Prevention

CHL provided training design and/or logistical support for numerous projects for the Vermont Department of Health, Division of Alcohol and Drug Abuse Programs which addressed substance use prevention initiatives:

- College Symposium to address substance abuse prevention on college campuses;
- Substance Abuse and Prevention Skills Training (SAPST) for Vermont Department of Health staff;
- Regional Prevention Partnership (RPP) trainings for Vermont Department of Health prevention staff;
- Clinical Trainings directed towards clinical providers on a variety of substance use prevention topics;
- Motivational Interviewing and Compassion Skills Training for Emergency Personnel to an audience of healthcare providers and clinicians who are working with people managing chronic pain with opioids.

192 INDIVIDUALS accessed CHL offerings in alcohol, tobacco and other drug prevention education:

- **Umatter®: Preventing Substance Abuse in the School Community** - a self-directed two-hour online course.
- **Alcohol, Tobacco and Other Drug Education** - a three credit graduate level course leading to licensure for health and physical educators, counselors, and other school health staff.
- **Cannabis and Mental Health: Debunking Myths About Cannabis** - a one credit graduate level course.
- **School District Trainings** - awareness training as well as policy and referral guidance within school communities.

Helping Youth Succeed

In March, 2019, Executive Director, JoEllen Tarallo, traveled with a multidisciplinary team of Vermont physicians and leaders in the field of prevention to attend the Planet Youth - Prevention Is Possible conference in Reykjavik, Iceland. Since implementing the world's most proven and successful evidence-based model in the majority of municipalities, Iceland has shown a steady decrease in the use of substances amongst adolescents, and today they currently measure amongst the lowest in Europe. CHL embraces the sociological cross-sector approach to "mobilize society as a whole" and activate a social environment through primary prevention.



Planet Youth - Prevention Is Possible Vermont delegation at the conference in Reykjavik, Iceland.

Promoting Community Resilience

In collaboration with the Vermont Public Health Institute and the Vermont Public Health Association, CHL provided consultation and trainings for Vermont Department of Health staff, as well as conducted a statewide assessment of current trainings and supports to enhance skills for building individual and community resilience. You can access this report on the CHL website or by clicking [HERE](#).



We are proud to announce that the **Umatter® Suicide Prevention for Schools**, designated a national best-practice program, is now in its **TENTH YEAR**.

Umatter® Suicide Prevention includes:

- Umatter® Gatekeeper**
- Umatter® for Schools**
- Umatter® for Youth and Young Adults (YYA)**
- Umatter® for Community Professionals**
- Umatter® Training of Trainers**
- Umatter® Public Information**

Umatter® is a training program and public information campaign, that engages educators, healthcare professionals, community providers and youth to reduce the incidence of suicide. The program teaches participants to recognize and address risk factors while building strengths through self-care, policies, awareness, and community action.

IN THE LAST TEN YEARS

135 VERMONT SCHOOLS participated in suicide prevention, postvention and implementation of Lifelines curriculum grades 7-12.

Umatter® Gatekeeper Training
6 EVENTS 212 PARTICIPANTS
from education, healthcare and community organizations

Umatter® for Youth and Young Adults (YYA)
5 EVENTS 272 STUDENTS

Umatter® for Schools
30 STAFF FROM 16 SCHOOLS
participated in one two-day workshop

Umatter® Training of Trainers
23 REPRESENTATIVES
from schools and community organizations were trained and reported delivering Umatter®

"Not only did Umatter® give our faculty the tools to engage students and our community in the conversations that matter, but it also fostered within us a sense of agency and hope. We can make a difference when we develop a culture that fosters authentic relationships."

Umatter® for Youth and Young Adults Mental Health Wellness Promotion is a youth leadership and engagement program designed to help youth develop the skills and resilience necessary to take a positive wellness approach to mental health. The statewide implementation trained 67 youth and 20 adult facilitators across 10 Vermont schools and community groups under funding from the VT Department of Health and Department of Mental Health.



Youth participate in Umatter® YYA.

With a grant from the Fanny Holt Ames & Edna Louise Holt Fund, a three-year Umatter® Suicide Prevention program was implemented in the Bellows Falls Vermont School District. The program provided a focused set of professional development trainings, designed to promote mental health wellness and reduce suicide.



The Vermont Suicide Prevention Center (VTSPC) is a public-private partnership with Agency of Human Services, foundations, individuals and organizations that works to create health promoting communities, in which people have the knowledge, attitudes, skills and resources to reduce the risk of suicide in Vermont.

906 PEOPLE

trained in Suicide Prevention by
Vermont Suicide Prevention Center in 2019

3 quarterly Coalition
meetings were held

89 participants
attended

17 organizations
represented

VTSPC worked with three health care partners to develop Rutland Suicide Safer Care, a 3-year model suicide prevention project under funding from Bowse Health Trust. The project aims to reduce barriers to accessing suicide safer care by identifying system gaps and building infrastructure for an integrated system of care between Rutland Mental Health, Rutland Regional Medical Center and Community Health Centers of Rutland.



Suicide Safer Care Leadership & Provider Event.

VTSPC coordinates efforts between community partners in the Connecting Rural Communities (CRC) project under funding from a Collective Impact Grant awarded by the University of Vermont Medical Center. This project aims to improve suicide prevention efforts and access to health care in Grand Isle County, with a focus on providing culturally competent services to members of the Abenaki Nation of Missisquoi. CRC partners include Center for Health and Learning, Northwestern Counseling and Support Services (NCSS) and Abenaki Nation of Missisquoi's Title VI Indian Education Parent Advisory Committee (PAC).



Alburgh Elementary School - Umatter® Suicide Prevention for Schools Training attendees.

Zero Suicide

The Zero Suicide Initiative offers an evidenced-based set of clinical practices and procedures to help create suicide care pathways in healthcare.

VTSPC partnered with the Vermont Department of Mental Health to support the development of systemic and sustainable infrastructure in Vermont focused on best practices for the prevention of suicide. This included trainings in effective suicide prevention practice as well as a promotional campaign to increase public awareness that suicide is a matter of public health and is preventable.

Leadership and clinical training was provided for 24 healthcare organizations including BCBS of VT, OneCareVT, VT Blueprint for Health, and UVM Medical Center.

221 PARTICIPANTS
5 TRAININGS (3 webinars & a 2-day practice institute)

225 CLINICIANS trained in Collaborative Assessment and Management of Suicidality (CAMS)

160 CLINICIANS trained in Counseling on Access to Lethal Means (CALM)



VTSPC Website
21,476 PAGE VIEWS
10,322 USERS
91.2% NEW VISITORS



Vermont Crisis Text Line Website
3,374 PAGE VIEWS
2,368 USERS
91.1% NEW VISITORS



VTSPC Facebook Page
790 "LIKES"

Public Information and Outreach

105 PARTICIPANTS in the 2019 Suicide Prevention Day Vermont State House Legislative Session



Executive Director JoEllen Tarallo stands with VT Suicide Prevention Coalition members Betty and Chris Barrett at the doorway to the VT House Chamber during Suicide Prevention Day.



Michael Hartman, MSW, LCMHC, CEO, Lamoille County Mental Health provides testimony.

"I want to commend you on your testimony to the Senate and House committees. It was very powerful and so well delivered, and full of very impactful facts. We know the House Health & Welfare committee has an interest in suicide prevention. I only hope the other committees will as well." - VT Suicide Prevention Stakeholder

Need Help for Mental Health?

- ◆ Talk to someone you trust – a family member, friend, health care provider or faith leader
- ◆ Call your local mental health agency or crisis team:

-
- ◆ Text the National Text Line:
Text **Home** to **741741**
 - ◆ Call the National Suicide Prevention Lifeline:
800-273-TALK (8255)
 - ◆ Resources for help can be found at:
www.sprc.org

**Text HOME
to 741741**

for Free, 24/7 crisis
support in the US.

**NATIONAL
SUICIDE PREVENTION
LIFELINE**
1-800-273-TALK (8255)
suicidepreventionlifeline.org

THE TREVOR PROJECT
Saving Young LGBTQ Lives
LGBTQ CRISIS HOTLINE:
CALL 1-866-488-7386

 **Veterans
Crisis Line**
1-800-273-8255 PRESS 1

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:*

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

Visit our websites:

www.healthandlearning.org

www.vtspc.org

www.umatterucangethelp.com

to learn more about our programs, trainings and staff.



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