

1. American Red Cross, Northern Vermont Chapter

There are many tragedies in life that we can do nothing about, but we have it in our power to make sure that no child drowns because they cannot swim. UW funds help to subsidize the cost of **swimming lessons** making them affordable and accessible in our community.

UW funds also support the following **Youth Leadership Programs**:

Babysitter's Training – provides individuals 11 to 15 with the information, leadership and decision-making skills necessary to provide safe responsible care for children in the absence of parents or adult guardians.

Guardstart – provides 11 to 14 year olds with leadership and decision-making skills in conjunction with water safety skills to better prepare those aspiring to be lifeguards at age 15.

Youth Leadership Retreats – are attended by middle and high school students and provide leadership activities like decision-making skills and conflict resolution in conjunction with safety training. The students are then able to practice what they have learned, for example on an adventure hike where emergency first aid and leadership skills must be used to deal with made-up scenarios along the way.

Red Cross Clubs – are a national initiative to increase young people's involvement in their communities. In addition to learning leadership through community service, Club members are encouraged to become Red Cross Instructors and interact with young peers.

UW funds are also used for **Disaster Services**, aiding in the purchasing of preparedness materials such as brochures, pamphlets, and course materials for training volunteers and community members. UW funds also supplement the provision of immediate emergency assistance for disaster-caused needs (i.e. food, clothing, shelter, etc.).

2. Champlain Adaptive Mounted Program (CHAMP)

CHAMP provides educational, recreational and therapeutic horseback riding lessons and horse management for individuals with mental,

physical and emotional challenges. The CHAMP program's object, in addition to the increased co-ordination of its participants, is to teach riders to focus their attention and energy, carry out increasingly complex directions, and interact with the horses – all of which result in improved self esteem, and a sense of accomplishment and mastery. UW funds helps to increase the number of participants that can be a part of this program by enabling them to offer extended lesson times, and to have more horses available.

3. Champlain Islanders Developing Essential Resources, Inc. (C.I.D.E.R.)

UW funds support a variety of different C.I.D.E.R. services and programs. These include, but are not limited to:

Transportation – this program is designed to provide access to critical medical services, adult day programs, meals and nutrition services, grocery shopping and other destinations located (primarily) off the islands. This program utilizes volunteer drivers using their own vehicles as well as using the wheelchair accessible vans C.I.D.E.R. owns.

Nutrition and Meals – this program encompasses the Meals-On-Wheels program as well as "The Neighbors" community meals site, that also hosts a number of activities important to seniors (free legal advice, help with Medicare part D and other health related topics, the Silver Sneaker exercise program, etc.).

Tufts Strong Living Program – a strength and balance training program for older adults.

Special Needs Equipment Lending Closet – lends equipment to those with special needs, including wheelchairs, walkers, bedside commodes, shower "chairs", canes, crutches, and other pieces of special needs equipment.

Flashlight – an end of life program that provides articles and information relating to end of life issues.

Handyman – a home accessibility and repair program that uses volunteers and staff to do various projects around the house for

those that might not otherwise be able to get it done (i.e. designing and building wheelchair ramps, installing/removing air conditioners, etc.)

Volunteers – a program that recruits and coordinates the volunteers that support the above programs as well as the many other requests that C.I.D.E.R. receives.

4. Champlain Islands Parent Child Center

UW funds support the **Child Care and After School Programs**. These provide alternative care for parents and the opportunity for children to have socialization, play and educational experiences in an interesting and safe environment. They provide year-round developmentally appropriate early care and education at two locations in Grand Isle County to make it easily accessible to families. They collaborate with the Grand Isle Supervisory Union to provide, maintain and develop curriculum materials that are age appropriate for the After School program. The Center also provides a safe place for families to share with each other and to gain key life skills, all of which result in a healthier community.

5. Champlain Valley Agency on Aging, Inc. (CVAA)

UW funds help support the mission of CVAA, which is to assist people 60 and older to remain active, healthy, financially secure, and independent. They do this by helping to fund two main programs:

Case Management – this provides seniors with all of the information, resources, and assistance available in order for them to make informed decisions about their present and future choices and options for living in their community.

Meals-On-Wheels – this vital service is for homebound elders who are unable to cook for themselves. In addition to providing adequate nutrition, M-O-W provides human contact for those living alone. Many times the volunteer has made a life saving difference in the life of the elder they are serving, helping them when they have fallen or are ill.

6. Club Respite

Club Respite is an adult day center serving Franklin and Grand Isle Counties. The Club services adults with dementia and/or physical frailty. By coming to Club Respite it helps to delay or eliminate the need for institutional care, giving the care-giving families a chance to go to work, run errands or take a break from care-giving responsibilities. Their goal is to assist participants in their efforts to improve or maintain their cognitive and physical status, as well as support the caregivers by providing education, information and referrals, and respite and emotional support. UW funds support Club Respite by helping to subsidize the cost of the program – making up the difference between reimbursement and the actual cost of the services, enabling more people to be able to use their services.

7. The Family Center of Northwestern Vermont

The Family Center's mission is to nurture the knowledge, growth and independence of all families in Franklin and Grand Isle Counties. They have decided to use the UW funds to focus on one of their programs: **the Learning Together Program**. This program addresses the need for an alternative educational and life skills program geared specifically for pregnant and parenting teens in Franklin and Grand Isle counties. It provides pre-vocational, interpersonal, educational, mental health and parenting training, as well as transportation, and on-site childcare. The majority of participants in this program lack sufficient familial and community support.

8. Franklin County Court Diversion & Community Justice Programs, Inc.

UW funds support the three main programs used to accomplish the goal of keeping teens out of the courts, of being repeat offenders, and of creating a healthier community. These programs are:

The Court Diversion Program – resolves crime in a community based process, in which volunteers from the community in addition to the victims of the crime and the

offender work together to design tasks to be implemented by the offender, in order to repair the harm done to the victims, the community, the offender's family and their self.

Teen Alcohol Safety Program (TASP) – a program in which teens undergo a complete substance assessment (for all substances, not just alcohol), and are then given treatment recommendations.

Substance Use Reduction Education (SURE) – through a variety of activities, participants learn more in depth about substance abuse and the tools they need to help them and their friends stay safe. This seven-hour class is designed to reduce the risks of underage use of alcohol and other substances.

9. Franklin County Home Health Agency, Inc.

While the Franklin County Home Health Agency provides high quality home and community based health care programs and related services to people of all ages and incomes throughout Franklin County, they have decided to use their UW funds primarily for their **Homemaker Program**. This program provides supportive services, such as shopping, errands, and other activities (cooking, cleaning, laundry, light and heavy housework, etc.) essential to maintaining one's living quarters for elderly persons and persons living with disabilities residing in their own homes.

UW funds are also helping FCHH develop a program to reduce avoidable hospitalizations (i.e. implement risk assessments, fall prevention programs, improved medication management and physician communication, etc.).

10. Franklin County Senior Center

The Senior Center's mission is to serve seniors successfully through nutritional support and social activities to prevent isolation. To this end, the Senior Center uses their United Way funds to increase the number of nutritious meal offerings, to increase the number of programs offered for physical activity and health monitoring

(specifically through their "Weigh to Good Health" program), and to upgrade the electrical system at their facility.

11. Franklin/Grand Isle 4H

The Franklin and Grand Isle 4H programs create supportive environments for youth and adults to reach their fullest potential through experiential learning and life skills development. UW funds support the **Franklin County 4H Foundation** and the **Grand Isle Leaders Council** and the programs they sponsor, including: traditional 4H Club programs and activities, school enrichment activities, and 4H after school programs. Their ultimate goal for 2007 is to broaden the scope of 4H programming to include such program as Robotics, GIS mapping, Literacy in the Garden, Agriculture in the Classroom, Digital Photography, and computer basics.

12. Franklin Grand Isle Community Action/ CVOEO Inc.

Franklin Grand Isle Community Action is part of the Champlain Valley Office of Economic Opportunity (CVOEO) – an agency that works with and for low-income families to help them meet their basic needs and reduce or eliminate their reliance on state and federal support (welfare). The overriding goal for use of the 2007 UW funds will be to do the best job that they can to make sure that no one goes hungry in Franklin or Grand Isle County. Therefore, the funds will go to support the **FGI Emergency Food Shelf**, which provides short-term supplies of nutritionally well balanced perishable and non-perishable food items to low-income families that would otherwise go hungry. The money enables the Food Shelf to supplement donated goods with the more requested items, and to purchase food in bulk from The VT Food Bank as well as other large-scale cooperatives.

13. Girl Scout Council of Vermont

UW funds support **comprehensive Girl Scouting** in the state of Vermont. Girls and their families can choose from a menu of Girl Scouting projects, initiatives and events in which to participate, such as troops, camps, one-day events and special interest groups. The girls develop leadership skills that they use in community activism. The programs empower girls and enrich their lives through age-appropriate developmental activities that build strong values, social conscience and conviction about the girls' own potential and self-worth. Today's programs include financial management, technology, science, wellness, as well as the more timeless programs like camping and canoeing.

14. Grand Isle County Court Diversion

This community program is designed to encourage a sense of responsibility on the part of first offenders for their illegal acts. It offers a community-based, cost-effective alternative to the formal court process, a quick response to the offense, offender responsibility, promotion of the offender's positive qualities, compensation to the crime victims and communities for their losses and expenses, all while reducing the likelihood of repeated legal involvement.

Grand Isle County Court Diversion did not apply for funding this year. In the past, UW funds supported the Court Diversion Program and the Teen Alcohol Safety Program (TASP), both of which are designed to keep teens safe, help them make better decisions, and stay out of the courts.

15. Greater Burlington YMCA

The YMCA's goal for their after school program, **the Live Y'ers**, is to provide quality programming in a nurturing healthy and stimulating environment for children where they can learn, grow and socialize after school. The children learn about giving back to the community through community service. They learn coping skills, and how to deal with challenging situations, and they learn about healthy living and the importance of diet and exercise. UW funds support the after school programs in St. Albans, Georgia, and Fairfax, helping to keep

them affordable to all that wish to participate, as well as helping them to enhance the programs that they offer.

16. Green Mountain Council, Boy Scouts of America

UW funds support the **Scouting Program** and the **Learning For Life Program**, as well as subsidizing the cost of attending camp for those who would not be able to go to camp otherwise.

The **Scouting Programs** provide families with positive alternatives to destructive lifestyles through character development, and crime and substance abuse prevention. It addresses the whole community regardless of economic status or social background. The Scouting Program is broken down into:

Tiger cubs (7 year-olds in the first grade)

Cub Scouts (8 – 10 year-olds, in second through fifth grade)

Webelos Scouts (10 year-olds in fourth or fifth grade)

Boy Scouts (11 – 17 year-olds, who have completed fifth grade and above)

Venturing (men and women 14 – 20 years-old, who have completed 8th grade or higher).

The **Learning For Life Program** is designed to support schools and other youth-serving organizations in their efforts towards preparing youth to successfully handle the complexity of today's society and enhance their self-confidence, motivation and self-worth. It also helps youth develop social, life and career skills, develop character and formulate positive values. LFL has two program methods: in-school programs (Learning For Life Groups), and worksite based (Explorer Posts).

Learning For Life Groups are broken down by school-age:

Elementary – Kindergarten through sixth grade
60 lesson plans are included, supporting the school's curriculum, including parental extension activities that help involve the student's families.

Special Needs – Teaches youth with mental disabilities

the life skills they need to achieve greater self-sufficiency.

7th and 8th Grade Program – places an emphasis on personal skills and values needed to make future career choices.

Senior High School – 9th through 12th grade

– divided into 2 parts:

- the practical skills necessary to get and keep a job
- career seminars that give students an in-depth understanding and first-hand knowledge of their chosen career.

The Exploring Program targets men and women, ages 14 through 20 (having completed at least 8th grade), to participate in this program that collaborates with organizations in the community to set up Explorer Posts that help youth pursue special career interests.

17. Maple Leaf Farm Associates, Inc.

UW funds support the **Maple Leaf Farm's Residential Treatment Program** for those suffering from substance abuse. The funds help MLF to expand their physician presence, and add an R.N. as a Director of the Medical Detoxification Unit, whose mission is to help individuals recover from alcohol and drug addiction, in a non-judgmental and supportive environment.

18. Northern Tier Center for Health (NOTCH)

This center is designed to guard, promote, preserve and restore the health of persons residing in Alburgh, Enosburg, Richford, Swanton, and the surrounding areas.

NOTCH did not apply for funding this year. In the previous year UW funds supported the Summer Day Camp (promoting healthy lifestyles for campers and instilling strong work ethics in adolescent counselors), the Tooth Tutor Program (teaching proper oral hygiene and screening to those who lack adequate dental care), and the Wellness Education and Community Leadership Training project.

19. Northwestern Counseling and Support Services (NCSS)

UW funds support the **Children's Respite Programs**. Included in this program are Respite Services, Emergency Respite Services, the Summer Respite Program and the Wrap-Around Program (when respite care is part of the intensive comprehensive services provided to the child and his/her family).

These are all family preservation programs that provide a short break for families in Franklin and Grand Isle Counties who have a child experiencing an emotional and/or behavioral disturbance. This helps avert a crisis situation, keeping the family together. Respite services also help the child by providing an opportunity to leave a stressful environment, learn a new skill, and participate in activities with a trained respite provider, that they may not normally be able to take part in.

20. Prevent Child Abuse Vermont

UW funds support three **Nurturing Parent Programs** (those for teenage parents, for families recovering from substance abuse, and for fathers) and two **Circle of Parents Support Groups** in Franklin and Grand Isle Counties. Their focus is to promote healthy relationships between parents and children in order to prevent abuse and neglect. They are professionally facilitated and peer-led in a confidential setting that encourages the sharing of experiences, challenges and successes in parenting. Through these programs parents learn critical skills and behaviors that foster empathy, build communication, create developmentally appropriate rules/expectations, increase knowledge of available community resources, learn problem solving strategies, increase their self esteem, and gain a sense of community with other participants.

21. Samaritan House, Inc.

The purpose of the program is to provide temporary, emergency shelter and transitional housing to people without other options or resources within Franklin and Grand Isle County. Most of those served have jobs but simply cannot afford to live independently due to

low minimum wage, lack of affordable housing, and high fuel cost. UW funds enable **Samaritan House** to expand their hours of operation, as well as run two transitional housing programs that are designed to help participants transition out of homelessness and into self-sufficiency and permanent housing.

22. Tri-County Foster Grandparent Program

UW funds support the **Franklin Grand Isle Foster Grandparent Program**. This program is mutually beneficial to the volunteers (those age 60 and over), and the children that they work with. It fulfills the elder's need for a sense of usefulness and self-worth, and adds a new social dimension to their lives. Of equal importance is the need for children to have a caring older adult in their lives. The typical child served is developmentally delayed, below grade-level academically, and may be from a low-income or dysfunctional family. As a result of participating in this program, the children grow in self-esteem, social skills, behavioral skills, life skills and/or academic skills.

23. Vermont Center for Independent Living

The Center works to promote the dignity, independence and civil rights of Vermonters with disabilities, believing that individuals with disabilities have the right to live with dignity and with the appropriate support in their own homes, fully participating in their communities and making their own decisions about their lives. To that end, the Center uses the UW funds to support their **Home Access Program**. This program provides low-income Vermonters with physical disabilities, entrance and bathroom accessibility modifications, including ramps, landscaping, platform lifts, roll-in shower units, grab bars, ceiling and track systems, etc.

24. Voices Against Violence/ Laurie's House

Through economic, legal, social and medical advocacy; support shelter and education, the purpose of Voices Against Violence/Laurie's House is to empower victims/survivors of domestic and sexual violence to move towards a positive sense of self. To

accomplish this there are many steps – for which UW funds help support:

Laurie's House Shelter Program – the overall goal is to provide safety and support for women and children fleeing an abusive situation. While there they will participate in one of the following programs:

Women's Program –

- provide basic needs (food, clothing, personal care items)
- increase supportive services to address the abuse/trauma
- enhance advocacy services (social, economic, legal services, etc.)
- increase housing options, transportation and financial assistance to promote self-sufficiency
- increase opportunities for women to gain knowledge about their options
- work with partners to create supportive transitional housing options

Children's Program

- provide basic needs
- provide supportive services that address their trauma
- enhance effective parenting tools for moms
- increase the children's ability to integrate anti-violence prevention in their lives
- increase opportunities for kids to have fun.

Hotline Program – provides crisis intervention, information and referral to those who call 24 hours a day, seven days a week.