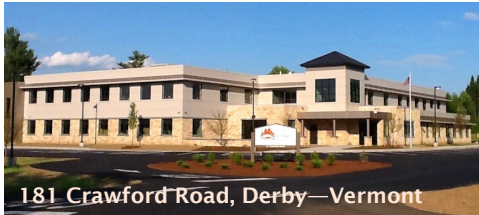


NKHS Locations



Our main office locations are in Vermont at 181 Crawford Road, Derby and 2225 Portland Street, St. Johnsbury.

Emergency and crisis services are available 24 hours a day, 7 days a week by calling:

802-334-6744 in Derby or

802-748-3181 in St. Johnsbury

**Regular office hours are
Monday through Friday
8:30 a.m.—5:00 p.m.**

Toll-free during office hours:

800-696-4979 in the Derby area

800-649-0118 in the St. Johnsbury area

We also provide services in schools, child care centers, homes, local hospitals, doctors' offices, skilled nursing and assisted living facilities, businesses, and in the community.

www.nkhs.org



NKHS Receives

Worksite Wellness Award

The NKHS Wellness Committee was honored to accept the *Governor's Excellence in Worksite Wellness Award* on behalf of the agency. The Wellness Committee strives to recognize a culture at NKHS that promotes total well-being and balance in work and life.

The committee plans and implements monthly activities, events, or wellness challenges promoting health and wellness, creatively find ways to increase staff participation and accessibility during events, and offer ways for staff to support community outreach services through donations to our Jeans Fund.

Our Wellness Committee members represent our agency divisions of Administration, Adult Services, Child, Youth and Family Services, and Intellectual/Developmental Disability Services.

Thank you, town voters, for supporting our appropriation requests at the March 2017 Town Meetings across the Northeast Kingdom. Your contributions help support funding our 24-hour emergency crisis services.

Northeast Kingdom Human Services, Inc. (NKHS) is a private not-for-profit agency driven by our mission: ***The Mission of NKHS is to enrich communities and enhance the ability of individuals and families to improve their lives.***

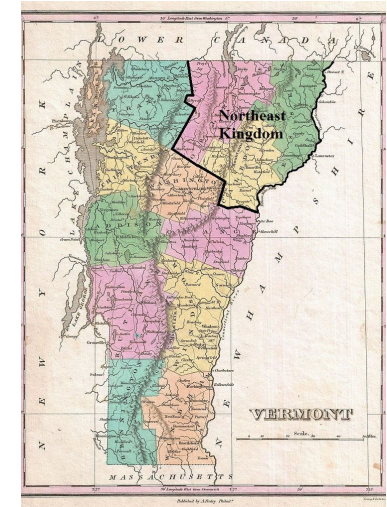
Updated Feb. 2018



We're all about being human.

Your Resource for Well-Being

*Serving Caledonia, Essex, and Orleans
Counties in the Northeast Kingdom of
Vermont*



**Check our Career Opportunities at
www.nkhs.org**



800-696-4979

NKHS Services & Supports

NKHS Provides:

- * Adult Mental Health Services
- * Addictions Services
- * Emergency and Enhanced Emergency Services 24 hours a day, 7 days a week
- * Community Rehabilitation & Treatment (CRT)
- * Intellectual/Developmental Disability Services (IDDS)
- * Children, Youth, and Family Services (CYFS)
- * Consultation and Education
- * Outreach

Services are provided in our main offices in Derby and St. Johnsbury, our satellite office in Hardwick, in homes, school, and communities in Orleans, Essex, and Caledonia counties.

Services are provided regardless of an individual's ability to pay.

www.nkhs.org

181 Crawford Rd., Derby 2225 Portland St.
P. O. Box 724 P. O. Box 368
Newport, VT 05855 St. Johnsbury, VT 05819

Supporting donations gladly accepted on our website www.nkhs.org.
Thank you!

Phone: 802-334-6744 802-748-3181
Toll Free: 800-696-4979 800-649-0118
Fax: 802-334-7455 802-473-4121

What Can You Do to Improve Mental Health Wellness?

Speak up early and educate people about risky behavior and its connection to mental illness—and do so in a compassionate, judgement-free way.

Speak up without shame and learn about behaviors and activities that could be harmful to recovery, for yourself or others. People experience symptoms of mental illnesses differently. Some habits and behaviors like excessive shopping or use of the internet, recreational use or misusing drugs, excessive or not enough exercise, or other compulsive, risky behaviors could be linked to mental illness. Mental illnesses are common and treatable.

Work on your wellness by journaling your gratitudes and achievements or writing what bothers you, work on your strengths, practice forgiveness, smile more and take time to laugh, take a 30 minute walk, spend time doing something fun with someone face to face instead of on the internet, take that first step to improve something in your life, and enjoy healthy activities with friends and/or family.

Good mental health is important for everyone. Visit the Mental Health America website at www.mentalhealthamerica.net for tips and information.

NKHS is available to help.

Remember, you are not alone.

www.nkhs.org

Employment Opportunities

NKHS offers a supportive internal work environment, newer office buildings, internal opportunity for growth and advancement, support for on-going learning and education, and has the availability of tele-psychiatry. Our excellent staff provide services in our offices and in the communities we serve.

- ◆ Mental Health and Addictions Therapists
- ◆ Dually Licensed Clinicians
- ◆ Psychiatric Nurse Practitioners
- ◆ School-based Clinicians
- ◆ Program Managers
- ◆ Social Workers
- ◆ Case Managers
- ◆ Home Providers
- ◆ Respite Workers
- ◆ Residential Staff
- ◆ Administration/Support
- ◆ Internships may be available

www.nkhs.org

NKHS Board of Directors

The NKHS **Board of Directors** are dedicated volunteers representing 51% consumer and family ties to NKHS in the counties we serve. They monitor agency performance and community needs all year, and serve on various committees. **2017/2018 Board members are:**

PRESIDENT: Mark Whitworth
VICE-PRESIDENT: Nancy Warner
TREASURER: Thad Richardson
SECRETARY: Effie Brown

Caledonia County: Paul Bengtson, Laurel St. James-Long, Linda Rhodes, Thad Richardson, Mark Whitworth;
Essex County: Ellen Moore;
Orleans County: Effie Brown, Rick Geisel, Tina Norton, Hannah Schwartz, Larry Wall, Nancy Warner

We're all about being human.