MyTime

Division of Substance Use Programs, November 2026

MyTime is a community-based program developed for women who are at risk of developing a substance use disorder. It follows a 10-session curriculum that frames substance use in four major domains – substance use for women's health, substance use and relationships, the effects of substance use in the family, and substance use influence for life problems and life management. The program provides childcare and a light meal for participants and their children. There is no cost to participants.

If you need help accessing or understanding this information, contact AHS.VDHDSU@vermont.gov.

MyTime Rebrand

The MyTime Program (formerly known as Rocking Horse Circles of Support) originated in Vermont in 1991 and is designed to provide a substance use prevention and early intervention program to women who are pregnant or parenting and who have also been affected by substance use. Based on identified areas for improvement, the program has recently been updated to meet the needs of the participants as well as provide guidance to the facilitators.

About the Program

Women can join MyTime through referrals from the Department of Children and Families, Department of Corrections, WIC, treatment providers, or through self-referral. To reach women in more rural areas, some locations have opted to offer sessions virtually. MyTime groups provide an opportunity for participants to be heard and supported, increase social connections, increase stress management skills, decrease solitary lifestyle, increase sense of belonging, and increase participants understanding of the effects of substance use on their lives.

Information from the sessions is reported to DSU. No identifying information on participants is provided to DSU, but information on where sessions were held, topics the group focused on, opinions on effectiveness, and suggestions to strengthen the program are collected to ensure the program is meeting the needs of the women who attend.

Organizations and contact information

There are currently 5 organizations across the state that host the MyTime program. Sessions and sign up information are posted on HealthVermont.gov/MyTime.

Commented [AF1]: How many sessions occurred in the last reporting period?

Commented [AF2R1]: + how many participants

Commented [SM3R1]: In the last quarter, there were no MyTime sessions run.

United Counseling Services
100 Ledge Hill Dr.

Bennington, VT 05201

www.ucsvt.org

Howard Center
102 South Winooski Ave

Burlington, VT 05401

www.howardcenter.org

Turning Point of Addison County
79 Court St

Middlebury, VT 05753

www.prcvt.org

Lamoille Family Center
480 Cady's Falls Rd

Morrisville, VT 05661

www.lamoillefamilycenter.org

Northeast Kingdom Community Action – Newport
76 Lakemont Rd

Newport, VT 05855

www.nekcavt.org

Northeast Kingdom Community Action – Lyndon Center
48 Matty Circle

Lyndon Center, VT 05850

www.nekcavt.org

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