

Stratton Foundation awards grant to UCS

The Manchester Journal

Article Launched:05/01/2008 11:32:57 AM EDT

Friday, May 2, 2008

BENNINGTON/MANCHESTER — The Stratton Foundation has helped boost recovery from mental illness and addiction through a grant to United Counseling service (UCS) that helps reinforce healthy behavior.

The grant provides a significant addition to the lending library of books, CDs, and DVDs available at UCS to enhance counseling, reinforce personal changes, and help speed recovery.

"People cannot easily get these materials otherwise, but they can be very helpful tools in aiding recovery and personal growth," according to Northshire UCS Director Peg Gregory.

"Now we can offer an exciting addition to our lending library of wonderful, useful books and collection of CDs and DVDs that address substance abuse and mental illness," Gregory said.

The materials are available to anyone receiving counseling at UCS. The lending library includes many authoritative titles on parenting, teenage behavior problems, depression, relaxation, ADHD, marriage and relationships, breaking the cycle of substance abuse, and other frequent concerns.

The materials supplied by the Stratton Foundation will be incorporated into the Northshire UCS substance abuse program. They can also be shared out to community groups and events to strengthen drug-abuse prevention efforts.

"The Stratton Foundation raises money locally to help support community non-profit organizations, Interim Executive Director Gun Burns said. "Our mission is to enhance the quality of life and create a sense of community right here in Southern Vermont. The Stratton Foundation is greatly pleased to support this kind of innovative approach that directly affects people in our community."

Northshire UCS offers quality counseling and treatment strategies based on the specific needs and concerns of each person. Clinicians use a variety of therapeutic approaches to

promote emotional health and personal growth.

In the coming year, The Stratton Foundation will undertake several events to raise money and support for community development grants. Visit www.strattonfoundation.org or call 802-297-2096 to find out more about their grant program and events.

UCS serves children, adults, families, and seniors through nationally recognized counseling, early care and education, and clinical support that changes lives. Visit www.ucsvt.org to find out more.