

## Centerpoint's Multidimensional and Multimodal Model of Support for Parents, Families, and Caregivers



### Grandparenting Connections

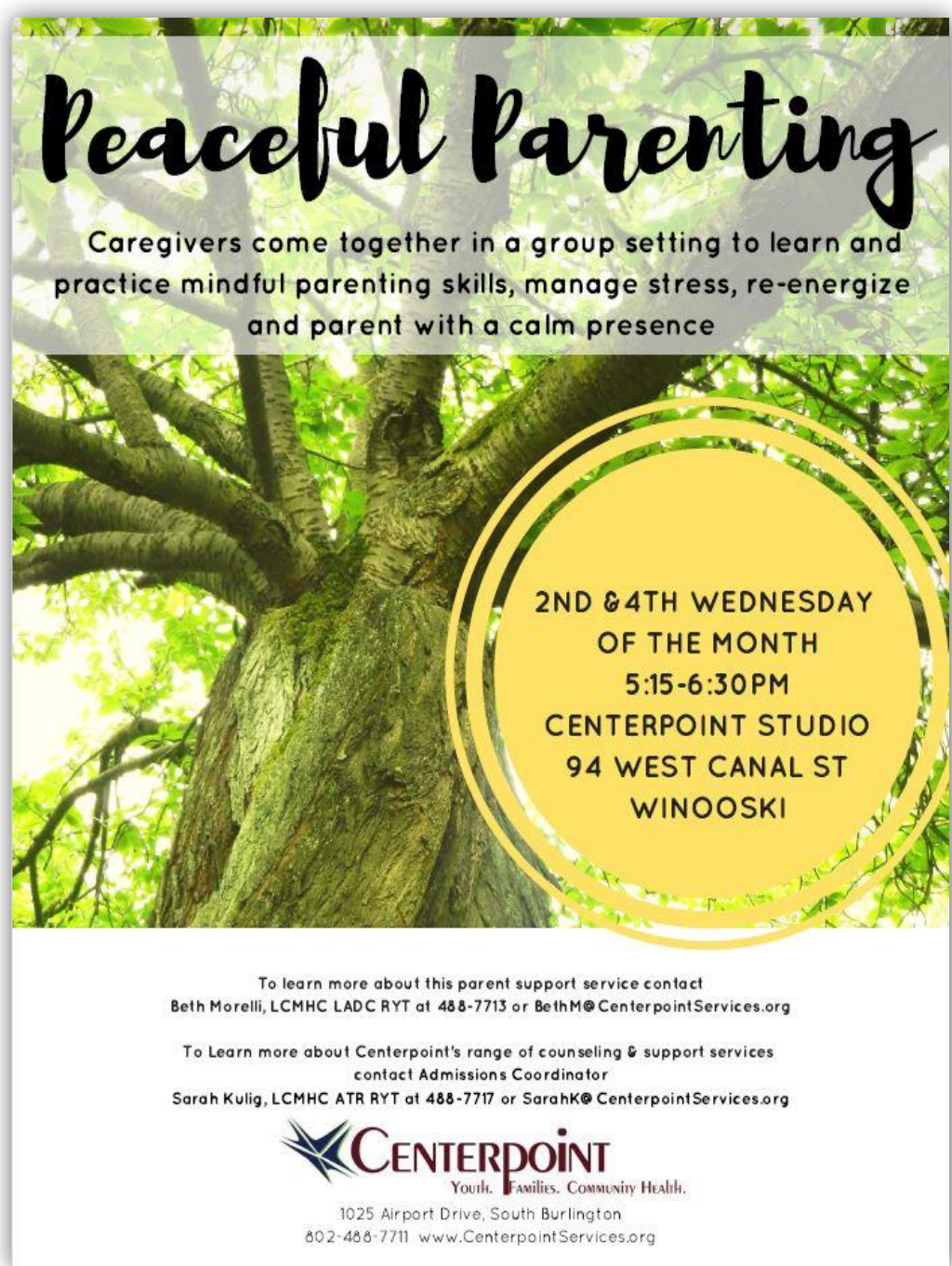
...for grandparents raising adolescents

bringing grandparent caregivers together to increase specialized skills, enhance existing supports, and focus on self-care while building connection with one another as they raise their adolescent grandchildren

**Wednesdays 3:30 - 5:00**  
at Centerpoint South Burlington  
1025 Airport Drive

To learn more about this group, please contact Centerpoint Substance Abuse & Mental Health Clinician Declan McDaid, LICSW at 488-7705 or DeclanM@CenterpointServices.org  
To enroll in any of Centerpoint's SAMH counseling and support services, contact SAMH Admissions Coordinator, Sarah Kulig, LCMHC ATR ERYT at 488-7717 or SarahK@CenterpointServices.org

CENTERPOINT COMMUNITY HEALTH  
1025 Airport Drive, South Burlington, VT 05403  
802-488-7711 www.CenterpointServices.org

### Peaceful Parenting

Caregivers come together in a group setting to learn and practice mindful parenting skills, manage stress, re-energize and parent with a calm presence

**2ND & 4TH WEDNESDAY OF THE MONTH**  
5:15-6:30PM  
CENTERPOINT STUDIO  
94 WEST CANAL ST  
WINOOSKI

To learn more about this parent support contact Beth Morelli, LCMHC LADC ERYT at 488-7713 or BethM@CenterpointServices.org  
To learn more about Centerpoint's range of counseling & support services contact Admissions Coordinator Sarah Kulig, LCMHC ATR ERYT at 488-7717 or SarahK@CenterpointServices.org

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### Mothers & Others Embroidery Group for the Somali & Somali Bantu Communities

Led by Masji Mohamed and Danielle Jatlow from Centerpoint, please join embroidery masters and your neighbors for a unique and fun opportunity! Mothers, daughters, sisters, grandmothers and aunts from the Somali Bantu & Somali communities are invited to learn the traditional craft of embroidery while also connecting with one another for support, relaxation, health and wellness.

Materials will be provided...or bring your own!

**Join us!**  
Sunday afternoons, 1:30pm-4:00pm

CENTERPOINT STUDIO  
94 West Canal Street  
Winooski

This Community Embroidery Group is part of the **YouParent** Meet-Up series, supporting parents to learn from, share with, and take care of each other.

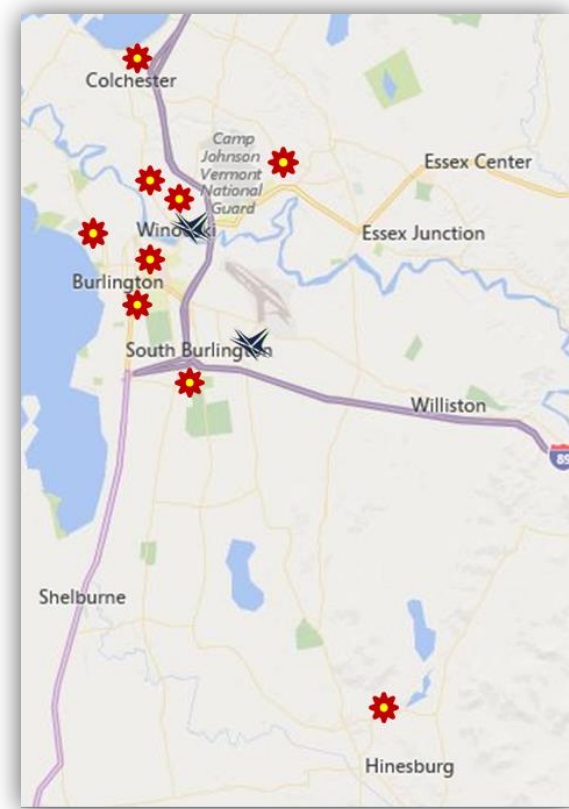
Danielle Jatlow is Centerpoint's SAMH Program Director, supporting many young people and families in our communities. Masji Mohamed is Winooski School's Outreach Coordinator for the Somali Bantu community. To learn more about this opportunity, or about other supports for you and your family, contact:  
Masji Mohamed at [masjimohamed@winooski.k12.vt.us](mailto:masjimohamed@winooski.k12.vt.us) or Danielle Jatlow at 802-488-7727 or [DanielleJ@CenterpointServices.org](mailto:DanielleJ@CenterpointServices.org)

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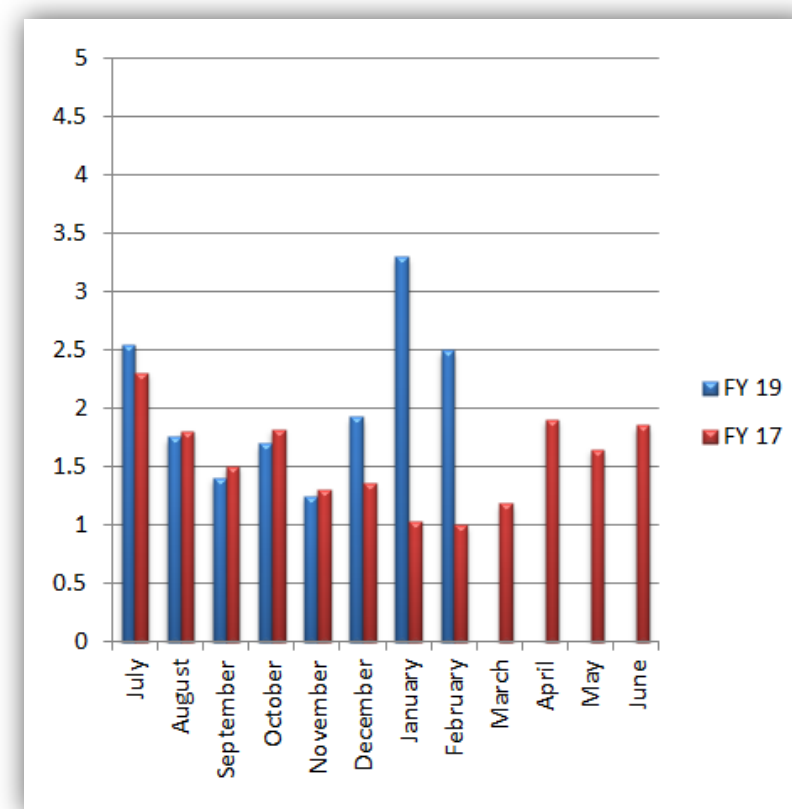
### Principles of Practice

- A model of **Complementary Expertise**: a culturally-responsive consultative orientation that results in motivational enhancement and positive engagement;
- Complementary Expertise** requires a transparent framework of positioning and power. Systemic considerations, including oppressive forces, are acknowledged and integrated within the work.
- Complementary Expertise** benefits from a 'lightness in touch' – with grace, balance, and humor – all based upon the continuous development of understanding, a stance of curiosity, intentional practice, and maintaining perspective and awareness.
- Community partnership** and the leveraging of existing relationships generates within-community leadership and sustained support and growth.
- Meet-Up** format: consumer-selected topics provide relevant and meaningful response to emerging trends and themes, recognizing and honoring local knowledge, events, and contexts;
- Family is understood as a **primary base**... for health, wellness, recovery;
- Broadened and inclusive** definitions of family and parent;
- Episodic** use of treatment and support : responding to a cyclical and stage-wise understanding of growth and change, and a **developmentally-matched** approach to parenting skills and strategies;
- All needs, challenges, and presentations are understood as **opportunities** for growth and change.
- Dynamic understandings** of family systems and family lifespan;
- Multiple perspectives** do exist and should exist simultaneously: these are identified, explored, and appreciated with families determining the navigation through these multiple perspectives;
- Instilling hope is a **Core Value**. Skill, dedication, creativity, and flexibility are essential, with differentiated styles, strategies, and modalities as the norm of practice.

In addition to Centerpoint's clinic-sites (📍) and home-based services, family and parenting support services are provided throughout Chittenden County in community locations (📍) that are accessible and culturally relevant for parents, caregivers, and family supports.



Responsiveness is essential to promote engagement. In FY 17, youth and families requesting support received services within  $\bar{x}$ =1.56 days of request. While FY 19 has seen a > 118% increase in service volume, youth and families requesting support have continued to receive timely response, with services provided within  $\bar{x}$ =2.05 days of request.



### Outcomes Demonstrated: RBA

#### Volume of service:

- >118% increase in parenting and family engagement each year since service enhancement and expansion.
- >1,100 families and young people reached during FY 18.
- Culturally responsive services have increased by >400% since service enhancement and expansion.
- Differentiated models and services have increased by >550% since service enhancement and expansion.
- Family-focused community partnerships have increased by >350% since service enhancement and expansion.
- Centerpoint clinicians trained, skilled, and confident in providing enhanced services have increased by >450%

#### Quality of care:

- Principle-based model developed with emerging, progressive, culturally relevant, and well-established practices.
- Consultation and supervision, including Working Sessions and Recording Cohorts, support continuous quality improvement and fidelity to principles.

#### Benefits experienced:

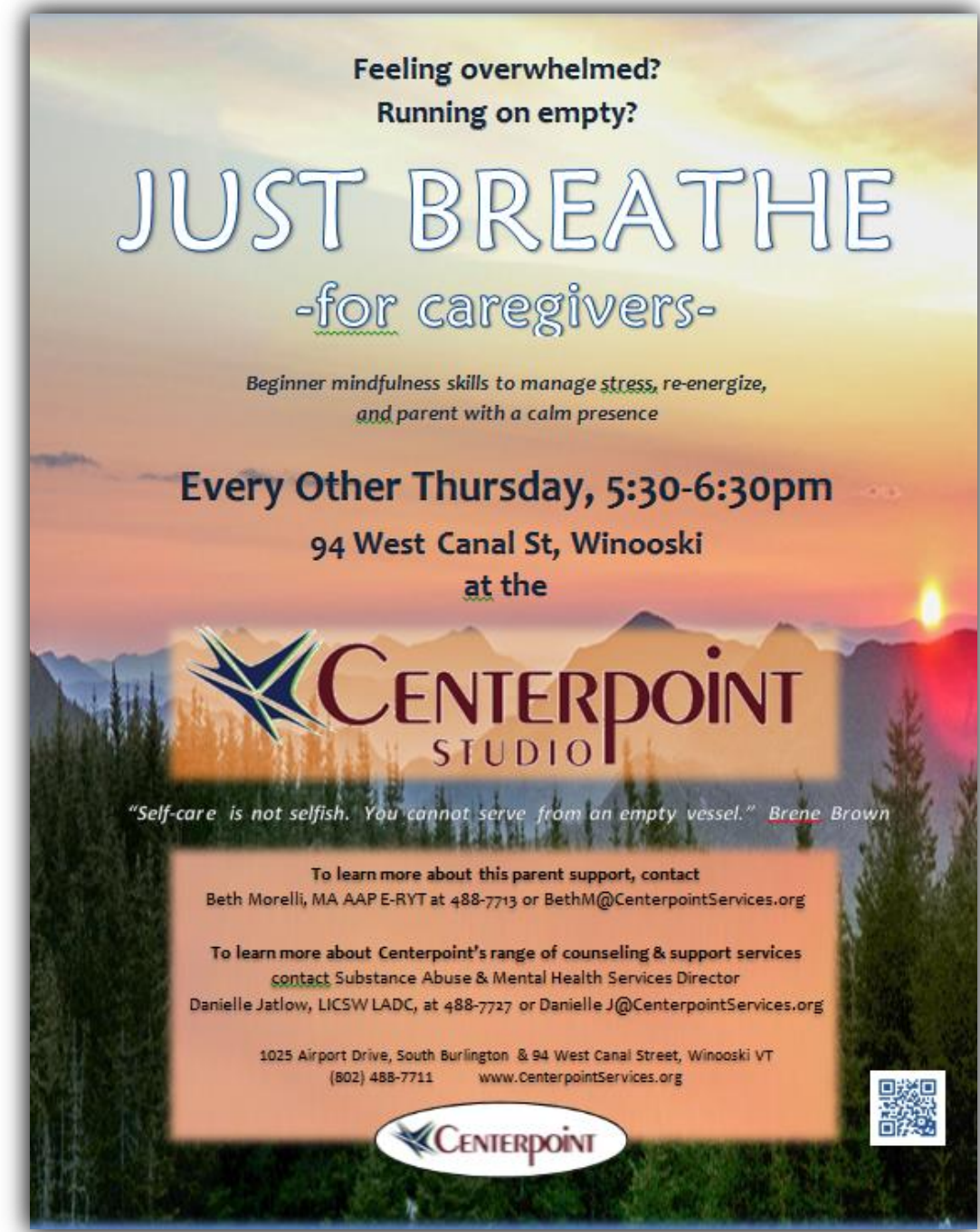
- Perception of Care/Consumer Satisfaction: Consistent and effusive appreciation for services delivered in regards to style, model, location, duration, frequency, outcome.
- Community partners (schools, medical providers, youth and family services) serving as ambassadors and amplifying principles of practice to support engagement, growth, and change.
- Community leaders and cultural brokers promoting health and wellness within their communities.
- Parent and caregiver engagement in and modeling of help-seeking behaviors has resulted in a significant increase in youth accessing treatment and support.
- Families engaging in services earlier in the progression of need, resulting in lesser distress, greater amelioration, and fewer formal services/systems contacts (including disciplinary or juvenile justice involvement).
- Consistent reporting of hope instilled, change established, progress achieved.

### For more information

Danielle Jatlow, LICSW LADC  
802-488-7727, [DanielleJ@CenterpointServices.org](mailto:DanielleJ@CenterpointServices.org)

Mitchell Barron, LICSW LADC  
802-488-7721, [MitchB@CenterpointServices.org](mailto:MitchB@CenterpointServices.org)

Centerpoint: youth. families. community health.  
1025 Airport Drive, South Burlington, VT 05403 802-488-7711  
[www.CenterpointServices.org](http://www.CenterpointServices.org)



### Feeling overwhelmed? Running on empty?

## JUST BREATHE

-for caregivers-

Beginner mindfulness skills to manage stress, re-energize, and parent with a calm presence

Every Other Thursday, 5:30-6:30pm  
94 West Canal St, Winooski  
at the

CENTERPOINT STUDIO

"Self-care is not selfish. You cannot serve from an empty vessel." Brene Brown

To learn more about this parent support, contact Beth Morelli, MA AAP E-RTY at 488-7713 or [BethM@CenterpointServices.org](mailto:BethM@CenterpointServices.org)

To learn more about Centerpoint's range of counseling & support services contact Substance Abuse & Mental Health Services Director Danielle Jatlow, LICSW LADC, at 488-7727 or [DanielleJ@CenterpointServices.org](mailto:DanielleJ@CenterpointServices.org)

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### ParentIN BURLINGTON

## SUMMER MEET-UP SERIES STARTS JUNE 6!

ParentIN Meet-Ups are opportunities to learn, share, ask questions, and find answers!

THE SUMMER MEET-UP SERIES WILL TAP INTO A VARIETY OF SKILLS, STYLES, AND ACTIVITIES THAT RECOGNIZE THERE ARE MANY WAYS FOR PARENTS TO LEARN, GET SUPPORT, AND BE THE BEST PARENTS THEY CAN BE.

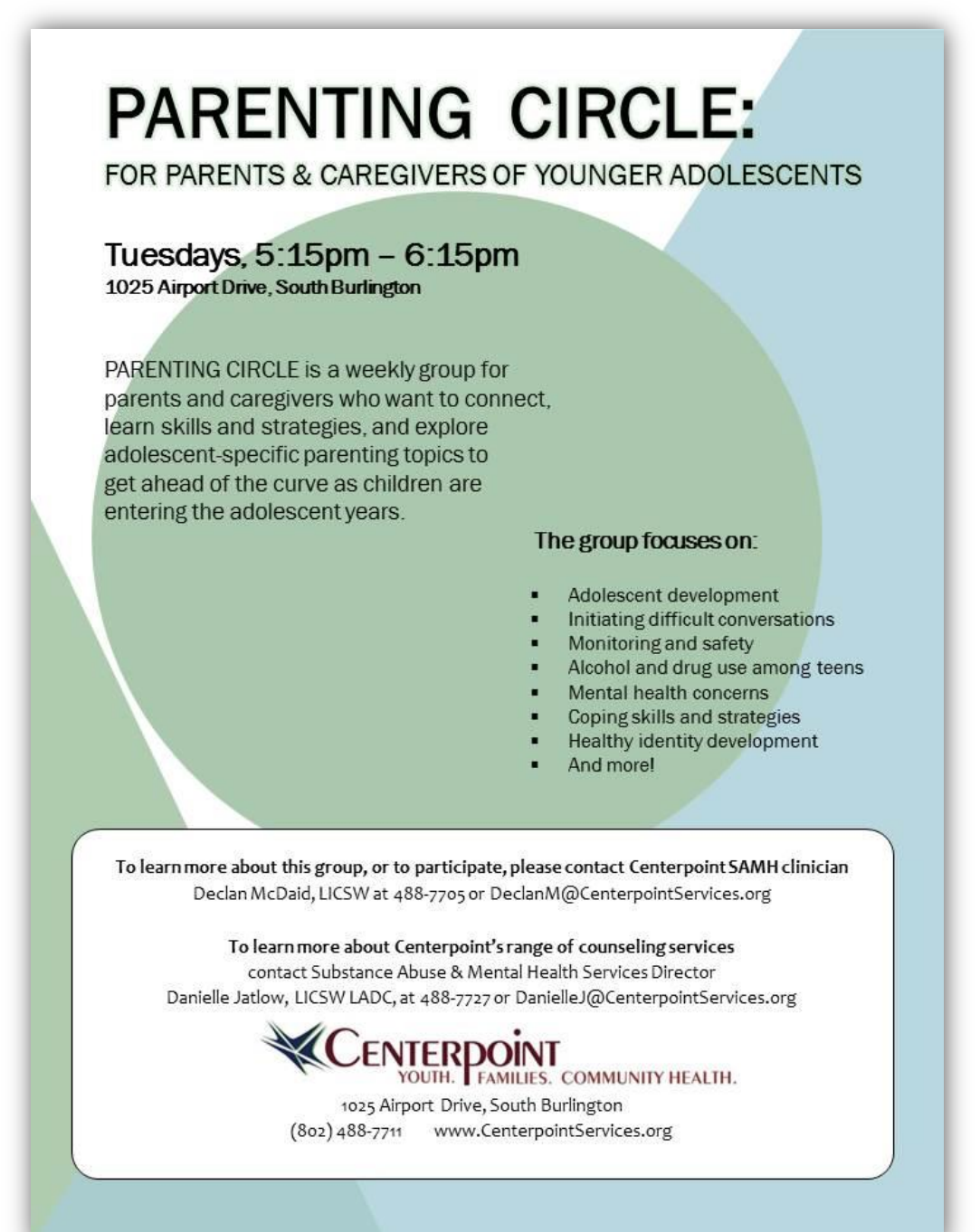
Please join us the following Wednesdays at the Fletcher Free Library from 5:45 to 6:45 pm

June 6 / June 13  
July 25 / August 1 / August 22

Light refreshments will be served. Childcare available upon request.

**inspired** **involved** **invested**

All meet-ups are FREE & open to all. Please RSVP so we can plan accordingly. [emily@burlingtonpartnership.org](mailto:emily@burlingtonpartnership.org)

### PARENTING CIRCLE:

FOR PARENTS & CAREGIVERS OF YOUNGER ADOLESCENTS

Tuesdays, 5:15pm - 6:15pm  
1025 Airport Drive, South Burlington

PARENTING CIRCLE is a weekly group for parents and caregivers who want to connect, learn skills and strategies, and explore adolescent-specific parenting topics to get ahead of the curve as children are entering the adolescent years.

The group focuses on:

- Adolescent development
- Initiating difficult conversations
- Monitoring and safety
- Alcohol and drug use among teens
- Mental health concerns
- Coping skills and strategies
- Healthy identity development
- And more!

To learn more about this group, or to participate, please contact Centerpoint SAMH clinician Declan McDaid, LICSW at 488-7705 or [DeclanM@CenterpointServices.org](mailto:DeclanM@CenterpointServices.org)

To learn more about Centerpoint's range of counseling services contact Substance Abuse & Mental Health Services Director Danielle Jatlow, LICSW LADC, at 488-7727 or [DanielleJ@CenterpointServices.org](mailto:DanielleJ@CenterpointServices.org)

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