



# **CVMC WOMEN'S HEALTH**

## **Pregnancy Resource Guide**

— THE —  
**University of Vermont**  
HEALTH NETWORK  
—  
**Central Vermont Medical Center**

# WELCOME!

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Our care team at CVMC looks forward to caring for you and your family throughout your pregnancy, labor, birth and postpartum.

## HOW OFTEN ARE YOUR PRENATAL CARE VISITS?

- ⇒ In pregnancy, prenatal care visits are typically scheduled once a month until 28 weeks.
- ⇒ At 28 weeks, we will begin seeing you for a visit every two weeks.
- ⇒ At 36 weeks, you will have an office visit once a week until your birth.
- ⇒ Office visits are typically scheduled from Monday to Friday between 8 AM & 4 PM

## KEY GUIDANCE FOR CARE WITH OUR TEAM:

- ⇒ A triage nurse is available by phone during daytime office hours for questions or concerns
- ⇒ For **urgent concerns after hours**, a physician or midwife on our team is available by phone
- ⇒ If it is not urgent, please call us during the daytime hours
- ⇒ To reach our team in the daytime or after hours, call the office at **371—5961**
- ⇒ MyChart is an excellent way to communicate for **non-urgent** questions or concerns
- ⇒ Please confirm that we have your most current phone number
- ⇒ Please confirm that your voicemail is set up to receive messages

Please call our office at **371-5961** before coming to the hospital in labor

This way we can alert the on-call provider AND the labor and delivery unit that you will be arriving.

If your call needs to be returned, please stay close to the phone. Your call should be returned within a few minutes.

**If there is an emergency—please call 911 or go immediately to the emergency room**

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# TIMELINE FOR PREGNANCY

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## 8 WEEKS TO 10 WEEKS

- Initial Antepartum Visit (IVAP)
- Review of your complete medical health history and family genetic history
- Early ultrasound to confirm pregnancy
- Confirmation of estimated due date
- Pregnancy focused health promotion education
- Review of options for genetic testing
- BP, weight measurement and a physical exam
- Urine screening for possible UTI, a Pap smear (if indicated), testing for gonorrhea and chlamydia
- Blood work to screen for blood type, anemia, immunity against rubella and chicken pox and screening for infections such as HIV, syphilis, hepatitis B and hepatitis C
- Referral for nutrition and behavioral health

## 12 WEEKS

- Follow-up office visit
- Review of lab results
- Listen to fetal heart tones with a handheld doppler
- At each visit in pregnancy we will check blood pressure, weight, urine, listen to fetal heart tones and assess the height of your uterus by palpating your stomach

## 16 WEEKS

- 2nd trimester visit
- Schedule the full anatomy ultrasound (done at 20 weeks or at 22 weeks if BMI is >30 starting pregnancy)

## 20 WEEKS—22 WEEKS

- Full anatomy ultrasound
- Office visit
- Review of anatomy ultrasound results

# TIMELINE FOR PREGNANCY—continued

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## 24 WEEKS

- Review of additional pregnancy education focused on the second half of pregnancy & postpartum
- Review options for pediatric care providers in our community

## 28 WEEKS

- Complete a glucose tolerance test and anemia screening in the outpatient lab (before your visit)
- Rhogam injection if indicated
- TDAP vaccine (Tetanus, Diphtheria and Pertussis)
- If you are interested in a tubal ligation; discuss and sign tubal ligation papers
- Routine visits are now every 2 weeks!

## 30 WEEKS, 32 WEEKS & 34 WEEKS

- Explore options and preferences for labor and birth
- Explore referrals to Maternal Child Home Health & Good Beginnings
- Complete a tour of the birth center on the Women & Children's Unit
- Complete a breastfeeding class with our lactation consultants

## 36 WEEKS

- Hemoglobin test to check for anemia & culture for Group B Strep
- Solidify your labor & birth preferences
- Routine visits are now every week!

## 37, 38, 39 & 40 WEEKS

- Continued preparation for labor, birth & postpartum
- Review results of the Group B Strep Culture
- Review of signs of labor and warning signs

## 41 — 42 WEEKS

- If you are still pregnant at 41 weeks, induction of labor OR additional testing is recommended

# INTEGRATIVE PERINATAL MENTAL HEALTH SERVICES

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Your emotional health is important for a healthy pregnancy AND your postpartum transition to parenthood. Having support can make all the difference. At CVMC Women's Health, a grant supports specialized mental health services. These services are provided by Jennifer Auletta, a full-time mental health counselor based in our office.

During pregnancy and postpartum, each pregnant person is routinely referred to Jennifer for a range of support and services. These mental health wellness consults are free and integrated into your prenatal care with our care team. Pregnancy and the transition to parenthood can be a time of both vulnerability and tremendous personal growth. To support this process, we integrate support of your emotional and mental health into your prenatal care.

Jennifer's approach is client-centered, respectful and judgment-free. She has worked extensively in mental health, perinatal mental health and substance use treatment. Jennifer brings appreciation and knowledge of the unique experiences of pregnancy, postpartum and parenting to the care model.



**Jennifer Auletta**  
**LCMHC, BC—DMT**

A range of services are available to you through this unique program, including;

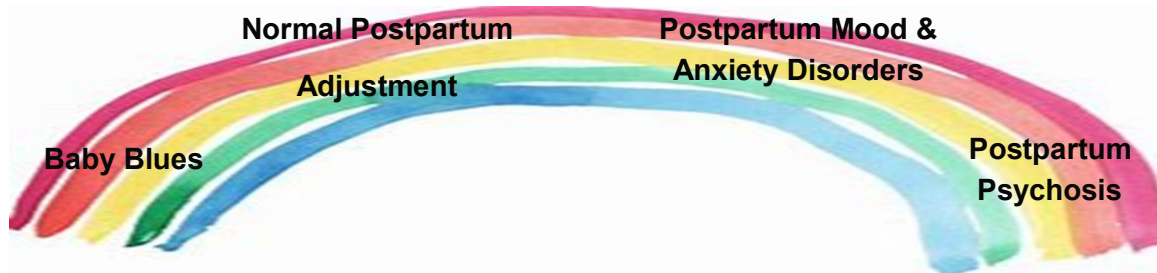
- ⇒ meeting during your pregnancy to discuss your pregnancy with a focus on any concerns you have for mood changes or potential mood changes
- ⇒ Helping with care coordination with your primary care provider around medication and other health needs;
- ⇒ Supporting you to identify supports like prenatal yoga, birth education classes
- ⇒ Connecting you with other community resources like Good Beginnings, The Washington County Mental Health Doula Project and Maternal Home Health programs;
- ⇒ Providing tobacco cessation counseling and supports
- ⇒ Providing substance use counseling and referrals for treatment
- ⇒ Postpartum meetings (at 2 and 6 weeks after your birth) to support your postpartum recovery, revisit mood concerns and support your transition to parenthood

**Call CVMC Women's Health at (802) 371-5961 to schedule an appointment with Jennifer Auletta**



# EMOTIONAL HEALTH & THE SPECTRUM OF POSTPARTUM EMOTION CHANGES

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1) Baby Blues occurs in 50-80% of new parents. They usually start within the first week after birth and can last for 2 to 6 weeks. Symptoms can include:

- ⇒ Crying easily or being more emotional than usual
- ⇒ Irritability
- ⇒ Difficulty sleeping
- ⇒ Anxiety or agitation
- ⇒ Worry about the baby
- ⇒ Lack of confidence in parenting ability

2) Normal postpartum adjustment includes many of the symptoms are similar to the Baby Blues. These symptoms are more intense and can also include:

- ⇒ Loss of appetite
- ⇒ Feelings of helplessness or loss of control
- ⇒ Over-concern or no concern about baby
- ⇒ Dislike or fear of touching baby
- ⇒ Frightening thoughts about safety of the baby
- ⇒ Change in your typically attention to our appearance
- ⇒ Inability to sleep even when baby sleeps

3) Postpartum mood or anxiety disorder (PMADs) can be part of the experience for new parents. These emotional changes can start at any point in the first year after birth and may include:

- ⇒ Worsening of normal adjustment symptoms
- ⇒ Mania symptoms
- ⇒ Significant anxiety or panic attacks
- ⇒ Post-traumatic stress
- ⇒ Obsessive compulsive reactions

4) Postpartum Psychosis is the most rare postpartum response and includes:

- ⇒ Debilitating confusion
- ⇒ Hallucinations or delusions

***Please know - you don't have to be alone in these feelings  
You are a still a good parent if you are experiencing these feelings  
These are common reactions that can be supported and treated***

# DOULAS: OTHER PERINATAL SUPPORTS!

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CVMC Women's Health collaborates with many doulas serving Central Vermont. If you wish to have a doula, know that we welcome them as a member of your care team.

## LABOR DOULA SUPPORT - WHAT IS A DOULA?

A labor doula is a trained professional who provides support during your pregnancy, labor, birth AND the postpartum period to help you have the healthiest and most satisfying experience. MANY studies support improved outcomes and experiences for individuals and families who use doulas during their pregnancy.

### 1) THE DOULA PROJECT OF WASHINGTON COUNTY MENTAL HEALTH

Central Vermont Medical Center collaborates with Washington County Mental Health's Doula Project. This comprehensive program is available for clients with Medicaid Insurance who are interested in having a doula as part of their care team. Once accepted, you are matched with a program doula for your pregnancy and through the first year postpartum.

Doulas often attend prenatal care appointments with you and help you to prepare for labor, birth and the postpartum period. During labor and birth, they are a key member of your birth team, supporting you and your family during the labor and birth process in collaboration with our nurses, midwives and physicians.

After you are home with your baby, they continue to work with you and your family. They help to connect you with others in the community in healthy ways, build positive attachments and support bonding with your infant, address all the "new parent" questions, and focus on your emotional and physical care following birth.

The collaboration between CVMC and WCMH aims to increase access to doulas for families choosing Central Vermont Medical Center for their care and birth.

If you are interested in this program, we can refer you or you can call the WCMH Doula Project directly at **(802) 225 - 5675**.

### 2) COMMUNITY DOULAS

If you do not qualify for The Doula Project, we encourage you to consider a doula as part of your care team.

There are many wonderful community doulas with whom we often collaborate at CVMC.

See the list of community doulas in the resources section of this booklet (page 19)



# WORKING WHILE PREGNANT

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Most pregnant people in most occupations can work safely and comfortably throughout their pregnancy.

Your ability to perform your job during pregnancy will be determined by your overall health, the demands of your job, and any conditions unique to your pregnancy. Talk to your obstetric provider about any concerns related to your specific job and your pregnancy.

Be aware of the laws that address your right to work and to have time off while pregnant, for birth and the postpartum period.

## THE PREGNANCY DISCRIMINATION ACT (PDA)

This is a federal law stating that a person affected by pregnancy, childbirth or related conditions should be treated the same for all employment-related purposes as anyone else similar in their ability or inability to work. Go to [www.eeoc.gov/laws/types/pregnancy.cfm](http://www.eeoc.gov/laws/types/pregnancy.cfm) for more information on this law.

## THE FAMILY AND MEDICAL LEAVE ACT (FMLA)

Provides certain employees with up to twelve weeks of job-protected leave per year. However, keep in mind that FMLA

- » does not cover all employers
- » does not cover all employees
- » does not require leave to be paid

Find out whether your job is covered under FMLA and what your employer's policies are regarding leave. Go to [www.dol.gov/dol/topic/benefits-leave/fmla.htm](http://www.dol.gov/dol/topic/benefits-leave/fmla.htm) for more information on FMLA.

Vermont law also requires employers to make accommodations for people who are breastfeeding upon return to work. For more information see: <http://legislature.vermont.gov/statutes/section/21/005/00305>

# BIRTHING CENTER OPEN HOUSE

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A personalized virtual tour is a great way to help prepare for your birth at CVMC!

Become familiar with our birth center where our team will care for you and your baby during your labor, birth and first few days postpartum. These tours are presently being held virtually with flexible timing to accommodate your schedule.

Come meet some of our nurses, learn about our full range of services, tour the space and ask ALL your questions.

**WHO:** Expectant parents, grandparents, siblings, family members & friends.

**WHEN:** At your convenience by Zoom

**TIME:** At a time that works for you!

**WHERE:** Online with a nurse from our birth center

**REGISTER:** Email [birthingopenhouse@cvmc.org](mailto:birthingopenhouse@cvmc.org) or call (802) 371- 4296



# CHILDBIRTH & PARENTING EDUCATION

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There are MANY excellent local organizations and educators helping Vermont families prepare for childbirth, postpartum and parenting. Scholarships are available for classes (if Medicaid insurance or financial need) through Good Beginnings of Central Vermont ([www.goodbeginningscentralvt.org](http://www.goodbeginningscentralvt.org) ).

## LOCAL VERMONT EDUCATION RESOURCES:

**Journey Into Parenthood with Good Beginnings**—[www.goodbeginningscentralvt.org](http://www.goodbeginningscentralvt.org)

**Emerge with Amy LePage** - [www.emergewithamylepage.com](http://www.emergewithamylepage.com)

**Birthing Trail with Kristin Martins** - [www.birthingtrailvt.com](http://www.birthingtrailvt.com)

**Beginnings Childbirth** - [www.beginningschildbirth.com](http://www.beginningschildbirth.com)

**Lifetree Birth Care** - [www.lifetreebirth.com](http://www.lifetreebirth.com)

**Birth Journeys** - [www.vtbirthjourneys.com](http://www.vtbirthjourneys.com)

**Gentle Landing Midwifery** - [www.gentlelanding.com/classes](http://www.gentlelanding.com/classes)

## ADDITIONAL ONLINE RESOURCES:

**Spinning Babies**—[www.spinningbabies.com](http://www.spinningbabies.com)

**Childbirth Connection**—<http://www.childbirthconnection.org/>

**Every Mother Counts**—[everymothercounts.org/choicesinchildbirth/](http://everymothercounts.org/choicesinchildbirth/)

**Mama Natural**—[www.mamanatural.com](http://www.mamanatural.com)

**Tinyhood**—[www.tinyhood.com](http://www.tinyhood.com)

**Lamaze**—[www.lamaze.org](http://www.lamaze.org)

**Kopa Birth**—[www.kopabirth.org](http://www.kopabirth.org)

**Hynobirthing**—[us.hynobirthing.com](http://us.hynobirthing.com)

**Evidence Based Birth**—[evidencebasedbirth.com](http://evidencebasedbirth.com)

**CCI Child Birth Academy**— [www.ccichildbirthacademy.com](http://www.ccichildbirthacademy.com)



# THE CENTER FOR BREASTFEEDING

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The Center for Breastfeeding at UVM Health Network - Central Vermont Medical Center helps you establish and enjoy your breastfeeding experience. This comprehensive service provides all the education, tools and support you need.

## THE CENTER FOR BREASTFEEDING OFFERS THE FOLLOWING SERVICES:

- Prenatal counseling
- Inpatient support services
- Postpartum support services
- Office visits, telehealth and telephone counseling
- Monthly prenatal breastfeeding classes and educational materials
- Coordination with client's pregnancy care and pediatric providers
- Monthly Breastfeeding Support Group - Bosom Buddies

CVMC's Board Certified Lactation Consultants are available before and after your baby's birth!

# BREASTFEEDING CLASSES

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## HOW TO BREASTFEED AND WHY!

Breastmilk contains all the protein, fats, carbohydrates, and water babies need to thrive. It also contains important living nutrients that boost babies' immune systems and help with brain development.

The American Academy of Pediatrics recommends exclusive breastfeeding for babies for the first 6 months and then continued breastfeeding for a year or more.

## IN THE CLASS YOU WILL GET YOUR QUESTIONS ANSWERED SUCH AS:

- How will I know my baby is getting enough milk?
- How do I position my baby to feed?
- How can my partner help in the early weeks?
- Does breastfeeding hurt?
- How can I tell if my baby has a "good latch"?
- What happened to that thing called sleep?
- Why does my baby cry even after they have fed well?
- Do I have to change my diet while breastfeeding?

## JOIN US TO LEARN:

- Why breastfeeding matters
- Importance of "skin to skin" contact
- How babies latch-on
- How much milk babies need
- How babies "talk" to us
- Getting off to the best start



**WHEN:** Fourth Tuesdays each month 4:30 to 6:00 PM or by appointment

**WHERE:** Zoom online meeting

**CONTACT:** Register by calling **802 - 371 - 4415** or email [breastfeeding@cvmc.org](mailto:breastfeeding@cvmc.org)



# BREASTFEEDING SUPPORT GROUP

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## BOSOM BUDDIES

Breastfeeding is natural, but it isn't automatic.

Join us for an evening of connection, learning and sharing in a relaxed, caring environment.

How much milk is enough milk? How will I know? What about siblings? What happened to that thing called sleep? What about going back to work? Travel?

Whatever your breastfeeding or parenting questions may be, they will be acknowledged and supported in a relaxed and caring environment, through peer and professional support.

Join us. Give it a try. Who knows?

Babies and pregnant people always welcome!

**WHEN:** First Tuesday of every month 5:30 to 7:00 PM

**WHERE:** Zoom online meeting (with a hopeful return to in-person in the future!)

**CONTACT:** The Center for Breastfeeding 371- 4415 or [breastfeeding@cvmc.org](mailto:breastfeeding@cvmc.org)



# BREASTFEEDING RESOURCES

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## **Central VT Home Health & Hospice**

Prenatal and postpartum visits are available to expectant mothers, infants and children living in Central Vermont. Contact the Maternal Child Coordinator at **802- 223-1878**.

## **The University of Vermont Health Network - Central Vermont Medical Center**

The Center for Breastfeeding at UVMHN - CVMC has Certified Lactation Consultants (IBCLC's) on staff five days a week for assistance with breast feeding. Available for in-hospital consultation and telephone counseling pre-conception through weaning. We also work with adoptive parents. Usual hours are Monday through Friday 8 am to 4:30 pm. **802-371-4415 or email: [breastfeeding@cvmc.org](mailto:breastfeeding@cvmc.org)**

## **Bosom Buddies**

A breastfeeding celebration group. Meets the first Tuesday of every month 5:30 to 7 pm. Babies and pregnant moms always welcome. Contact The Center for Breastfeeding to register at **802-371-4415 or email: [breastfeeding@cvmc.org](mailto:breastfeeding@cvmc.org)**

## **The University of Vermont Medical Center**

Lactation Consultants available 24 hours a day. Contact: Shep 5 (postpartum) and NICU **802-847-2730**; Newborn Nursery **802-847-2723**; Birth Center **802-847-3730**.

## **Gifford Health Care**

A postpartum and breastfeeding support phone line for those who delivered at Gifford, **802-728-2257** Available 24 hours a day.

## **Good Beginnings of Central Vermont**

Free to all families in Central Vermont, Good Beginnings matches caring, experienced community volunteers with families to offer in-home support in the first 3 months after birth or adoption. Visits are also available for pregnant women. Home visits focus on parent-infant attachment, community connections, calming your infant, nutrition, breastfeeding, and more. Free gently used baby gear, maternity clothes, diapers, books and more are available from this group. Good Beginnings also offers reduced cost infant carriers and emergency funding for families in crisis and a free weekly support circle. Contact **802-595-7953 or [info@goodbeginningscentralvt.org](mailto:info@goodbeginningscentralvt.org)**. **[goodbeginningscentralvt.org](http://goodbeginningscentralvt.org)**

## **Lactation Solutions**

Services are childbirth education, private consultations, telephone follow-up support, breast pump rentals and sales. Flexible appointment scheduling. Contact Vicki (Sacco) Rich, RN, IBCLC **802-888-3470**.

## **La Leche League of Central Vermont**

Offering breastfeeding information and support along with a lending library. Monthly meetings at the Unitarian Church, Main St., Montpelier, third Tuesday of every month at 9:30 am. Vermont referral line: **802-879-3000**

## **National Breastfeeding Support Helpline**

La Leche League International trained peer counselors can help you with common breast feeding questions on issues ranging from latching to pumping and storage, and can give you support to make breastfeeding a success. The helpline is open to all breastfeeding mothers, partners, prospective parents, family members and health professionals seeking to learn more about breastfeeding. **1-800-994-9662**

## **Vermont Department of Health - Barre District Office**

WIC is available through our office for eligible pregnant women, new mothers, and children up to the age of 5. Nurses and Nutritionists are available to answer questions, and offer support at **802-479- 4200**. WIC clients may qualify for free breast pump rental.

## **Other Breast Pump Rental Sources**

The Medical Store/Keene Medical **802-476-3135 or 802-223-0665** (monthly rental fee - must have credit card)

# SELECTING A PEDIATRIC PROVIDER FOR YOUR NEWBORN

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Our team of nurses, pediatricians, family medicine physicians and nurse practitioners will help you care for your baby in the hospital after birth. They will examine and evaluate your baby daily in the hospital and guide you with recommendations for follow up care for your newborn.

In anticipation of birth, please identify a health care provider who will care for your baby. Below is a list of local health care practices who provide pediatric care in Central Vermont. The practice that you choose, will begin to see your baby within a few days after birth. Pediatric medicine practices and family medicine practices are both options for pediatric care.

## PEDIATRIC PRIMARY CARE

**CVMC Pediatrics** - Berlin, VT 05641, 802-371-5950

## FAMILY MEDICINE PRIMARY CARE PRACTICES

**CVMC Family Medicine** - Berlin, VT 05602, 802-225-5810

**CVMC Green Mountain Family Practice** - Northfield, VT 05663, 802-485-4161

**CVMC Integrative Family Medicine** - Montpelier, VT 05602, 802-223-4738

**CVMC Family Medicine** - Waterbury, Waterbury, VT 05676, 802-244-7874

**CVMC Family Medicine** - Mad River , Waitsfield, VT 05673, 802-496-3838

**Gifford Health Center at Berlin** - Berlin, VT 05602, 802-224-3200

**The Health Center** - Plainfield, VT 05667, 802-454-8336

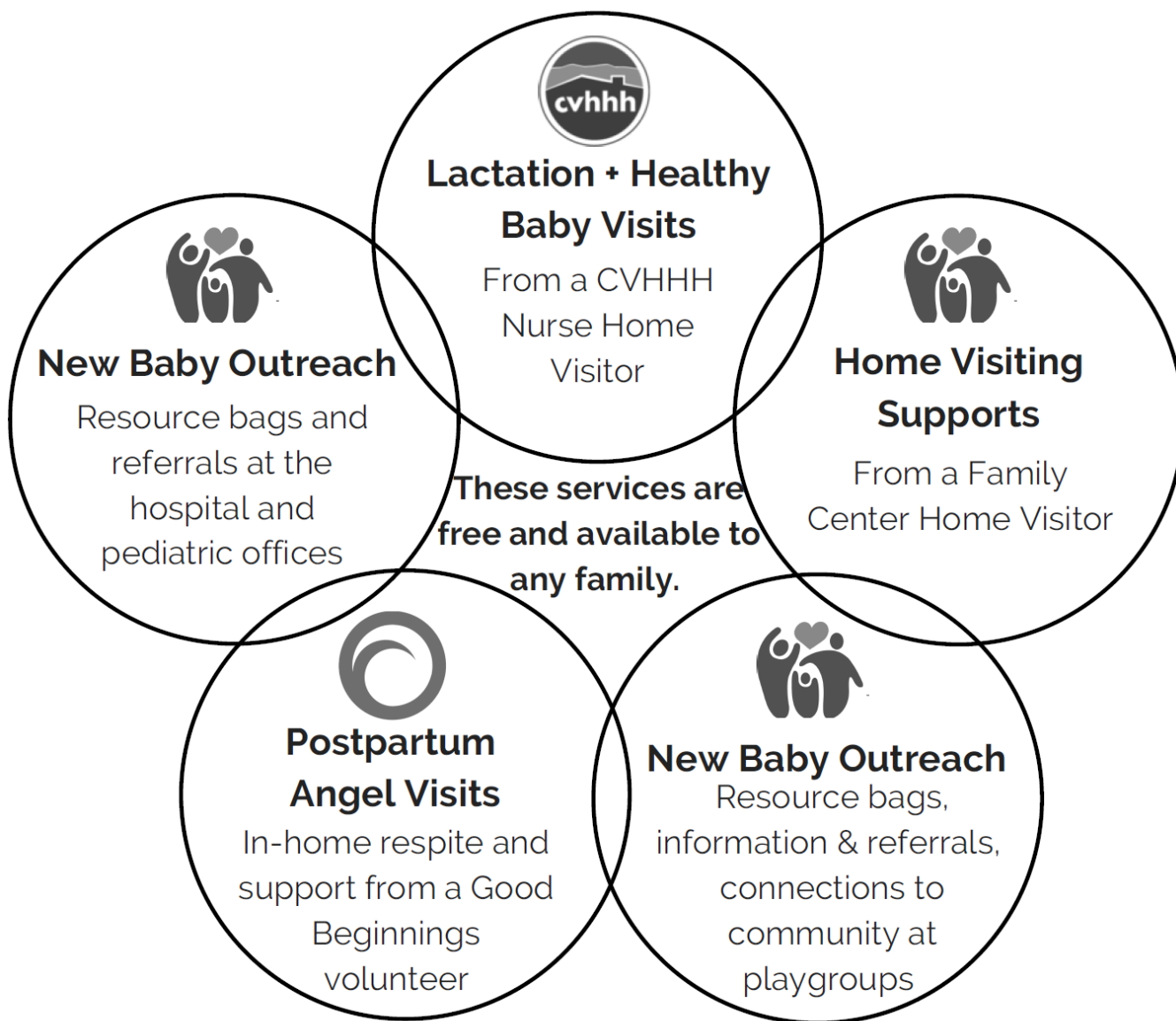
**UVM Family Medicine** - Berlin, VT 05602, Berlin, VT, 802-225-7000



# YOUR Menu of Postpartum Supports

We are here to welcome your new baby, and support your family through the postpartum transition.

**HERE'S HOW:**



[www.fcwcv.org](http://www.fcwcv.org)  
[familycenter@fcwcv.org](mailto:familycenter@fcwcv.org)  
(802) 262-3292



[www.goodbeginningscentralvt.org](http://www.goodbeginningscentralvt.org)  
[info@goodbeginningscentralvt.org](mailto:info@goodbeginningscentralvt.org)  
(802) 595-7953



**Central Vermont Home Health & Hospice**

[www.cvhhh.org](http://www.cvhhh.org)  
(802) 224-2209

# WIC IS FOR YOU

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## CHOOSE WIC UNTIL YOUR CHILD IS 5

The Women Infants and Children (WIC) program is through the Vermont Department of Health for income eligible Vermonters. Their goal is to support families during pregnancy and until your child turns 5. They aim to support families to create a lifetime of healthy habits with healthy food, nutrition activities, and more!

## WIC OFFERS...

Nutrition resources and food to pregnant women, moms who are breastfeeding or have a new baby, and children from birth to age 5 years so families can eat well and promote health.

## NUTRITION & HEALTH EDUCATION

- » In-person nutrition counseling
- » Activities with your child, like cooking classes
- » Online nutrition learning and resources

## HEALTHY FOODS

- » Choose from a wide variety of foods that support your family's health
- » Shop for WIC foods throughout the month at your local community grocery stores

## BREASTFEEDING SUPPORT

- » Breastfeeding peer counselors
- » Breast pumps, groups and classes

## REFERRALS TO HEALTHCARE & COMMUNITY RESOURCES

- » Dentists, pregnancy and pediatric care, and help to quit smoking
- » Home visits, La Leche League, Parent Child Centers, and Head Start

## WIC IS FOR..

- » Pregnant people
- » Vermont families with children under the age of 5 who meet the income guidelines
- » You are eligible if you or your child currently receives Medicaid or Dr. Dynasaur

Family Size	Yearly	Monthly	Weekly
2	\$23, 874	\$2,096	\$652
3	\$42, 606	\$3,551	\$820
4	\$51, 338	\$4, 279	\$988
5	\$60, 070	\$5, 006	\$1,156
Each additional person add	\$8, 732	\$728	\$168

**LEARN MORE:** [HEALTHVERMONT.ORG/WIC](https://healthvermont.org/wic) (800) 464—4343 or (802) 479—4200

# COMMUNITY RESOURCES

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## COMMUNITY DOULAS

MANY studies support improved outcomes and experiences for individuals and families who use doulas during their pregnancy. There are many expert community doulas with whom we often collaborate at CVMC. Please contact them directly to discuss care model, availability and fees. This list is current as of 6/2022—please ask us about updates and we can share additional doula options with you!

- **Harley McKenna** - Constellation Doula Care; [www.constellationdoulacare.com](http://www.constellationdoulacare.com)
- **Kristin Martins** - The Birthing Trail; [www.birthingtrailvt.com](http://www.birthingtrailvt.com); 802-560-3202
- **Lauriana Capone** - Essential Postpartum; Email: [essential.postpartum@gmail.com](mailto:essential.postpartum@gmail.com); 516-242-7703
- **Maria Rossi** - 802-522-0479
- **Sarah Teel** - [SarahTeel@gmail.com](mailto:SarahTeel@gmail.com); 802-589-4050
- **Wren Lansky** - Constellation Doula Care; [www.constellationdoulacare.com](http://www.constellationdoulacare.com)

## KEY COMMUNITY RESOURCES

### Dr. Dynasaur / Medicaid

Dr Dynasaur provides health care insurance coverage for children under age 18 and for women who are pregnant or up to 3 months postpartum. You may qualify even if you have a job or other insurance. (855) 899-9600 or apply online at [VermontHealthConnect.gov](http://VermontHealthConnect.gov)

### WIC

The supplemental food program for Women Infant & Children who are income eligible. Pregnant, postpartum, breastfeeding women, and children up to age 5 can benefit from a monthly food package, referrals to community resources, and breastfeeding and breast pump support. Call your local health department office for eligibility info: 802-479-4200 or email [wic@vermont.gov](mailto:wic@vermont.gov)

### VT Economic Services Division (ESD)

Administers several state and federal programs that may help individuals and families to meet their basic needs. These programs, include assistance-to-work, nutrition support, fuel assistance, and health care for individuals and families experiencing unemployment, part-time or low-wage employment, family breakup, single parenthood, aging, temporary or permanent disability or other life-changing events. (800) 479-6151

### The Doula Project (WCMHS)

This program provides childbirth education, labor and postpartum doula supports to at-risk families. Call Maria Rossi at 802-255-5675 to learn more about this unique program.

### Good Beginnings of Central Vermont

Volunteers offer ongoing support, community resources, education and advocacy through home visits to families in Central Vermont. Support for new and expecting parents! 802-595-7953  
[www.goodbeginningscentralvt.org](http://www.goodbeginningscentralvt.org)

### Central VT Home Health & Hospice

Home visiting services may include Healthy Babies Kids & Families, Nurse Family Partnership, Breastfeeding Support, Infant/Child Feeding & Weight Assessments, Child Growth and Development. High Risk Medical assessments and services may be available, through a variety of Medicaid/ Insurance programs.



**Planned Parenthood**

Offers a variety of reproductive health services for men and women: GYN exams, birth control, cervical and breast cancer screening; pregnancy and STI testing and treatment, counseling, referrals and abortion services; book an appointment online at [www.plannedparenthood.org](http://www.plannedparenthood.org) or call the Barre office: 802-476-6696 or Williston office at 866-476-1321 or 1-800-230-7526

**People's Health & Wellness Clinic**

They provide primary care and dental care assistance for Vermonters who are uninsured and underinsured. Excellent place to get assistance with applying for Medicaid. Call 802-479-1229 for more information.

**Care Net Pregnancy Center**

Christian non-profit that provides free and confidential services including pregnancy testing, maternity and baby clothing/ supplies, pregnancy and parenting classes. 802-479-9215

**Empty Arms Vermont**

Empty Arms Vermont serves individuals and families whose have experienced miscarriage, stillbirth, early infant death, or termination. [info@emptyarmsvermont.com](mailto:info@emptyarmsvermont.com) or call/text: 802-232-2512

**The Family Center of Washington County**

Offers MANY services for families with children birth to five that include a developmental focus, and assists families with making connections to community and resources. Services include Family Support/Success by Six home visits, Healthy Babies Family Support visits, Early Intervention screening, Reach Up, Child Care Information and Referral Services, Playgroups, Welcome Baby Visits, Dads' Outreach & Parent Education classes. Located in Montpelier, VT. Their website has more information: [fcwcvt.org](http://fcwcvt.org) or call 802-262-3292

**Children's Integrated Services (CIS) Team**

Regional team based in Central Vermont (Family Center of Washington County), with expertise in social work and family support; maternal/child health nursing; child development and early intervention; early childhood and family mental health; breastfeeding and other specialties. Your local CIS team can help develop an action plan for your child and family; provide resources and services and/or make referrals. Contact - The Family Center of Washington County at 802-262-3292

**Dad's Outreach — Support for Dads**

Call the Family Center of Washington County for information about groups: 802-262-3292

**Early Childhood and Family Mental Health**

Consultation for families by mental health professionals to support children with emotional and behavioral challenges. Individual and group sessions available. Call 802-262-3292 for referral information.

**Capstone Head Start and Early Health Start**

Capstone Community Action Head Start is a comprehensive child and family development program. Program includes child development, health and nutrition services, and support for children with disabilities, mental health services, and services for family and community partnerships. Head Start serves children from age 3-5. Call 802-479-1053

**The Brook Street Family Literacy Center**

This Capstone program supports the educational needs of pregnant and parents of young children and is located at the Brook Street School in Barre. Resources include education, parenting, adult education, GED, driving, job skills, and preschool. Contact Stephanie Rubin at 802-477-5206 or email [srubin@capstonevt.org](mailto:srubin@capstonevt.org)

**Washington County Youth Service Bureau Teen Parent Program**

Provides a variety of services for pregnant and parenting teenagers (female and male), including home visits, peer support group meetings, social opportunities, counseling, referrals and resources. 802-229-9151



## RESOURCES FOR MENTAL HEALTH, SUBSTANCE USE RECOVERY

### **Vermont Quit Network**

Smoking cessation phone or web support and resources. (800) 784-8869 [VermontQuitNet.com](http://VermontQuitNet.com)

**Vermont Al-Anon:** 866-972-5266 or 802-860-8388 or [www.vermontalananonateen.org](http://www.vermontalananonateen.org)

**Alcoholics Anonymous in Vermont:** 802-229-5100 or [www.aavt.org](http://www.aavt.org)

### **Central Vermont Community Response Team (CVCRT)**

Mission of this organization is to promote recovery in families with opiate dependencies and addiction. Provide education, advocacy, and wrap around services for families and the community. For more info, call Marcy Couillard 802-279-0279

### **Central Vermont Substance Abuse Services**

A care, treatment and resource center for individuals and families in Central Vermont affected by substance abuse. See their website or call for more information: <http://cvsas.org/>; 802-223-4156; afterhours emergency number: 802-229-0591

### **BAART- Behavioral Health Services**

BAART Programs Berlin provides outpatient, opioid addiction treatment with medication, counseling, and supportive recovery services. BAART provides Medication-Assisted Therapy (MAT) to individuals suffering from an addiction to opioids. Call: 802-223-2003

### **Treatment Associates**

Treatment Associates Montpelier provides outpatient opioid additional treatment with medication, counseling and supportive recover services. Call: 802-225-8355

### **Turning Point Center**

A safe place that provides a supportive atmosphere for those in need and their families in recovery. 802-479-7373

### **CIRCLE**

Support for families dealing with domestic violence in Washington County. 24 hour confidential hotline, emergency shelter, court advocacy, support groups and community education. [www.circlevt.org](http://www.circlevt.org) or (877) 543-9498

### **Prevent Child Abuse Vermont**

For information and services: [www.pcavt.org](http://www.pcavt.org) or 229-5724

### **Washington County Mental Health Crisis Line -**

The Emergency Screener: 802-229-0591

## OTHER COMMUNITY RESOURCES

### **Capstone Community Action**

Capstone has food and nutrition programs, heating and weatherization, job training programs, housing counseling and support and a head start program for young children ages 3 to 5. Barre office: 802-479-1053 or 1-800-639-1053

### **Child Passenger Safety**

Information about child safety & car seats. (888) 868-7328 or [beseatsmart.org](http://beseatsmart.org)

### **Transportation**

Green Mountain Transit Authority. For more information, call (866) 864-0211 or 223-7287

### **VERMONT 2-1-1**

Confidential information program for Vermonters. Provides support, information and referrals to local, statewide, regional, and nationwide resources. Available 24 hours a week: dial 2-1-1 or (VT) (866) 652-4636



## **CVMC WOMEN'S HEALTH**

Medical Office Building A, Suite 1-4  
130 Fisher Road  
Berlin, VT 05602

### **PHONE NUMBER:**

802-371-5961

### **FAX NUMBER:**

802-371-5960

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THE  
**University of Vermont**  
HEALTH NETWORK

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**Central Vermont Medical Center**



[UVMHealth.org/CVMC](http://UVMHealth.org/CVMC)