



The first Soteria house was founded in San Francisco, USA, in 1971. The work of this house was based on the philosophy that "being with" or being accompanied during a crisis could have similar or even better therapeutic outcomes than hospital methods, particularly in a small, supportive, non-hospital and family-like environment with low or no medication. This initiative showed such promising results that it led to the opening of many Soteria-like services internationally, including Israel, Germany, the UK, Switzerland, and in the United States, Soteria Vermont.



Today Soteria House Vermont is the only program of its kind in the United States. Funded by the Vermont Department of Health in 2014, it is now in its 8th year of operation and is a viable and strong component of our Vermont mental health system of care, with a proven track record.

## What is Soteria House Vermont?

Soteria House Vermont is a home-like environment providing alternatives to hospitalization for those experiencing psychosis for the first time, currently located in Chittenden County, Vermont. Soteria House can support up to five residents at a time; many are young adults. Individuals may stay for 3-6 months or longer. Soteria provides a less restrictive setting and promotes self-expression and community as primary sources of healing. Antipsychotic medications are de-emphasized, although available through an on-staff psychiatrist. At Soteria, people move naturally through crises because they are in the right environment. Short-term outcomes are comparable to hospitalization, and long-term outcomes are far better. Creating a community consisting of former and current residents and staff members allows an approach of 'being with' people rather than 'doing to' them.

Over the past two years, Pathways has turned away approximately 45 referrals statewide due to lack of space.



\$2,625

\$547

The daily cost of treatment at Soteria House Vermont in 2020 was \$547, nearly one-fifth the \$2,625 per day for psychiatric hospitalization. Almost everyone at Soteria suffers from an acute stage of psychosis. If they were not here, they would be hospitalized.

## A Permanent Home for Soteria House

Pathways Vermont is seeking funding to purchase and renovate a permanent home for our Soteria House program. This program has been utilizing a 5-bedroom rented property since it was opened in 2015. We have identified a Champlain Housing Trust property (141 Maple Street, Burlington) to purchase and renovate so that Soteria has a permanent home that will ensure its important ongoing place in the system of care.

As a medication-neutral, homelike residence staffed 24/7, Soteria offers an alternative to the typical and costly path of hospitalization. The purchase and renovation of this property would help ensure Pathways Vermont's and Soteria's financial stability and longevity, allowing Pathways to continue offering this essential alternative form of mental health care for decades.

This move would allow us to increase our capacity, as 141 Maple has nine bedrooms, 2 of which are ADA accessible. Our current set-up has minimal ADA functionality, with 1 of the five bedrooms being ADA compliant. Increased capacity is critical to meet the overall demand within Vermont's mental healthcare system. In particular, it will provide meaningful alternative mental health treatment, which communities worldwide seek to model.

Total Project Budget	\$1,500,000
Total Received / Committed	\$515,000
Total Prospective / Gap	\$985,000

"The Soteria House model is on the cutting edge of mental health care and in the years ahead there will be many such houses operating with the principles of Soteria, with less stigma, institutionalization and medicalization."

**-World Health Organization Geneva 2021-22 Mental health crisis services promoting person-centered and rights based approaches world-wide technical guidance.**



**Pathways Vermont**



**A Permanent Home for Soteria House**

Soteria House is a therapeutic community residence for individuals experiencing a first-time acute psychiatric state. Soteria staff offers residential, adaptive, and person-centered support in the hopes of preventing the need for hospitalization.

141 MAPLE STREET BTV



CONCEPT STUDY  
SAS ARCHITECTS