

CSAC's Mission

By offering comprehensive services and supports for social and emotional well-being, CSAC helps nurture communities where individuals and families thrive.

Vision

CSAC envisions a compassionate and resilient community that honors everyone's full potential.

"[CSAC staff] has made [my child] feel so much comfort and happiness... [She] helped me to become a better mom for [my child]... I'm so thankful."



CSAC Board of Directors

Sarah McGowen Audet, *Board President*

David Roberts, *Vice President*

Suzanne Aldana, *Secretary*

Joanne Scott, *Treasurer*

Members at large: Anna Benvenuto, Bill Cunningham, Jon Crystal, Fred Diedrich, Kathy Dorman, Marie Lennon, Gary Margolis, Jubillee McGill, Marycarol Rossignal

Counseling Service of Addison County (CSAC) - Since 1959
Proud to be Addison County Chamber of Commerce Nonprofit of the Year, 2023!



CSAC Staff Leadership

Rachel Lee Cummings, *Executive Director*

Bill Claessens, *Chief Financial Officer*

Alexa Euler, *Director of Operational and Organizational Development, H.R. Director*

LuAnn Chiola, *Operations Director: Youth & Family Program*

Greg Mairs, *Operations Director: Community Associates*

Sandy Smith, *Director of Adult Mental Health Services*

Member Agency
Vermont Care Partners



Member Agency
United Way of Addison County



ok. You've got this
The Resiliency Project
okyouvegotthis.org



24/7 Emergency Services
802-388-7641

Counseling Service of Addison County, Inc.
89 Main Street
Middlebury, VT 05753



CSAC is grateful to our staff, volunteers, supporters & community partners!
Special thanks to therapy dog Shasta for supporting youth in our community!



Counseling Service of Addison County
Annual Report FY23

www.csac-vt.org
802-388-6751

Service Hours, FY23	
Addison	15,160
Bridport	17,337
Bristol	28,513
Cornwall	8,926
Ferrisburgh	19,677
Goshen	7,417
Granville	122
Hancock	373
Leicester	36,288
Lincoln	957
Middlebury	303,800
Monkton	640
New Haven	5,458
Orwell	22,152
Panton	9,164
Ripton	7,769
Salisbury	94,867
Shoreham	39,813
Starksboro	1,148
Vergennes	66,766
Waltham	273
Weybridge	2,114
Whiting	16,329
TOTAL	705,063
Other towns	33,922
FINAL TOTAL	738,985

**Need help? Call CSAC's 24/7
Emergency Services at (802) 388-7641**

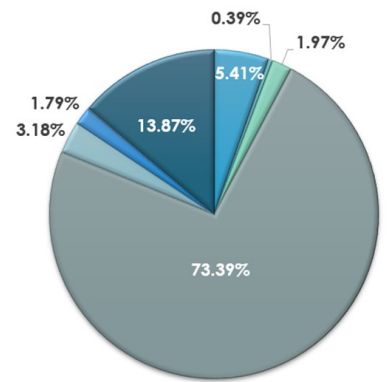
Counseling Service of Addison County offers:

- 24/7 Emergency Services
- Substance use treatment
- Counseling & psychiatry
- Case management
- Wellness & recovery groups
- Individualized services for persons with developmental disabilities
- Eldercare services & respite
- Housing for developmental services clients
- Housing for community rehabilitation & treatment clients
- Crisis intervention & stabilization
- Traumatic brain injury services
- School-based services
- Interlude—adult mental health urgent care

FY23 consumer/client satisfaction survey

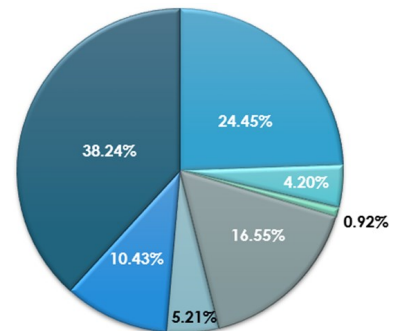
- Received the services right for me: 93%
- Staff treated me with respect: 97%
- Services made a difference: 91%
- Quality of life has improved: 84%

**Statement of Operations
Fiscal Year 2023**



Revenue Total \$32,916,153*

- 73.39% Medicaid Fees
- 5.41% State Grants/Contracts
- 3.18% Other Contracts
- 1.97% Client and Insurance Fees
- 1.79% Local Funds
- .39% Federal Funds
- 13.87% Non-Operating Revenue - Covid



Expense Total \$27,779,271*

- 38.24% Developmental Services
- 24.45% Youth & Family
- 16.55% Community Rehabilitation and Treatment
- 10.43% Administration
- 5.21% Crisis Intervention
- 4.20% Adult Mental Health
- .92% Substance Use Services

1987 individuals served in FY23

**Unaudited financials. Audited financials will be posted on CSAC's website when available.*



**A message from Executive Director
Rachel Lee Cummings**

Dear Friend of CSAC,

This year has been momentous for CSAC as we embraced a reinvigorated sense of purpose. We are thrilled to unveil **our refreshed mission: to nurture communities where individuals and families thrive, by providing comprehensive services and supports for social and emotional well-being.** This mission is the foundation of our renewed commitment to each person we serve.

We **vision** a future where compassion and resilience are not just ideals, but reality. **Our values**—People-Centered Care, Collaboration, Innovation, and Justice, Equity, Diversity, & Inclusion (JEDI)—are the pillars that uphold our daily work. They reflect our dedication to creating a **safe, trusting environment where client choice is honored, and diverse needs are met with creativity and respect.** I invite you to explore the full breadth of our strategic vision at www.csac-vt.org.

This year we launched "**Interlude**," **CSAC's mental health urgent care service**, providing low-barrier services, ensuring that anyone experiencing a mental health crisis can find immediate care in a welcoming environment. Thanks to the collaborative effort of clients, family members, and a committee that envisioned a different, more humanistic approach to crisis, *Interlude* stands as a beacon of hope. Our **Rapid Access Program** further illustrates our resolve to offer prompt and comprehensive care. By bypassing traditional wait times and focusing on an individual's existing support network, we're nurturing a model of care that values immediate action and relational healing. Through our new **Youth Mobile Crisis Clinician**, we support youth experiencing mental health crises, link them to resources, and increase connection and positive outcomes.

CSAC's vision is clear: to walk alongside each individual with respect, understanding, and the unwavering belief in the strength of the human spirit. Thank you for your trust, your partnership, and your support. Here's to another year of growth, healing, and shared successes.

With heartfelt gratitude,
Rachel

For more information and to donate online, visit www.csac-vt.org