

Alyssum's Alternative Philosophy

We ask not “What is wrong with you?” but rather, “What happened to you?”



We view mental and emotional crisis as a turning point which can bring growth and positive change. We seek to support the transformation from chaos, powerlessness, and overwhelming fear to a place of balance.

When the mind escalates to the belief that there is no path out of isolation and loneliness, we provide support as peers who have navigated crisis themselves.

We trust in the tenacity of the human mind to overcome crisis with the encouragement of peer community. We support our guests at Alyssum to emerge from crisis having experienced growth and clearer insight.

We believe in a trauma-informed wellness model that is self-reflective and teaches the tools and skills to live a more vibrant and confident life.

We approach one another as both teacher and student, embracing the wealth of new ideas and broadening perspectives through this mutuality. Our staff practices “being with” rather than “doing to.”

Alyssum's Staff

All staff have lived mental health experience, thus approaching interpersonal relationships with a fundamental ideology of equality. We offer mutual support through peer hosts who have been there. All of Alyssum's peer hosts are trained in the following:

- Intentional Peer Support
- Conscious Communication
- Wellness Recovery Action Planning
- Hearing Voices Curriculum
- Myths and Mental Illness
- Self-care and Wellness
- Meditation
- Alternative Healing Modalities
- Healing Trauma, Sexual Abuse, and Post-Traumatic Stress



This free service is available to all Vermonters. For more information, please contact Alyssum at 802-767-6000 or Alyssum@gmail.com

Alyssum

An Alternative Respite



And a Peer-Hosted
Approach to
Mental Wellness

Alyssum, Inc.
927 Route 100 North
Rochester, VT 05767
802-767-6000
www.alyssum.org

Gloria van den Berg
Executive Director
Alyssum.ed@gmail.com

Alyssum's Mission

The mission of Alyssum, Inc. is to provide a peer-operated holistic approach to mental wellness and recovery for Vermonters who are experiencing mental health crisis.

This alternative to psychiatric hospitalization will provide a safe, mutually supportive, non-judgmental, educational, and self-empowering environment.

Alyssum will afford individuals the opportunity to engage in the principles of wellness, recovery, and peer support and to emerge from crisis with wisdom and the personal responsibility skills for living well.

The etymology of the word *Alyssum* is “away from madness.”



Alyssum is funded by a grant from the Vermont Department of Mental Health

Alyssum's Home



Our cozy, two-bed, sanctuary, centered in the nurturing and beautiful Green Mountain community of Rochester, Vermont, offers to Alyssum's guests a two-week respite.

With easy access off scenic Route 100, Alyssum's private respite is surrounded by farm fields and bordered by the White River.

Our peaceful property also includes organic gardens and greenhouses, which provide food and the grounding activity of gardening and harvesting.

Our surrounding landscapes avail upon nature in our healing work; be it gardening, walking, swimming, or simply sitting with the beautiful views. In winter, there are opportunities for skiing, snowshoeing, and sledding.

The town of Rochester itself offers the quintessential New England experience for guests wishing to take advantage of a small town atmosphere and offerings.

Alyssum Offers:

- A change of perspective about mental health, a re-evaluation of stigma, an embrace of peer support, and an exploration of alternative paths to wellness.
- Exploration of alternative management of mental and emotional wellbeing through yoga, meditation, massage, herbs, body energy work, and more.
- Activities involving arts, crafts, writing, and reading books from our ever-growing library.
- Opportunities to participate in organic gardening and whole-food cooking.
- Reflection and self-healing through nature, walking, swimming, and other seasonal activities.
- New skills, new awareness, and assistance in finding connections in the guests' immediate community to continue on the path to wholeness.

