



Helpful Resources

Vermont 2-1-1:

Provides confidential help 24/7 for everyday needs and difficult times. Call specialists provide help solve problems and link individuals and families with local, statewide, regional, and national resources.

Telephone: Dial 2-1-1 (local call anywhere in VT) or Toll Free 866-652-4636

Website: [Vermont 211 Homepage — VT 211](https://vermont211.org/) https://vermont211.org/



Help-Me-Grow Vermont:

Provides parents and caregivers with tips on positive parenting, resilience, and child development. Answers questions about development and provides screening tools to complete and share with the child's medical home.

Telephone: Dial 2-1-1 option 6 or text HMGVT to 898211

Website: [Help Me Grow VT](https://www.helpmegrowvt.org/) https://www.helpmegrowvt.org/



Vermont Family Network:

Provides support to all Vermont children, youth, and families, especially those with disabilities or special health needs.

Telephone: 802-876-5315

Website: [Home - Vermont Family Network](https://www.vermontfamilynetwork.org/) https://www.vermontfamilynetwork.org/



WIC:

Provides food benefits, nutrition education, breastfeeding support, counseling and programs for pregnant Vermonters, parents, and caregivers with children under 5.

Telephone: 800-464-4343 toll free or 802-863-7200

Website: [WIC | Vermont Department of Health \(healthvermont.gov\)](https://www.healthvermont.gov/family/wic)

https://www.healthvermont.gov/family/wic



Department for Children and Families: Economic Services Division

Connects individuals and families with Vermont based benefits and services including ReachUp, 4 Squares, Fuel assistance, and Child Care Assistance.

Benefits service center: 1-800-479-6151 Childcare helpline: 1-800-649-2642

Website: [Benefits & Services | Department for Children and Families \(vermont.gov\)](https://dcf.vermont.gov/benefits)

https://dcf.vermont.gov/benefits



Housing & Shelter: Vermont 2-1-1

Resources for permanent, temporary, and emergency housing throughout VT.

Telephone: Dial 2-1-1 (local call anywhere in VT) or Toll Free 866-652-4636

Website: [Vermont 211 Homepage — VT 211](https://vermont211.org/) https://vermont211.org/



Helpful Resources (continued)

Child Welfare Training Partnership:

Provides training and parenting support for Kin, Foster, and Adoptive parents including the Resource Parent Curriculum (RPC) and Trauma Informed Parenting Skills (TIPS) for Tuning In courses.

Website: [Kin, Foster & Adoptive Families - Vermont Child Welfare Training Partnership \(vermontcwtp.org\)](https://vermontcwtp.org/kin-foster-adoptive-families/)

<https://vermontcwtp.org/kin-foster-adoptive-families/>



Intimate Partner Violence resources:

National Domestic Violence Hotline 800-799-7233

Chittenden County: Steps to End Domestic Violence

Telephone: 802-658-1996

Website: [Steps to End Domestic Violence \(stepsvt.org\)](https://www.stepsvt.org/) <https://www.stepsvt.org/>



Prevent Child Abuse Vermont:

PCAVT is the Vermont Chapter of Prevent Child Abuse America and the National Circle of Parents and provides resources, training, and support for parents and caregivers around recognizing and preventing abuse.

Telephone: 1-800-CHILDREN (1-800-244-5373) or dial 2-1-1

Website: [Prevent Child Abuse Vermont \(pcavt.org\)](https://www.pcavt.org/) <https://www.pcavt.org/>



Perinatal Mood and Depression Supports:

The #1 complication of childbirth is depression; it affects more than 1 in 7 new moms. It is treatable. Please reach out for support:

- Contact your obstetric office or primary care provider office
- Call Help-Me-Grow at 2-1-1 extension 6

Postpartum support international provides online support groups

HelpLine: 1.800.944.4773 call or text

Website: [Postpartum Support International - PSI](https://www.postpartum.net/) <https://www.postpartum.net/>



If you are in crisis or feeling suicidal:

- Contact the Crisis Text Line (text "VT" to 741741),
- Call the National Suicide Prevention Lifeline at 800-273-8255
- Go to the local Emergency Department

Interwoven Opioid Stories

In February 2022, VCHIP's ICON team hosted a pair of storytelling workshops for individuals with a history of opioid use disorder (OUD) during pregnancy and health care professionals who work with parents or families affected by OUD in Vermont. Every storyteller had one united reason to share their story: supporting you and telling you that you are not alone in this!

Whiskey Oriented Ashlee

" I had my first alcohol drink when I was 17. I smoked my first bowl when I was 18. I was given an OC 80 for my 19th birthday by a friend of mine. That's how it started. It was a social thing at first and then it wasn't. I remember the day I realized that I was addicted. I was standing in the galley at work and I was dope sick.

Everything was Readily Available- Heidi

" I was actively using Opiates, Cocaine and alcohol for three years before I got pregnant with my son. I was 30.

Everything was readily available to me. Money was no object at that time and I was in a situation where my fiancé had a really good job. We had beautiful home, nice things beautiful cars. I was very well put together.

Sunny Side Up - Jessica

" My father passed away in my early 20s and that's when I really leaned into Oxycontin. When that became progressively more difficult to find, I transitioned to using dilated and then very quickly heroine. I was addicted when I got pregnant which was really scary for me. I was so afraid that DCF would get involved. For some reason, I found the strength to not use during the last month of my pregnancy.

The Life I never thought I could have- Lindsay

" I got my wisdom teeth out at 17 and got a prescription for 40 Vicodin and that was it. I was addicted pretty quickly. At one point, I was so out of it that I left my baby with my parents for what I thought was 4 days but was really a month

Read the full stories by visiting our website:

[Improving Care for Opioid-exposed Newborns \(ICON\) | College of Medicine | University of Vermont \(uvm.edu\)](https://www.med.uvm.edu/vchip/icon/icon_parents_with_lived_experience)
https://www.med.uvm.edu/vchip/icon/icon_parents_with_lived_experience



Read more from providers with experience caring for families affected by opioid use disorder here:

https://www.med.uvm.edu/vchip/icon/icon_community_provider_experiences



