



COVID-19 Rutland County Resource Guide

The Rutland County State's Attorney's Office is pleased to give you this Resource Guide to Services during the COVID-19 State of Emergency.

Information and Links for assistance with Food, Unemployment, Online Education Alternatives, Domestic Violence Services, Mental Health Resources, National Hotlines & more.
Updated 3/27/2020

COVID-19 (Coronavirus)

The Centers of Disease Control and Prevention (CDC) offers tips on how to protect yourself and updated information on the Coronavirus Disease (COVID-19) visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The Vermont Department of Health provides information on COVID-19 Vermont Activity, Alerts, and Information on what Vermont is Doing. Visit <https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus> for the most updated information.

If you have questions about COVID-19 or need assistance connecting with government agencies: **Dial 2-1-1**. If you have trouble reaching 2-1-1, dial **1-866-652-4636**.

RUTLAND COUNTY EMERGENCIES

Rutland County Emergency Services are still available during this time. For Emergencies, dial **9-1-1**. Contact your local law enforcement agencies regarding non-emergency matters.

Vermont State Police is offering updates on their response to COVID-19 at <https://vsp.vermont.gov/covid19>

Department of Childrens and Families is offering updates at <https://dcf.vermont.gov/cdd/covid-19> The 24/7 Child Abuse Reporting Line is available at **1-800-649-5285**.

Adult Protective Services

You can still make reports to APS if you believe a vulnerable adult was abused, neglected, or exploited by an alleged perpetrator. Call the 24/7 Reporting line at **1-(800) 564-1612**

DOMESTIC VIOLENCE RESOURCES

Quarantine and Self Isolation create additional risks for victims of Domestic Violence. See the information below for local and national resources.

NewStory Center

NewStory Center is Rutland County's Domestic and Sexual Violence resource center. During this pandemic, they are still accessible and continuing advocacy services. Visit their website at <http://www.nscvt.org/> or find them on Facebook and Twitter for the most up-to-date available services. NewStory offers emergency housing and resource referrals. Survivors seeking assistance can also email gethelpnow@nscvt.org.

NEWSTORY 24 HOUR CRISIS HOTLINE 802-775-3232

National Domestic Violence Hotline

Visit <https://www.thehotline.org/> for tips on how to stay safe during COVID-19. Some tips include creating a safety plan, practicing self care, and reaching out for help. They offer 24/7 support, call 1-800-799-7233 or text LOVEIS to 22522.

Safety Plan

Create a Safety Plan at

https://www.loveisrespect.org/for-yourself/safety-planning/interactive-safety-plan/#gf_1

FOOD ASSISTANCE

*See the **School Districts** section for information on meals available to students

Visit <https://www.vtfoodbank.org/> for updated information and assistance with Coronavirus Services, finding a Food Shelf, and more food resources in Vermont. Find your local food shelf at <https://www.foodpantries.org/>

Below are food pantries in Rutland County.

Brandon

Brandon Area Emergency Food Shelf
Brandon Congregational Church
Union Street
Brandon, VT 05733
802-247-6720

https://www.chcrr.org/community_resource/brandon-emergency-food-shelf/

Castleton

Castleton Cares Inc.
504 Main Street
Castleton, VT - 05735
(802) 468-5072

<http://www.castletoncares.org/>

Fair Haven

Fair Haven Concerned
73 Main St.
Fair Haven, VT 05743
(802) 265-3666

<https://www.facebook.com/FairHavenConcernedInc/>

Poultney

Poultney Emergency Food Shelf- The Stonebridge
The Stonebridge, 66 Beaman St
Poultney, VT 05764
(802) 287-9558

<https://www.foodbevq.com/US/Poultney/266926166682553/Poultney-Food-Shelf#telephone>

Rutland

BROC Community Action
45 Union St.
Rutland, VT 05701
(802) 775-0878

<https://www.broc.org/index.php>

Rutland Community Cupboard
65 River St.
Rutland, VT 05701
(802) 747-6119

<https://www.rutlandcommunitycupboard.org/>

AREA BUSINESSES

Visit <https://downtownrutland.com/news/covid-19> for updated information on local Downtown Rutland Businesses. Included on this site is an updated list of restaurants that are still open and offering family meals, take out, and curbside pick up. You can also visit Rutland Chamber of Commerce <https://rutlandvermont.com/> for updates.

Price Chopper, as of 3/18/2020, will close all stores at 10:00pm and reopen at 7:00am. ALL stores will pre-open exclusively to seniors from 6:00am-7:00am each day beginning 3/19/2020. Visit <https://www.pricechopper.com/> for updated information.

Hannafords have paused their Hannafords To Go shopping option and changed their shopping hours. They are also offering special hours for our 60+ customers from 6 a.m. to 7 a.m., Tuesday, Wednesday and Thursday of each week. For updated hours visit <https://www.hannaford.com/locations/rutland-hannaford-21111>

Kamuda's Country Market in Pittsford is offering free grocery delivery to customers in Pittsford, Brandon, Florence, and Rutland Town Areas- Hours may be limited. They are also offering curb-side pickup. Message them on Facebook, email them at Kamudasmarket@comcast.net or call them at 802-483-2361 ext. 3.

RESOURCES FOR SENIORS

Southwestern Vermont Council on Aging provides services including home delivered meals through the Meals on Wheels program, case management, counseling services, and in-home mental health support. Contact SVCOA at 802-786-5990, <https://www.svcoa.org/> SVCOA HelpLine – 1-800-642-5119

Godnick Center is offering drive up meals to go in place of their communal meals on Mondays and Thursdays. Those who wish to participate can call **802-773-1853**.

DISABILITY RESOURCES

Contact **Vermont Center for Independent Living** for intakes in Rutland County and intakes during Covid-19 at 1-800-639-1522

An article about particular risks:

<https://www.forbes.com/sites/andrewpulang/2020/03/08/5-things-to-know-about-coronavirus-and-people-with-disabilities/#71424a881d21>

HOUSING ASSISTANCE

Homeless Prevention Center 775-7286, <https://www.hpcvt.org/>
Rutland Housing Authority is still accepting applications for housing.
802-775-2926 <https://www.rhvt.org/>

MENTAL HEALTH

This pandemic is a stressful time for everyone. Consider reading *Mental Health and Psychosocial Considerations During COVID-19 Outbreak* provided by the World Health Organization at

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8

Rutland Mental Health can be reached at 802-775-2381 to schedule an intake.
RUTLAND MENTAL HEALTH 24 HOUR MENTAL HEALTH CRISIS LINE
802-775-1000

Rutland Behavioral Health is offering Telecounseling. They can be reached at 802.747.1857 or visit <https://www.rmc.org/services/behavioral-health/> to see their list of services.

Vermont Psychiatric Survivors Peer Services

Isaac Lezcano, Patient Representative, call 802-417-2362 or go to

isaac@vermontpsychiatricsurvivors.org

Nate Lulek, Peer Advocate, call 802-779-4408 or go to

nate@vermontpsychiatricsurvivors.org

Michael Sabourin, Patient Representative, call 802-345-0644 or go to

michael@vermontpsychiatricsurvivors.org

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255

UNEMPLOYMENT RESOURCES

The State of Vermont Department of Labor is now offering an Electronic Unemployment Insurance Form. Go to

<https://labor.vermont.gov/unemployment-insurance> for questions about Unemployment and how to contact the Vermont Department of Labor. Or use

this link <https://appengine.egov.com/apps/vt/dol/unemploymentinsuranceclaim> to access the electronic form directly.

ALCOHOL & SUBSTANCE ABUSE RECOVERY

The Vermont Department of Health has launched *VTHelplink*, a new, single source clearinghouse for Vermonters to receive free, confidential and personalized information and referrals to substance use prevention, treatment and recovery services throughout the state. VTHelplink features a call center of trained staff and clinicians. Callers can get information, referrals, resources and educational materials on substance use for themselves, family and friends, or on behalf of clients.

Access VTHelplink Here: [VTHelplink.org](https://vthelplink.org) OR Dial **802-565-LINK (5465)**.

The call center is open 8:00 a.m. to 10:00 p.m. weekdays, and 8:00 a.m to -6:00 p.m. weekends and holidays, 365 days per year.

Turning Point in Rutland is Offering support via phone and email. Contact them on Facebook at **802-773-6010** or their website <https://www.turningpointrutlandvt.org/>

Use the following contact information to find updated times and locations for recovery meetings:

Rutland AA (Alcoholics Anonymous) Hotline: **802-775-0402**, <https://aavt.org/>

NA (Narcotics Anonymous) National Hotline **800-407-7195**, or Chat with someone at <https://www.narcotics.com/>

PHYSICAL ACTIVITY

Physical activity is key to mental health. Although sporting events have been cancelled, gyms and studios have been closed, and local recreation departments cannot offer group activities, there are ways to stay active and take a break from staying indoors all day. Go for a walk or run, skateboard, ride a bike, or play in the yard. You can also be active inside your home. You can find suggestions for indoor and outdoor activities on the Rutland Recreation Facebook page <https://www.facebook.com/rutland.recreation>

INTERNET ACCESS

With schools closed and online learning commencing, Xfinity has announced as part of a COVID-19 response that Xfinity WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots and then launch a browser. **Xfinity (Comcast) is also offering 2 free months of service to new customers who qualify.** Visit Xfinity.com for more information.

For a map of public wifi hotspots in Vermont which should be accessed from within a parked car, go to

<https://vtpsd.maps.arcgis.com/apps/webappviewer/index.html?id=c926d155167d4a5586e8e1aca1701cfa>

SCHOOL DISTRICTS

Schools in the Rutland County area have put together meal distribution schedules and plans for students as well as some education plan protocols. See the below information as it pertains to each district.

Greater Rutland County Supervisory Union

Poultney, Proctor, Middletown Springs, Wells, West Rutland

- Go to the district website for the latest updates: <http://wp.grcsu.org/>

Mill River Union United School District <http://millriverschools.org/schools/>

Clarendon, Mill River High School, Shrewsbury, Tinmouth, Wallingford

- Meals will now be distributed at the district offices in Clarendon from 7am-5pm. For all the Mill River School District program updates go to: <http://millriverschools.org/covid-19-novel-coronavirus/district-communication-covid-19/>
- Special Education Services: Contact Coral Stone, Director of Student Services at cstone@millriverschools.org

Slate Valley Unified School District

Benson, Castleton, Fair Haven, Orwell

- Visit the district's LIVE FEED of Covid-19 related postings at <https://www.slatevalleyunified.org/>

Rutland City Public Schools <https://www.rutlandcitypublicschools.org/>

- Meals available at multiple sites to children 18 and under regardless of school enrollment. <https://www.rutlandcitypublicschools.org/wp-content/uploads/2020/03/PRESS-RELEASE-Rutland-City-Meal-Service.pdf>
- <https://www.rutlandcitypublicschools.org/wp-content/uploads/2020/03/Off-Site-School-Closure-Menu.docx.pdf>
- **Chrome book pick up:**
Rutland High School, Wed-Fri, 3/18-3/20, 10 am-3pm
Available at Longfellow Building on Church street after 3/20

Rutland Northeast Supervisory Union <http://www.rnesu.org/>

Barstow, Lothrop, Neshobe, Otter Valley, and Otter Creek Academy at Leicester, Sudbury, Whiting

- Meal Distribution: **Grab & Go:** Drive or walk up, children do not need to be present. Vehicles will be in the parking lots of the following schools between **10:30am-11:00am Neshobe School, Lothrop School, Barstow School, Leicester School**
- **Deliveries:** Starting 3/19/2020, your school bus will bring you 1 breakfast & 1 lunch for each child in your home as indicated on your School Closure Form. **If you did not enroll but wish to call 802-247-5757**
- **Study packets:** Beginning 3/23 or 3/24, all students will receive a two week study packet to work on at their own pace. Copies of these packets will be handed out with the day's meal. The packets will then be collected around the first week of April.
- Chromebook sign out:
https://docs.google.com/forms/d/e/1FAIpQLSf394pJvKr0_fieYSQmXDzTahvQvb7SG_USJ4KneGy3xVa_Dw/viewform

- Resources for parents and guardians:
<https://sites.google.com/rnesu.org/rnesu-covid-info/parentsguardians>
- Community sites offering technology access: [Maclure Library](#) - 840 Arch St, Pittsford, VT 05763 Please visit [the library's Facebook page](#) for their latest update
- [Furnace Brook Wesleyan Church](#) - internet access, study space - 67 Gecha Lane, Pittsford, VT Please call the church at 802-483-2531 to make arrangements

ONLINE EDUCATIONAL RESOURCES

Visit the below links for activities, educational websites, worksheets, and resources!

- A comic explaining Coronavirus to kids
 - <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- Chromebook Guide
 - <https://drive.google.com/file/d/13XUL5FAjPUjfrgMCalh5CsStb2yC9LHw/view>
- Google Tips & Tricks
 - https://docs.google.com/document/d/132Xo8NjGtKIVu8z5B_luIm0Ek_mfTqMrovNln9eidYE/edit
- Google Classroom
 - https://docs.google.com/presentation/d/1PDVZvie0DnFbFEVFB8U3j89o1mD5BCUXTE6ymbb9y_k/mobilepresent?fbclid=IwAR1POSqCfV1ZucNrGd1xDIsd1GDH_Tdkb147k_7CL58TmqzZIO16C4ewY_0&slide=id.g4f60ec15fb_1_0
- Google Slides: Adding Audio & Video
 - <https://support.google.com/docs/answer/97447#Audio>
- Google Hangout
 - <https://support.google.com/meet/#topic=7306097>
- Printable Worksheets for Grades Pre-K - 12
 - <https://www.greatschools.org/gk/worksheets/?fbclid=IwAR1Shyms4fbunS1KTPV83ZEf9o7YCUPil-kPnvuSDiBD86t404bqaX0OsgQ>
- Free Virtual Field Trips: Zoos, Museums, Farms, & More!
 - https://freedomhomeschooling.com/virtual-field-trips/?fbclid=IwAR2vgS0-VU0gSTXI-MswRBSNVTS8tJrRB99XQPp6h5IngqMRI_mg4fAfycs
- 45+ Free Educational Websites for Kids
 - https://fromabcstoacts.com/45-free-educational-websites-for-kids/?fbclid=IwAR37WfG3bv1Ph1v9pP6L6Hrs_ejSAoN6D16wwZudS-AbNFach3yTcaYgIM
- Story Time From Space
 - <https://storytimefromspace.com/>
- Doodle & Draw with Mo Willems everyday, brought to you by the Kennedy Center
 - <https://www.kennedy-center.org/education/mo-willems/>
- A list of Educational Companies that are offering free subscriptions due to school closings
 - https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR0SLsCtAK3agUCNWeQkj33uV_PAqFMwxngs5Uq0Xd6-lkaqAnP104EHDOg
- Online learning Resources and Activities Provided by Rutland Northeast School
 - <https://sites.google.com/rnesu.org/rnesu-covid-info/online-learning-resources>