



**UNITED WAY**  
Northwest Vermont

# UNITED IS THE WAY™

## 2025 Impact Report



# A MESSAGE FROM THE CEO

Dear Friends,

At United Way of Northwest Vermont, we believe in the power of coming together. In a world where challenges can feel overwhelming and complex, our community continues to show that united is not just a word – it's a way forward. **United is the Way we build a stronger, more resilient Vermont for everyone.**

Over the last year, your support and collaboration fueled meaningful change across our region. **Alongside our community-serving partners and supporters like you, we connected over 160,000 Vermonters to opportunities and resources to help them reach their full potential.**

Together, we are helping our neighbors meet basic needs, supporting children to succeed in school, strengthening mental health and substance misuse prevention resources, promoting healthy aging, supporting working families, and so much more. We are bolstering Vermont's nonprofit sector and advocating on behalf of Vermonters at a time when our community is facing increased uncertainty and vulnerability.

As you read this report, you will find some common themes. **Our work is human centered.** We help people work together to support each other and address our community's greatest needs. **We focus on solutions and invest in what's working.** The stories in this report highlight programs and strategies that are helping people and communities become healthier, more resilient and more financially secure. **We are meeting the moment, but also looking ahead.** We are responding to current needs while also bringing people together to create long-term change.

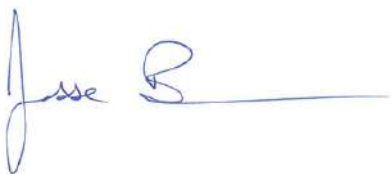
I hope this report leaves you feeling energized and encouraged by what's possible when we choose to unite. It takes all of us – donors, volunteers, advocates, nonprofits, businesses, policymakers, and community members – standing united to make Northwest Vermont a place where everyone can thrive.

Thank you for helping us not only *respond to change* but for helping us *create the change* we want to see for our community.

**No challenge is too big for us to take on when we work together.**

**Because, United is the Way.**

Gratefully,



**Jesse Bridges, CEO**



Donate Today!



# OUR IMPACT AREAS



## HEALTHY COMMUNITY

Improving health and well-being for all.



## FINANCIAL SECURITY

Building financial stability and strength.



## COMMUNITY RESILIENCY

Addressing urgent needs today for a better tomorrow.

# OUR PROGRAMS

## FUNDRAISING & COMMUNITY PARTNER FUNDING

We fundraise throughout the year to support a diverse portfolio of local organizations and initiatives to improve the lives of our families, friends, neighbors, and communities.

LEARN MORE ON PAGES 3-6.



United Way's innovative workforce development program helps working Vermonters to reach stability and thrive while supporting human resource departments, reducing employee turnover, and increasing productivity.

LEARN MORE ON PAGES 7 & 8.



Common Good Vermont is the only statewide program dedicated to uniting, strengthening, and advocating for Vermont's nonprofit sector. A merged program of United Way since 2021, Common Good VT is Vermont's go-to hub for nonprofit resources, training, and connection.

LEARN MORE ON PAGES 9 & 10.

## BONE BUILDERS

A low-impact exercise program designed to prevent (and even reverse) the negative effects of osteoporosis run by United Way and provided at no cost to participants.

LEARN MORE ON PAGE 11.

## VOLUNTEER ENGAGEMENT

We connect the community to volunteer opportunities with United Way, our programs, and local organizations.

LEARN MORE ON PAGE 12.



## NORTHWEST AND CENTRAL VERMONT PREVENTION NETWORK

As one of four Lead Prevention Organizations in the state, our United Way leads regional strategies for substance misuse prevention and subgrants funds to community prevention partners serving people of all ages.

LEARN MORE ON PAGES 13 & 14.



# IMPACT BY THE NUMBERS

**4,000**

PEOPLE SUPPORTED  
TO LEARN AND GROW

Through educational opportunities  
provided by United Way programs.



**2,600 + 500**

PEOPLE

ORGANIZATIONS

ENGAGED IN THE WORK

**We cannot and do not do this work alone!**

Thank you to the donors, volunteers, businesses,  
nonprofits, policymakers, and community  
members for helping us make change possible.







**160,000+**

Lives Directly Impacted

Vermonters supported by United Way programs and the network of community organizations that we fund. This work includes: providing access to basic needs, support for healthy aging, resources to promote mental health and prevent substance misuse, helping people keep and grow stable employment, support for youth and families, education and training for nonprofit professionals, and more.



Funding to dozens of local community partners, Vermont 211, and the value of volunteer hours.

**\$2.3 Million**

Invested in Our Community



# COMMUNITY PARTNER FUNDING

Your gift to United Way of Northwest Vermont supports a **diverse portfolio of local organizations** meeting an array of interconnected needs in our community.

Through Community Partner Funding, United Way provides flexible, multi-year grants to 28 trusted partners who are working day in and day out to provide critical services to our families, friends, and neighbors across **Chittenden, Franklin, and Grand Isle Counties**.

## FUNDED COMMUNITY PARTNERS





United Way's Community Funding volunteers meet with funded organizations throughout the year to listen, learn, build relationships and support collaborations. This past year, partners shared repeatedly how deeply impactful United Way funding is to fill gaps where other more restrictive funding does not.



**United Way** takes the time throughout the year to get to know our organization and others in our community. They reach out when extreme weather or other issues might impact the people we serve. We consider each other trusted partners. As a Program Director, I don't have to commit to a particular line item in January without really knowing what our shelter will need the most in September. The support we get from United Way on a financial and personal level helps **Samaritan House** provide the best possible service to people experiencing homelessness in our community.



**-Ben Kaufmann**, program director of  
CVOEO's Samaritan House



# 211

United Way helps fund and support **Vermont 211**, a critical resource connecting our neighbors to trained specialists offering help with disaster assistance, stable housing, food security, access to health care, employment services, veteran services, childcare and family services, and much more.



**10,616**  
REFERRALS FOR  
HOUSING ASSISTANCE

**1,742**  
REFERRALS FOR  
INCOME SUPPORT AND  
FINANCIAL ASSISTANCE

**873**  
REFERRALS FOR  
UTILITIES ASSISTANCE

**1,212**  
REFERRALS FOR DISASTER  
SERVICES ASSISTANCE

**750**  
REFERRALS FOR INDIVIDUAL,  
FAMILY, AND COMMUNITY  
SUPPORT ASSISTANCE



**UNITED WAY**  
Northwest Vermont  
& Green Mountain

**WORKING BRIDGES**

**United Way's Working Bridges** program helps working Vermonters reach stability and thrive. Working Bridges is a partnership between United Way and employers focused on giving employees the resources they need to gain, keep, and grow stable employment by bringing human services support directly to the employee onsite at the workplace.

## TOP 3 REFERRALS



### Financial

Income Advance Loans  
Financial Coaching  
Debt Management



### Housing

Housing Counseling  
Referrals to Local Housing Trusts  
Community Action Agencies



### Human Services

Individual Advocacy  
185 Bridge Fund (small dollar fund)  
Goodwill Vouchers



**Our employees take care of people at the most vulnerable, intimate times of their lives. We are always thinking about how we can care for our employees the way they care for our community. Working Bridges is a big part of that.**

**-Jennifer Archambault**

Director of Human Resources, The University of Vermont Health Network Home Health & Hospice

**1,620**

Individuals Served

**6,107**

Total Interactions

**30+**

Employer partners representing the manufacturing, health care, nonprofit and higher education sectors.



## GET INVOLVED

Interested in supporting this work and/or want to become a Working Bridges employer partner?

Visit [www.WorkingBridges.org](http://www.WorkingBridges.org)



Jason Baral, a physical therapist and clinical educator at **UVM Health Network Home Health & Hospice**, supports employees across the organization – including helping them navigate life and work stressors. **“People in this line of work tend to be very empathetic but we’re not always as good at prioritizing our own needs,”** Jason said.

Jason often refers employees to their **Working Bridges Resource Coordinator** for confidential, one-on-one support. Whatever an employee is dealing with – from housing and transportation challenges to financial stress or work issues to parenting or elder care responsibilities – **“having someone in your corner” can make all the difference,** Jason said.

“The Working Bridges program and the approach of the resource coordinators is empathetic and warm, and it’s also someone that lives in your community and knows what local resources are in place. I highly encourage employers to adopt the Working Bridges program if they care about the wellbeing of their people.”

-Jason Baral, Clinical Educator at UVM Health Network Home Health and Hospice

THE  
University of Vermont  
HEALTH NETWORK  
Home Health & Hospice



Watch  
The Full  
Story



**Common Good Vermont** is the only statewide program dedicated to uniting, strengthening, and advocating for Vermont's nonprofit sector. Common Good Vermont **serves as the go-to resource for nonprofits** to share resources, gain skills, and build partnerships.

## IMPACT HIGHLIGHTS

**Vermont Nonprofit Summit:** In October 2024, Common Good's first annual statewide conference brought together **200+** members of Vermont's nonprofit community for a day of learning and connecting.

**Nonprofit Listening Tour:** Common Good visited four communities across Vermont in 2024 to better understand the needs and experiences of our nonprofit sector.

**Supporting Vermont's Nonprofit Sector During Federal Transition:** Since the new Administration took office in January 2025, Common Good Vermont has played a major role in our State through advocacy, convening, education, and resource sharing in response to executive actions affecting nonprofits and their ability to provide critical services Vermonters rely on.

**Nonprofit Legislative Day 2025:** In April 2025, nonprofit leaders from across Vermont convened in Montpelier to engage with policymakers and their peers around key issues impacting their organizations and our communities. The day included a panel on navigating the impact of federal actions featuring Senator Kesha Ram Hinsdale and nonprofit leaders.



## OUR SERVICES



**EDUCATION**



**ADVOCACY**



**CONNECTION**

**780** PEOPLE PARTICIPATED IN COMMON GOOD VT EVENTS AND WEBINARS

**90** PEOPLE COMPLETED COMMON GOOD CERTIFICATE PROGRAMS LAST YEAR



# NICOLE SENER

Executive Director of the **Milton Family Community Center**, a member of Common Good Vermont and a United Way funded partner.



The connections I've made thanks to **Common Good Vermont** have been invaluable. I read the newsletter every week to see what's happening in the sector, find funding opportunities, learn about events and trainings, and so much more.

I've taken several of their workshops and got so much value from the **Nonprofit Management Certificate program**. All the topics were immediately relevant to my work – from board management to fundraising to telling your story.

The primary thing that's top of mind for a lot of nonprofits and nonprofit staff right now is the vulnerability of the people we serve and knowing that anxiety and concerns are heightened with what's happening at the federal level. We're all watching community needs change and responding to them as best we can.

What **Common Good Vermont** is doing in creating awareness, advocating, and creating an opportunity for nonprofits to come together as collaborators and share a common voice is incredibly impactful. ”



Launched in October 2024, CGVT's membership program ensures we can sustainably expand our impactful work and offer affordable member benefits to organizations of all sizes.

[COMMONGOODVT.ORG/MEMBERSHIP](https://COMMONGOODVT.ORG/MEMBERSHIP)



Watch  
Nicole's  
Story

# BONE BUILDERS



1,600  
PARTICIPANTS

38 CLASS  
LOCATIONS

136 VOLUNTEER  
INSTRUCTORS

78 CLASSES  
PER  
WEEK

United Way provides Bone Builders at no cost to participants, but the program is not free to run. We purchase weights and our staff manage the program, including training volunteers and securing class locations.

Donate or find a class near you.



“One of the things I love about **Bone Builders** is that you can come and be with your friends and get your exercise done at the same time. I know it's successful on days when I can't start the class because everybody's talking and connecting. We are serving a social function, and **we are helping keep people healthy.** It doesn't get better than that.”

Karen Baron,  
Volunteer Bone Builders Instructor



Watch  
The Full  
Story





## VOLUNTEER CONNECTION

[bit.ly/uw-volunteer](https://bit.ly/uw-volunteer)

# WHAT ARE THE BENEFITS OF VOLUNTEERING?

United Way connects individuals, nonprofits, corporations, and older Vermonters to local volunteer opportunities. Our **Volunteer Connection** website is a one-stop shop for current and local volunteer opportunities with listings from over 65 nonprofits.

- 1 Reduce stress, boost happiness, and build confidence!** Volunteering is proven to improve your physical and mental health.
- 2 Make new friends!** Participating in shared activities is a great way to make new connections.
- 3 Trying new things through volunteering is a great way to discover hidden talents and find new passions!**
- 4 Become active in your community!** Volunteering creates a greater sense of purpose and fulfillment.

## UNITED WE VOLUNTEER: STAFF PERSPECTIVES

United Way staff shared their personal stories about local volunteering for Volunteer Appreciation Month.



“Giving back has a ripple effect of making our full communities healthy. **When we give back, we all move forward.** The more people volunteer, the happier people can be.”

-Kristin Kany, Working Bridges Senior Resource Coordinator  
Kristin has volunteered for local sports organizations throughout her life, particularly Cochran's Ski Area

WATCH THE FULL  
PLAYLIST OF INTERVIEWS



# NORTHWEST AND CENTRAL VERMONT PREVENTION NETWORK



We provide support and dedicated staff to help convene, guide, and amplify the impact of 100 partners who make up the Northwest and Central Vermont Prevention Network.

**As one of four Lead Prevention Organizations** across the state, United Way of Northwest Vermont is leading substance misuse prevention strategy and sub-granting funds to community prevention partners located in Northwest and Central Vermont.

**\$647,000** In subgrants to **17** organizations

**Vermont organizations tackle substance misuse, with a focus on marginalized communities**

The United Way of Vermont is distributing subgrants to 17 organizations that work with youth, BIPOC, and LGBTQ+ communities to prevent substance misuse.



- BIPOC Youth Mentorship Program
- Burlington Partnership for a Healthy Community
- Community Empowering Youth: The Café
- Education Justice Coalition of Vermont
- Georgia Public Library
- Good Samaritan Haven
- King Street Center
- Mad River Mentoring
- Prevent Child Abuse VT
- Pride Center of Vermont
- Project All Together Now VT
- Richard Kemp Center
- Twinfield Together Mentoring
- United Immigrant & Refugee Community of Vermont
- Up For Learning
- Winooski Partnership for Prevention
- Youth First Mentoring



“The goal is to prevent substance use and to improve mental health markers in youth. If we can help even one heart beat easier, we will have succeeded.”

- **Bridget Stone**, director of the Georgia Public Library, which offers a safe space, social connections, and mutual support for LGBTQIA+ youth.



# TOOLKITS

“ In the manufacturing field, particularly in rural areas of Vermont, people can be reluctant to talk about their problems. We need to destigmatize conversations about substance misuse and mental health in the workplace, so employees feel comfortable asking for help before it becomes a safety issue. ”

- Eric Ciemniewski,

Senior Director of Manufacturing at Teknor Apex

## UNITEDWAYNWVT.ORG/TOOLKITS

The Employer Guide to Substance Misuse was created in partnership with United Way's Working Bridges program and Prevention Works! VT as part of a workgroup of partners representing employers and community organizations focused on substance misuse prevention and recovery. The toolkit is modeled after United Way's Employer Guide to Supporting Employee Mental Health.



# INVEST IN YOUR COMMUNITY

Community giving makes our work –  
and the work of our partners – possible.

## WAYS TO GIVE

Every donation counts and there's  
more than one way to give.



**INDIVIDUAL GIVING**



**WORKPLACE GIVING**



**CORPORATE DONATIONS**



**PLANNED GIVING**



**GIFT FROM DONOR-ADVISED  
FUNDS OR STOCK**

Scan the QR code or go to  
[UnitedWayNWVT.org](https://UnitedWayNWVT.org) to  
make a gift of any amount.



**UNITED WAY**  
Northwest Vermont

PROUDLY SERVING CHITTENDEN, FRANKLIN & GRAND ISLE COUNTIES

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