



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.**

A list of the Building Flourishing Communities Master Trainers follows

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

<i>District</i>	<i>Master Trainer</i>	<i>Contact information</i>
Barre	Daniela Caserta, Family Center of Washington County	danielac@fcwcvct.org 802-262-3292
	David Sanguinetti, retired, former CPA w/National Life	davesangvt@outlook.com 802-249-2871
	Priscilla White, DCF, Child Victim Treatment Director, Co-Chair, VT Center Prev & Treatment Sexual Abuse	priscilla.white@vermont.gov 802-760-8574
	Kelly Young, Academic Coordinator, Community College of Vermont	kelly.young@ccv.edu 802-828-0131
Bennington	Katie Aiken, Respite Services Manager, United Counseling Services	Kaiken@ucsvt.org 802-442-5491
	Lavonne Freeman	Lavonne2@outlook.com 518-390-7629
Brattleboro	Tracy Binet-Perrin, Counselor, Green Street School	tbperrin@wsesu.org 802-254-3737
	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	emarshia@wrvsu.org 802-685-4335
	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
	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
	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
	Samantha Thomas, Integration Project Manager, Northwestern Counseling and Support Services	sthamas@ncssinc.org 802-393-6584
St. Johnsbury	Martha Braithwaite, Community Organizer, Center for an Agricultural Economy	marthabraithwaite@gmail.com 802-323-6763
	Karl White, Director of Quality Initiatives, Northern Counties Health Care	kariw@nchcvct.org 802-748-9405 ext. 1517
Springfield	Lindsay Mack, Health Care & Rehabilitation Services/Springfield Medical Care Systems	lmack@springfieldmed.org 802-886-8998
	Matt Wolf, Young Adult Coordinator, Vermont Federation of Families for Children's Mental Health	mwolf@vffcmh.org 802-595-5159