

"Choices for Youth" is a unique group experience designed to help guide teenagers through life's challenges by exploring and working on the choices, goals and changes that are most important to them.

"Choices for Youth" is offered through Rutland Mental Health Services' Child and Family Program.
Mondays 5:30 – 7:00
78 S. Main St. Rutland, VT
(802) 775-2381

Frequently Asked Questions

Why are we offering this?
Making changes to improve our lives can be hard, particularly when we're caught in the middle of a challenging situation. We often react to challenges before we've even had a chance to think about our options and how the choices we make could impact our lives, our relationships and our future.

"Choices for Youth" offers teens an opportunity to slow things down a bit in order to think about what is and isn't working well in their lives, identify what they want to accomplish in life and examine the choices and options that will help move them closer to their goals.

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Is "Choices for Youth" a counseling group?
Sure, let me tell you about it. In the "Choices" group we get to learn new things and meet others who have had similar challenges. We value the importance of each person identifying and working on the self-improvement changes that they want to make. While we encourage everyone to open up and talk honestly about the challenges they face and the steps they want to take, we also recognize that each person needs to be able to do this work at their own pace in a way that feels safe and respectful to them.

I feel so hopeless and confused that I don't even know what I want?
You're not alone, in fact not knowing where to start can be a perfect place to begin. Let's talk about it and see if we can find a good starting point for you.

Who runs the group?
Choices for Youth" is a offered through Rutland Mental Health Services' Child and Family program. We are a group of caring, knowledgeable and non-judgmental counselors and care managers who are committed to meeting youth "where they're at" and providing supports that are respectful, inclusive, and effective.

How old do I have to be to participate?
The group is designed for those who are ages 14 through 18 years old. If you are older or younger than that but feel this type of experience could also be helpful to you, let's talk about it, as there may be some other opportunities or ways that we can support you.

I have an issue with drugs and alcohol; would this be a good group for me?
As a matter of fact, it would. While the Choices model is good for a wide range of challenges including unhealthy relationships, anxiety, self-harm, and motivation, it is particularly well designed for people whose lives are impacted by drug and alcohol use.

When and where does the group meet?
We meet on Mondays 5:30-7:00 at our 78 AS. Main St. location in Rutland.

Will there be any food?
Yes, we have found we all do better when we're not feeling hungry. We'll have pizza or something else good to snack on. Let us know what you like!

Will my parents need to know that I'm going?
Many young people feel better and more successful when they have the support of those around them, including parents. Typically, if you are under the age of 18, parents/guardians need to approve. That being said, we also recognize that each person's situation is different and that there may be times when it might not feel safe to have parents and guardians aware or involved. If that's the case let's talk about it first and see if we can find a way to move forward that feels both safe and supportive to you.

Is there a cost?
Yes, but we are committed to making this group available to everyone who wants it, regardless of their ability to pay. Our services are fully covered for those who receive Medicaid, and we accept most insurance plans.

It sounds interesting, but what if I'm not sure if it's the right thing for me?
No problem. In fact, the whole point of "Choices for Youth" is to become more thoughtful about our choices before we make them. If you would like more information, we would be happy to talk with you about the group and if afterwards you're still unsure, then you are welcome to attend a session or two as a guest to check it out and see for yourself.

Who do I call to either get more information or sign up?
You can call me (Doug Norford) at Rutland Mental Health Services. (802) 775-2381
If I'm not able to pick up when you call, please leave your phone number and a good time for me to call you back. I look forward to talking to you.