

Vermont Vet-to-Vet, Inc.

Email: info@vtvettovet.org

Web Site: www.vtvettovet.org

~ Peer Support for Veterans Issues ~
~ Coping Strategies ~
~ Complete Confidentiality ~

Current Meetings

Hedding United Methodist Church
(802) 476-8156
~ Barre ~

Middlebury Turningpoint Center
(802) 388-4249
~ Middlebury ~

Mountain View Recreation Center
(802) 745-8604
~ St. Johnsbury ~

Ndakinna Cultural Center (Native American)
(802) 456-8884
~ E. Calais ~

Rutland Regional Medical Center (Conf 2)
(802) 775-7111
~ Rutland ~

St. Albans Masonic Temple
(802) 370-5368
~ St. Albans ~

The Waystation
(802) 863-3157
~ Burlington ~

Turning Point Center of Springfield
(802) 952-8093
~ Middlebury ~

White River Junction VARMC

1-866-687-8387 x6932

Wednesdays (Room G-82)

Thursdays (Room G-82)

Thursday (Women's - Room G-82)

Vermont Vet-to-Vet, Inc.
P.O. Box 471
Northfield, VT 05663



1-877-485-4534

A Vet-to-Vet Support group may now be in your area!

"All Veterans are welcome... those that need a little help... those that can give a little help...!"

Who we are... What we do

Vermont Vet-to-Vet, Inc. offers peer-to-peer support to veterans of all eras, including those who are now returning from Iraq and Afghanistan. It is essential for Veterans to be able to safely, and confidentially, talk about issues such as PTSD, depression, anxiety, substance abuse, family issues, bi-polar disorder, and many other disorders and reoccurring illnesses. The importance of a Vet-to-Vet peer support is that these Veterans will trust and talk to a fellow Veteran in most cases before they will a psychiatrist, psychologist, social worker, or VA doctor. Peers offer each other an understanding that comes from having experienced a similar situation or problem.

Vet-to-Vet was formed in West Haven, Connecticut by Mo Armstrong, a Veteran with a mental health illness of his own. His vision has been the springing point for chapters in 29 states in just a few years. In Vermont, Vet-to-Vet, Inc. has been in existence since late June 2006.

Vermont Vet-to-Vet, Inc. is newly established yet has already reached many veterans. We started with only five facilitators who trained in West Haven, CT. These facilitators are all ex-soldiers, sailors, and marines who have been helped by the VA Mental Health system. Vermont Vet-to-Vet, Inc. is completely independent of the VA system, yet is strongly supported by the Mental Health department of the VA Hospital.

We are made up of volunteers only with the sole purpose of helping Veterans recover from their mental illnesses and substance abuse problems and issues. We are proud of the recognition and support by the VA Mental Health system, Dartmouth-Hitchcock Mental Health, Vermont Association for Mental Health (VAMH), Vermont Social Services, Vermont National Guard, Vermont Dept. of Corrections, National Alliance for Mental Illness (NAMI), the Vermont Recovery Center Network (Turning Point Centers) and also with the offices of Senators Patrick Leahy, Bernard Sanders, James Jeffords, and many more.

We feel the services provided by Vermont Vet-to-Vet, Inc. are very valuable, saving taxpayers thousands, if not millions of dollars in a short time. These savings can be seen in the Mental Health system, Dept. of Corrections, Law Enforcement, Social Services and the VA system to name a few. These savings will also be realized in Vermont's work force and our schools! These groups will help provide the Veteran with the help needed before their mental health illnesses cause divorces, incarceration, substance abuse issues, unemployment, welfare, homelessness, and many other social problems. Using peer-to-peer support, Veterans can avoid being a statistic or lost in the system.

Our program is dedicated to the health and welfare of veterans. Through the use of group discussions, we attempt to support and encourage our fellow Veterans. Many of us have substance abuse, anger management, depression, anxiety, and PTSD problems and issues. It is through the support and encouragement of other Veterans, men and women, that we learn to cope with the world we now live in.

Those that need a little help... those that can give a little help. Which are you?

If you have specific questions, you can send us an e-mail. Get involved... your input and participation is important to the ongoing success of our Veterans!



Vermont Vet-to-Vet, Inc. Preamble

Welcome to this meeting of Vet-to-Vet here at the _____. This is not my group, or your group: this is "our" group and we will respect each other. Confidentiality is paramount; what is said and who you see here stays here. The only exception would be if you were to make yourself a threat to your self or others. If this should arise, we will immediately direct you to a professional who is qualified to help you with your issues. We ask that there be no drugs, paraphernalia, or weapons be on your person. This is for the protection of the group and this meeting facility. We are not professionals. We offer peer support through our own experiences, strengths and hopes. There is no note-taking so feel free to speak; all we ask is that you stay away from specific traumas as they may trigger others in the group. Vet-to-Vet is open to all eras of combat and peacetime veterans; men and women. You are all welcome here...

Thank you.

