



# Vermont Children's Trust Foundation

BUILDING RESILIENCE • CREATING OPPORTUNITY

DONATE ONLINE: [WWW.VTCHILDRENSTRUST.ORG](http://WWW.VTCHILDRENSTRUST.ORG) 888-475-KIDS (5437)



## ADDRESSING YOUTH MENTAL HEALTH

Our children need help with mental health resilience and prevention. There is an increasing need to educate our youth, connect them with their peers, help them end the stigma, and receive support. And, we cannot wait. Wait lists for mental health providers are long and resources are scarce. VCTF is committed to funding innovative initiatives, conceptualized at the local level in the communities in which our youth live, that offer solutions. Partnering with generous, compassionate corporate supporters and with donors like you, we



are able to proudly fund 43 programs across Vermont helping children move toward a brighter future.

## NATIONAL LIFE GROUP FOUNDATION supports WE R H.O.P.E

With a grant from the National Life Group Foundation we are funding the

WE R H.O.P.E Wellness Retreat which allows kids to learn about their mental health, obtain coping mechanisms and create strong, vulnerable connections with their peers. According to Director Adam Burak, "The Vermont Children's Trust Foundation funding for our 2022 Upper Valley Youth Wellness Retreat helped us grow the retreat to be the biggest it's been in its history with more kids and more staff. We were able to host a retreat that helped over 50 kids lower their GAD-7 anxiety scores by 53% which is pretty powerful. We appreciate our partnership immensely." (continued on the back cover)

## OUR MISSION

The Vermont Children's Trust Foundation promotes the well-being of children and families in Vermont by raising funds for community-based prevention programs.



# The Polar Express is BACK!

December 10 and 11, 2022

THE POLAR EXPRESS IS BACK!! We are overjoyed as we bring the 20th Polar Express back to Burlington. We love that the event exemplifies what the Vermont Children's Trust Foundation stands for: community coming together to benefit children. We are grateful for the hundreds of volunteers and many, many generous supporters who help us create the magical experience of boarding a train in Burlington and arriving at the North Pole.

In our 20th year of the Polar Express, the love rolls on. While bringing holiday joy to thousands, we hope to raise \$180,000 for children's prevention programs in Vermont.



THANK YOU  
FOR KEEPING  
THE MAGIC ALIVE!

## 2022 Awards

### LYNNE Von TRAPP AWARD

Mountain Communities Supporting Education—  
The Collaborative's Programs Coordinator Natalie Philpot receives the Lynne von Trapp award for exemplary leadership in a prevention program for children.

This award is given annually by the Vermont Children's Trust Foundation in honor of Lynne von Trapp, founding benefactor, board member and first Executive Director of the Foundation. "Thank you so much for this incredible generosity and for recognizing The Collaborative and the Refuse to Use Program. We are so grateful. We have very much appreciated the partnership with Vermont Children's Trust Foundation." — Natalie Philpot

### SALLY FOX AWARD

The 2022 Sally Fox Award has been awarded to Inclusive Arts Vermont and the Arts First program.

The award is in honor of Sally Fox, who worked as an attorney and director of the Vermont Disabilities Law Project of Vermont Legal Aid before being elected in 1986 to the Vermont House of Representatives from the town of Essex. Inclusive Arts Vermont instills a lifelong love of learning in Vermont's youngest children by combining direct service arts-based literacy activities for children with professional development for childcare providers. In 2022-23, Inclusive Arts Vermont will pilot Arts First, a new program that focuses on supporting providers in meeting the emerging and increasing mental health and behavioral needs of children through arts-based social and emotional learning activities.



# 2022 Grantees by County

## Addison County

Addison Central Teens & Friends Inc  
Inclusive Arts Vermont  
Mentor Connector  
Partners in Adventure, Inc.

## Bennington County

Bennington Early Childhood Center  
Mentor Connector  
Mountain Communities Supporting  
Education—The Collaborative  
Paran Recreations  
Shire Kids Corp  
Sunrise Family Resource Center

## Caledonia County

DREAM Program

## Chittenden County

Big Heavy World  
Burlington Children's Space  
Community Sailing Center  
ECHO, Leahy Center for Lake Champlain  
Howard Center, Inc.  
King Street Center  
Milton Community Youth Coalition  
Partners in Adventure, Inc.  
Sara Holbrook Community Center  
Steps to End Domestic Violence  
Very Merry Theatre

## Essex County

Encore After School and Summer Program

## Franklin County

ECHO, Leahy Center for Lake Champlain  
Franklin Grand Isle Bookmobile  
Partners in Adventure, Inc.  
St. Albans Free Library

## Grand Isle County

Franklin Grand Isle Bookmobile  
Partners in Adventure, Inc.

## Lamolle County

ECHO, Leahy Center for Lake Champlain  
River Arts of Morrisville, Inc.  
Vermont Family Network

## Orange County

Arts Bus  
Chandler Center for the Arts  
Creative Lives, Inc.  
SafeArt, Inc.  
Sharon Academy  
We R H.O.P.E.

## Orleans County

DREAM Program  
Encore After School and Summer Program  
SafeArt, Inc.  
University of Vermont Extension 4-H

## Rutland County

Mentor Connector  
MINT  
Shire Kids Corp

## Washington County

Arts Bus  
Chandler Center for the Arts  
ECHO, Leahy Center for Lake Champlain  
Partners in Adventure, Inc.  
SafeArt, Inc.  
Warren Public Library

## Windham County

Boys & Girls Club of Brattleboro  
Mountain Communities Supporting  
Education—The Collaborative  
New England Youth Theatre  
River Gallery School of Art  
Shire Kids Corp  
Stepping Stones Preschool  
Youth Services, Inc.

## Windsor County

Arts Bus  
Chandler Center for the Arts  
Creative Lives, Inc.  
Mentor Connector  
MoonRise Therapeutics  
Mountain Communities Supporting  
Education—The Collaborative  
Sharon Academy  
Shire Kids Corp  
Stepping Stones Preschool  
We R H.O.P.E.  
Youth Services, Inc.

## Statewide

Big Brothers Big Sisters of Vermont  
Inclusive Arts Vermont  
Outright Vermont

## We Owe a Bit of Thanks

We simply could not fund all of these outstanding programs without YOU. Our magnificent and faithful donors allow us to fund these important programs that help our children grow, build self-confidence, connect with peers and find their purpose. Thank you! Please see a full list of our individual donors on our website [www.vtchildrenstrust.org/donors](http://www.vtchildrenstrust.org/donors)

### 2023 Grants Funded

#### Income Sources for Programs

Federal Grant-JJDP*	\$13,219	4%
State Appropriation	\$87,689	26%
Donations from Donors on State Tax Returns - Line 23C	\$50,000	15%
VCT Foundation Contribution	\$185,301	55%
<b>Total Funds for Grants</b>	<b>\$336,210</b>	<b>100%</b>

43 Programs Funded  
(see grants list)

\*JJDP=Juvenile Justice Delinquency Prevention



(continued from front cover) The Upper Valley Youth Wellness Retreat is an affordable camp that provides life-changing mental health support to kids who, in many cases, would not be able to receive mental health services. The Wellness Retreat is offered to low and moderate-income families for just \$25 per day because WE R.H.O.P.E. understands how crucial it is to be able to provide affordable and accessible mental health support to all those that need it.

#### MOONRISE THERAPEUTICS (MRT)

MoonRise Therapeutics (MRT) is a farm-based nonprofit dedicated to healing emotional and psychological trauma and

promoting mental health in the Upper Valley of Vermont. MRT brings together children, families, and adults in need with highly skilled clinical professionals and a herd of well-loved horses. This practice of integrating horses into mental health work creates a uniquely effective setting for healing and growth. VCTF is proud to support their Circle of Security trainings and Play Groups. Circle of Security enhances caregivers' social connection, resulting in stronger, more secure attachments for children and families. As one young participant said, "Going to Moonrise makes me feel calm. That helps me in other parts of my day. I love being with the cats and the horses!" The caretaker added, "We

discovered a hidden jewel in the Upper Valley when we began to bring our son to Moonrise. The land, the animals, the people all work together to offer my son a chance to move at his own pace and to tune into his inner needs and to those around him. Such a blessing!"

These are just two examples of the outstanding work being done in Vermont to help children work through mental health challenges. We know that engaged, healthy and educated children grow into self-reliant, contributing adults. Taking care of our children now ensures a stronger future for Vermont. THANK YOU for being a part of the solution.

**THANK YOU to all the generous corporations and companies who invest in our programs throughout the year.**



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