



Building Flourishing Communities is spreading the information about how to help our children grow up with strong, addiction-resistant brains, the ability to build meaningful relationships, focus on their work and remain calm under stress.

“I would have looked at my students differently if I had known this when I was teaching.”

A comment from an attendee at Aldrich Public Library, Barre, April 10, 2018

Building Flourishing Communities takes the important information about early childhood development to Vermonters. This proven public health model engages average Vermonters in discussion and action to address the factors that lead to poor health outcomes and much of the difficulty so many have in succeeding at work and in family life. We are creating an enduring vision of flourishing communities, and the actions to achieve them.

There are 23 Building Flourishing Communities Master Trainers facilitating discussions in all regions of Vermont to increase awareness about how early, overwhelming and/or threatening events can lead to later poor health and well-being. The Master Trainers are generating interest and excitement about the potential for change through conversation based in the NEAR sciences:

- ◆ Neuroscience— early brain development and adaptations to experience
- ◆ Epigenetics— how our environment influences gene expression
- ◆ ACEs study – makes the connections to later outcomes clear
- ◆ Resilience – shows that even those who have been deeply affected by adversity can become more resilient and flourish, and those with resilience withstand life’s challenges better

Once we have created broad general knowledge and understanding across the state, the Master Trainers will then assist local leaders to determine next steps. Experience shows that when community members have an opportunity to lead, local projects are more likely to focus on narrowing the gaps between those with the greatest challenges and those with more advantages. This approach reduces early, overwhelming events, increases resilience and leads to flourishing.

In Washington State where this model was developed, child welfare costs decreased by \$27.9 million. Public services costs due to early childhood adversity were reduced by \$120 million annually. For an average yearly investment of \$3.4 million in small, local grants for community-driven projects; **for every dollar spent, \$35 were saved.**

Lists of the Building Flourishing Communities trainers and the members of the Steering Committee follow

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Building Flourishing Communities Master Trainers, by Agency of Human Services District

| <i>Agency of Human Services District</i> | <i>Master Trainer</i> | Contact information |
|--|--|--|
| Barre | Daniela Caserta, Family Center of Washington County | danielac@fcwcvt.org 802-262-3292 |
| Barre | David Sanguinetti, retired, former CPA w/National Life | davesangvt@outlook.com 802-249-2871 |
| Barre | Priscilla White, Department for Children & Families, Family Services Division, Child Victim Treatment Director, Co-Chair, VT Center for Prevention & Treatment of Sexual Abuse | priscilla.white@vermont.gov 802-760-8574 |
| Barre | Kelly Young, Academic Coordinator, Community College of Vermont | kelly.young@ccv.edu 802-828-0131 |
| Brattleboro | Tracy Binet-Perrin, Counselor, Green Street School | tbperrin@wsesu.org 802-254-3737 |
| Brattleboro | Amy Goldberg, Department for Children & Families, Economic Services Division | amy.goldberg@vermont.gov 802-490-0918 |
| Burlington | Kelly Ahrens, Burlington Community Justice Center | kahrens@burlingtonvt.gov 802-865-7169 |
| Hartford | Emily Marshia, Student Support Specialist, First Branch Unified School District, Chelsea & Tunbridge schools | |
| Hartford | Abby Tassel, WISE (domestic violence services) | abbytassel@gmail.com 802-291-2991 |
| Middlebury | Jody Brakeley, MD (pediatrician) | drjodybrakeley@gmail.com 802-989-7332 |
| Morrisville | Tricia Long, Director, Resilience Beyond Incarceration, Lamoille Restorative Center | tlong@lrcvt.org 802-793-7687 |
| Newport | Michelle Maitri-Mudita, Childrens' Integrated Services Coordinator, Northeast Kingdom Learning Services | michelle.maitri-mudita@neklsvt.org 802-334-2735 |
| Newport | Colleen Moore de Ortiz, Public Health Nurse, Department of Health | colleen.mooredeortiz@vermont.gov 802-334-4384 |
| Rutland | Caprice Hover, Exec. Director, United Way of Rutland County | caprice@uwrutlandcounty.org 802-773-7477 |

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| Rutland | Chris Hultquist, Exec. Director, The Mentor Connector | chris@mentorconnector.com 802-775-3434 ext. 2 |
| St. Albans | Mary Pickener, Substance Abuse Prevention Consultant, Department of Health | mary.pickener@vermont.gov 802-524-7918 |
| St. Albans | Samantha Thomas, Integration Project Manager, Northwestern Counseling and Support Services | stthomas@ncssinc.org 802-393-6584 |
| St. Johnsbury | Martha Braithwaite, Community Organizer, Center for an Agricultural Economy | marthabraithwaite@gmail.com 802-323-6763 |
| St. Johnsbury | Kari White, Director of Quality Initiatives, Northern Counties Health Care | kariw@nchcvt.org 802-748-9405 ext. 1517 |
| Springfield | Lindsay Mack, Behavioral Health and Substance Use Care Coordinator, Health Care & Rehabilitation Services/Springfield Medical Care Systems, Community Health Team | lmack@springfieldmed.org 802-886-8998 |
| Springfield | Matt Wolf, Young Adult Coordinator, Vermont Federation of Families for Children's Mental Health | mwolf@vffcmh.org 802-595-5159 |

Building Flourishing Communities Steering Committee Members

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| Pam Bailey | Director of Operations, Green Mountain United Way |
| Julie Cadwallader Staub | Director, Early Learning Challenge grant, Dept Children & Families, Child Dev Division |
| Paul Dragon | Director of Field Services, AHS Secretary's Office |
| Kathy Hentcy | Director, Mental Health & Health Care Integration, Department of Mental Health |
| Tricia Long* | Director, Resilience Beyond Incarceration, Lamoille Restorative Center |
| Bill McMains | Child Psychiatrist, Dept Mental Health |
| Chuck Myers | Executive Director, Northeastern Family Institute |
| Priscilla White* | Director, Child Victim Treatment, Dept Children & Families, Family Services Division |
| Sarah Squirrell | Executive Director, Building Bright Futures |
| Dave Soucy | Senator, Rutland; Director, PGA Foundation |

*Also a Master Trainer

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