



VSH Futures Project
Division of Mental Health
Department of Health

Agency of Human Services

Futures Brief

Second Spring Community Residential Recovery Program

Second Spring is a voluntary program designed for VSH patients who may have ongoing serious symptoms of mental illness but are no longer in an acute phase of illness requiring care in a hospital.

A residential treatment program located in Williamstown will serve adults suffering from severe and persistent mental illness who are transitioning from inpatient care at Vermont State Hospital. It is a rehabilitation program similar to *physical* rehabilitation programs for people who have had major illness or injury. When treatment in a hospital setting is no longer necessary, a recovery-oriented environment offers individualized services to consolidate gains made in inpatient care, develop new skills, regain lost capacities, and learn how to manage the activities of daily living.

The Second Spring program will help people who have experienced mental illness and people who are ready to move to a transitional residential setting. It offers an environment that supports recovery. Participation is voluntary and includes agreeing to taking medications as prescribed.

Second Spring is a new level of rehabilitation programming in Vermont. It will operate under guiding principles and best practices such as:

- Psychiatric treatment with support services available 24 hours/365 days
- Mental health treatment, support services, and community reintegration
- Peer-based recovery education
- Active involvement of family members
- Emphasis on positive life outcomes – work, education, health and wellness and return to home community

What agency operates Second Spring?

Washington County Mental Health Services, the Howard Center for Human Services, and the Clara Martin Center formed a consortium, Collaborative Solutions Corporation, to develop and operate the program.

When is Second Spring expected to open?

By the beginning of March, patients from VSH will begin visits and transfer to the program.

Where is Second Spring located?

The program is in a renovated farmhouse formerly used as an inn. The setting is rural yet accessible to I-89's Williamstown exit and within reasonable distance from Central Vermont Medical Center.

How will Second Spring be staffed?

There will be one staff for every two residents and at least three staff will be on duty at all times. Positions include program director, psychiatrist, social worker, nurse and direct care staff. The agency is recruiting employees from the local area, creating over 30 jobs.

How long will residents stay at Second Spring?

The program is designed to be transitional based on residents' needs as a step along the way to other community settings and independent living. Second Spring is not intended to be permanent.

How is the local community involved?

A Community Advisory Group has formed to offer guidance from the community perspective, develop pathways for residents to participate in the Williamstown community, and provide feedback on specific policies.