



This proven public health model engages all Vermonters in discussion and action to address the factors that may lead to poor health outcomes and much of the difficulty so many have in succeeding at work and in family life. We are creating an enduring vision of flourishing communities and the actions to achieve them.

There are currently 33 Building Flourishing Communities Facilitators guiding **Building Flourishing Communities Learning Events** in all regions of Vermont to increase awareness about how early, overwhelming and/or threatening experiences can lead to later poor health and well-being. Through this awareness we hope to change the way people think about those who have experienced ACEs, reduce the stigma around seeking supportive help and shift the focus away from solutions being only an individual responsibility to a community responsibility.

BFC Facilitators are generating interest and excitement about the potential for change through conversations based in N.E.A.R. research:

- Neuroscience– early brain development and adaptations to experience
- Epigenetics– how our environment influences gene expression
- ACEs study – (Adverse Childhood Experiences) makes the connections to later outcomes clear
- Resilience – research shows that even those who have been deeply affected by adversity can become more resilient and flourish, and those with resilience withstand life’s challenges better

Once we have created broad general knowledge and understanding across the state, the BFC Facilitators will then assist local leaders to determine next steps. Experience shows that when community members have an opportunity to lead, local projects are more likely to focus on narrowing the gaps between those with the greatest challenges and those with more advantages. This approach reduces early, overwhelming events, increases resilience and leads to flourishing.

For a list of BFC Facilitators across Vermont, please see the next page.

District	Master Trainer	Contact information
Barre	Daniela Caserta	danielac@fcwcv.org 802-262-3292
	David Sanguinetti	davesangvt@outlook.com 802-249-2871
	Priscilla White	Buildingresilience2@gmail.com 802-760-8574
	Kelly Young	kelly.young@ccv.edu 802-828-0131
	Beth Ann Maier	kidmd@hotmail.com 802-793-4234
Bennington	Katie Aiken	Kaiken@ucsvt.org 802-442-5491
	Lavonne Freeman	Lavonne2@outlook.com 518-390-7629
Brattleboro	Tracy Binet-Perrin	tbperrin@wsesu.org 802-254-3737
	Amy Goldberg	amy.goldberg@vermont.gov 802-490-0918
Burlington	Karen Crowley	karen.crowley@NorthernVermont.edu 802-735-3745
	Rose Stackhouse	Rose.Stackhouse@vermont.gov 802-652-6843
Hartford	Abby Tassel	abbytassel@gmail.com 802-291-2991
	Cynthia Collea	c.collea@comcast.net 603-727-8896
	Stacy Boynton	Stacy.e.boynton@gmail.com 802-299-1821
	Jeff Spiegel	jeffoire@yahoo.com 802-439-5339
	Ellen Taetzsch	etaetzsch@buildingbrightfutures.org 802-376-1014
Lamoille	Tricia Long	tlong@lrcvt.org 802-793-7687
	Jeff Hunsberger	jhunsberger@lamoillefamilycenter.org 802-730-4033
	Jeff Boudreau	boudreau_j@yahoo.com 603-340-3409
	Billi Dunham	Billi.dunham@ccv.edu 802-751-9285
Middlebury	Jody Brakeley	drjodybrakeley@gmail.com 802-989-7332
Newport	Michelle Maitri-Mudita	michelle.maitri-mudita@neklsvt.org 802-995-2068
	Colleen Moore de Ortiz	colleen.mooredeortiz@vermont.gov 802-334-2547
	Lisa Daigle-Farney	lisa.farney@neklsvt.org 802-334-5444
	Julie Raboin	julie.raboin@vermont.gov 802-334-4391
Rutland	Caprice Hover	caprice@uwrutlandcounty.org 802-773-7477
	Chris Hultquist	chris@mentorconnector.com 802-775-3434 ext. 2
St. Albans	Mary Pickener	mary.pickener@vermont.gov 802-524-7918
	Samantha Thomas	sthamas@ncssinc.org 802-393-6584
St. Johnsbury	Martha Braithwaite	marthabraithwaite@gmail.com 802-323-6763
	Kari White	kariw@nchcv.org 802-748-9405 ext. 1517
Springfield	Lindsay Mack	lmack@springfieldmed.org 802-886-8998
	Matt Wolf	mwolf@vffcmh.org 802-595-5159