



Department of Mental Health (DMH)

Emily Hawes, Commissioner

Samantha Sweet, Deputy Commissioner

The Department of Mental Health: Mission & Vision

The **Mission** of the Department of Mental Health is to promote and improve the health of Vermonters. The Department resides under the Agency of Human Services and has the same critical mission: to improve the conditions and well-being of Vermonters and protect those who cannot protect themselves.

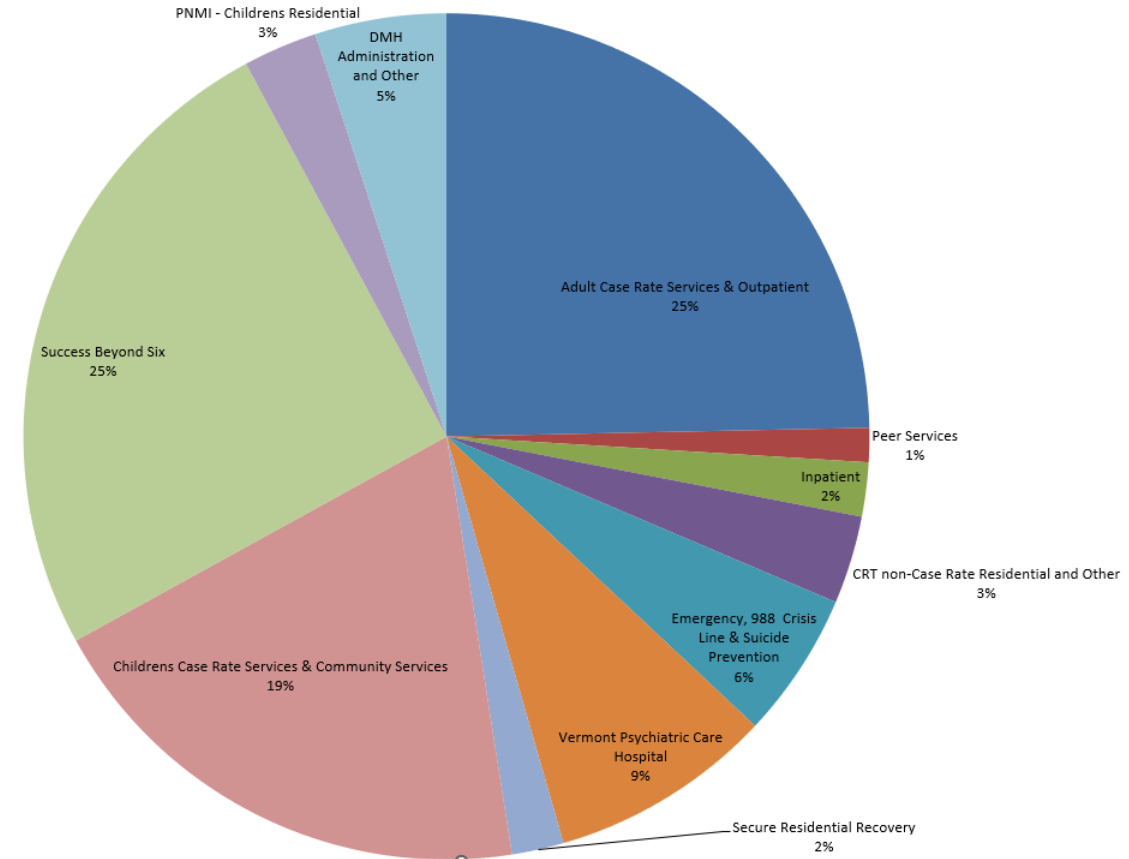
Our **Vision**: Mental health will be a cornerstone of health in Vermont. People will live in caring communities with compassion for and a determination to respond effectively and respectfully to the mental health needs of all citizens. Vermonters will have access to effective prevention, early intervention, and mental health treatment and supports as needed to live, work, learn, and participate fully in their communities.

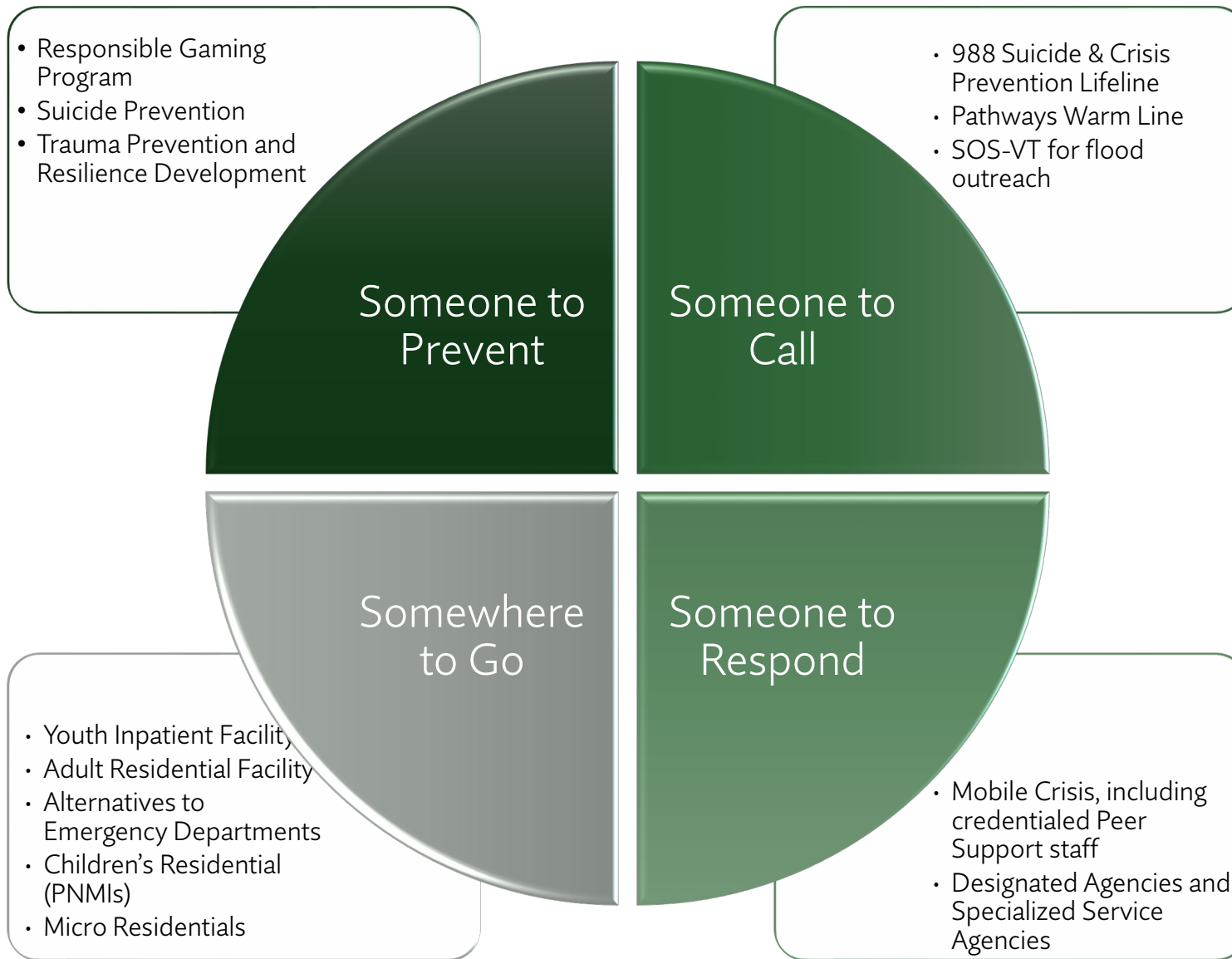


What we do at the Department of Mental Health

We are:

- Responsible through statute for the mental health system of care for Vermonters.
- Composed of 302 staff (including 233 Facility staff and 69 Central Office staff).
- Handling a budget of \$326M that supports mental health services to over 25,000 Vermonters.
- Overseeing our 10 Designated Agencies and 2 Specialized Service Agencies.
- Running the Vermont Psychiatric Care Hospital (25 beds) and River Valley Therapeutic Residence (16 beds).
- Managing several contracts and grants to peer organizations, forensic psychiatrists, psychiatric consultation with primary care, SOS VT for flood response, and Community Roundtable contract to conduct analyses of population-level data related to mental health.
- Partnering with hospitals, community providers, housing specialists, police departments, courts, and more!










MENTAL HEALTH SYSTEM OF CARE

Key to Provider Symbols


- BLUE: ADULTS SYSTEM OF CARE
- GREEN: CHILD, YOUTH & FAMILY SYSTEM OF CARE
- ORANGE: SERVICES IN BOTH YOUTH & ADULTS

-  Peer-run Services & Residential Care
-  Department of Mental Health
-  Designated and Specialized Services Agencies
-  Private Providers

Inpatient Hospitalization
229 total beds

<p>Children & Adolescent 1 Facility 30 Beds</p> 	<p>General Inpatient (Adult) 7 Facilities 142 Beds</p> 	<p>Level One Inpatient (Adult) 3 Facilities 57 Beds</p> 
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Secure Residential
16 total beds

<p>River Valley 1 Facility 16 Beds</p> 
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Intensive Residential & Treatment Programs
92 total beds

<p>Youth Residential (PNMI) 5 Residences 45 Beds</p> 	<p>Intensive Recovery Residential 5 Residences 42 Beds</p> 	<p>Peer-run Residential 1 Residence 5 Beds</p> 	<p>Youth Psychiatric Residential Treatment Facility (PRTF) 1 Program 15 Beds</p> 
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Crisis Supports & Response
56 total beds

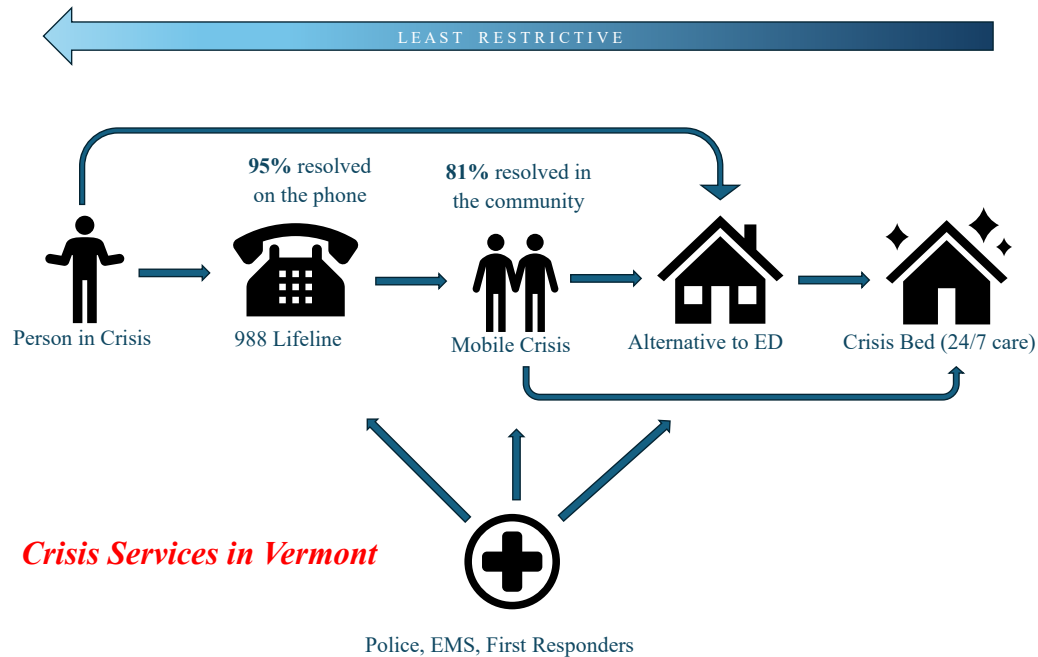
<p>Children's Crisis Stabilization Program 1 Facility 6 Beds</p> 	<p>Youth Hospital Diversion Program 2 Facilities 12 Beds</p> 	<p>Mental Health Urgent Care for youth</p> 	<p>Mental Health Urgent Care for Adults</p> 	<p>Adult Crisis Beds 12 Facilities 38 Beds</p> 	<p>Crisis Assessment, Support & Referral Continuing Education & Advocacy</p> 	<p>988 Crisis Lifeline Centers & Mobile Crisis Response</p> 
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Community Mental Health
174 total beds/109 vouchers

<p>Micro-residential (HCBS) 3 Homes 9 Beds</p> 	<p>Youth Group Homes (PNMI) 4 Homes 13 Beds</p> 	<p>Group Residential Homes 19 Homes 152 Beds</p> 	<p>Shelter & Care Vouchers DMH Housing Vouchers</p> 	<p> <ul style="list-style-type: none"> • Individual, family, and group therapy • Clinical assessment • Medical consultation and medication • Service planning and coordination • Community supports & employment services • Schools/PCP/Early care & learning ctrs (youth only) • Peer programming (adults only) • Prevention work (youth only) </p> 
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Thank you!

Crisis System of Care



This is the crisis continuum of care within the context of the entire mental health system. In Vermont, someone experiencing a mental health crisis can seek treatment at any point of access.



- The goal of crisis services are to keep individuals in community and in the least restrictive level of care
- Based on Substance Abuse and Mental Health Services Administration (SAMHSA) best practices
- Focus on integration of peer support in all aspects of crisis care
- Mobile Crisis
 - A two-person team going into the community to provide care
 - Designated Agencies (DAs) are working to integrate peer providers into all Mobile Crisis teams
 - Mobile Crisis is not specific to catchment area; DAs collaborate to provide crisis care as needed throughout the state.
- Alternatives to Emergency Department sites provide short-term crisis stabilization.
 - 4 sites serve adults, with a peer support focus
 - 2 sites serve youth
 - 1 site serves all ages
- Crisis Beds provide a 24/7 level of care outside of a hospital setting.
 - 13 crisis stabilization programs serve adults
 - 1 crisis stabilization program and 2 hospital diversion programs serve youth and children

Current* Overall Capacity in the Mental Health System

Current Overall Capacity in the Mental Health System					
Type of Bed	Total Beds	Occupied	Open	Closed	3-Year Average Daily Closed
Adult Inpatient This total includes all adult inpatient at UVMHC, BR, VPCH, CVMC, RPMC, VA, Windham Center	181	150	12	19	45
Youth Inpatient All inpatient beds for youth are at the Brattleboro Retreat	35	22	0	13	11
Adult Crisis Beds	39	18	15	6	7
Youth Crisis Beds	18	9	2	7	4

*Point in time data from 1/20/2025

**Key for acronyms: UVMHC – University of Vermont Medical Center; BR – Brattleboro Retreat; VPCH – Vermont Psychiatric Care Hospital; CVMC – Central Vermont Medical Center; RPMC – Rutland Regional Medical Center; VA – Veterans Administration



Community Mental Health Programs & Services

The organizations that make up the community-based mental health services within Vermont are known collectively as the Designated Agencies (DAs). DAs accept all clients and all insurance, but primarily serve individuals covered by Vermont Medicaid.

Programs & services provided by DAs include:

Program	Description
Adult Outpatient (AOP)	Serves adults experiencing mental health challenges. The array of services includes Clinical assessment; Service planning and coordination; Community supports, Therapy; Medication evaluation and management; Emergency care and crisis stabilization; and Psychoeducation and Recovery education.
Community Rehabilitation and Treatment (CRT)*	Serves adults with the most serious mental illnesses such as schizophrenia, bipolar disorder, and major depression. If a person is determined to be eligible for CRT, the individual is the highest priority for treatment services. People are assigned a treatment team which may include a therapist, case manager, psychiatrist, nurse, and a supported employment specialist.
Children, Youth & Families*	Serves children, youth and families who are experiencing emotional or psychological distress or are having problems adjusting to changing life situations. All supports and services are provided within the framework and principles that is child-centered, family-focused, culturally competent, strength-based, individualized, community-based, and collaborative between and among families, agencies and community.
Emergency Services	Time-limited, intensive supports provided for individuals and families who are currently experiencing, or may be expected to experience, a psychological, behavioral, or emotional crisis. Services may also be provided to the individual's or family's immediate support system. These services are available 24 hours a day, 7 days a week.
Advocacy and Peer Services	Broad array of support services provided by trained peers (a person who has lived experienced with a mental health condition or psychiatric disability) or peer-managed organizations focused on helping individuals with mental health and other co-occurring conditions to support recovery.