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Vermont's 11 Recovery Centers are in St. Johnsbury, Barre, White River, Springfield, Brattleboro, Bennington, Rutland, Middlebury, Burlington, Saint Albans and Morrisville. Last year, our 9 centers:

- Served the public, on average, 80 hours a week.
- Hosted 160,800 visits from people seeking and maintaining recovery.
- Provided an average of 135 hours of volunteer support per week, per center.
- Each received \$50,900 in state support.
- Relied on 19 part-time staff to maintain and train an ever-changing group of active volunteers, maintaining an average of 166 volunteers. [Note: This decrease, from previous years, reflects our struggle to maintain appropriate staff to support and perpetuate our volunteer workforce.]

935 Participant Surveys were collected from a representative sample of the visitors at all centers:

Recovery

- 93% report the centers helped them maintain and enhance their recoveries.
- 80% report the centers helped them reduce the length and frequency of relapses.
- Visitors report coming to centers an average of more than 12 times a month.

Treatment

- 33% report never attending substance abuse treatment.
- 25% of visitors report receiving substance abuse treatment in the last 30 days.
- 48% of those responding on participant surveys acknowledge using mental health services in the past; 29% of our visitors report they are currently using mental health services.
- 55% of our visitors report using medications to support their health and recovery: 38%, antidepressants; 15%, anti-psychotics; 2%, methadone; 7%, Buprenorphine.

Corrections

- 25% of our visitors report being on probation or parole.
- Only 9% of those involved with the justice system report new incidents or criminal involvement since coming to a recovery center. Standard rate of recidivism for DOC clients runs 50–60%.

Housing and Employment

- 29% of respondents who have found housing since coming to the centers directly credit people, support, and information provided at the center with helping them make that positive change.
- 26% of those who responded to the questions on employment report finding work since coming to a recovery center; of this group, more than 31% directly credit a center with supporting them in the process of returning to/finding work.

Recovery centers protect visitor anonymity by not asking for people's names; we just count visits.

Our average visitor frequency is more than 12 times a month. Annually, we get 160,800 visits.

Each center, on average, serves 120 regular individual visitors each month.

Our visitors get their lives in order, find jobs, find housing, clean up the wreckage created by substance use, and function in recovery as productive members of their communities, often for the first time in their lives.

Vermont's Recovery Centers ~ A Growing Public / Private Partnership

Eleven recovery centers in the Vermont Recovery Network (VRN) provide welcoming, safe places for people seeking recovery and their families. Centers are havens where people who are committed to recovery volunteer to support others. Vermont has pioneered in the national movement to develop researched recovery support services. A recovery support group called Making Recovery Easier has proven effective. Recovery Coaching and Recovery Planning groups add support beyond the "recovery solutions" that center staff and volunteers suggest.

Last year, volunteers donated more than 56,000 hours of service, helping support the services and programs listed at the right. We regularly refer people to detoxification and treatment, as well as the full range of housing, employment, parenting support, and other social services, helping new and returning visitors find the supports they need to succeed in recovery.

Who We Serve

Centers support people who are trying to find, establish, or maintain recovery from addictions. We engage those who are new to recovery, those who struggle to feel welcome in traditional settings, youth, people who are disabled, senior citizens, and people whose recovery includes medications and therapy. We also support the personal recovery of people affected by their loved one's addictions, which is as important as helping their loved ones to achieve recovery.

Our peer-based recovery support services embrace people on many paths to recovery; providing options increases our visitors' chances of finding the support they need to thrive.

How We Provide Services

The Vermont Recovery Network continues to refine governance practices, policies, procedures, data collection, training, and the sophistication of the services we provide. We have developed tools for providing recovery coaching and documenting its effectiveness. Our evaluation tool is designed to demonstrate positive recovery outcomes, as well as a reduction in the use of other services. Stable recovery decreases visits to detox units and emergency rooms, and decreases police, court, and correctional involvement. Together with inpatient and outpatient treatment providers, we are creating a Recovery and Resiliency Oriented System of Care (RROSC), improving reciprocal referral practices. One-third of our visitors enter recovery without receiving treatment. While we refer many people who could benefit from treatment, we find that recovery supports reduce the need for multiple treatment episodes for many who suffer from this chronic relapsing condition.

Our centers reduce social service costs and have demonstrated a capacity for providing even more significant outcomes. Visitors repair their lives, secure stable housing and jobs, and require less support from increasingly scarce state services. Recidivism rates decline for visitors to our centers who have DOC involvement. These successes have been achieved at under-funded centers in spite of the following challenges:

- 1. Current funding levels are insufficient for even our basic facility and staffing needs.**
- 2. We are positioned to provide recovery coaching, but lack the resources to do this in a systematic way. Our initial implementation demonstrates a tremendous need we can't address.**
- 3. Given sufficient additional funding we could go on to provide: broader recovery services in our centers, formal recovery check-ups, and a statewide telephone recovery support program.**

Reductions in substance abuse and mental health services are making recovery centers an even more critical resource. Although the recovery centers are positioned to deliver recovery coaching and additional recovery support services, the lack of necessary resources must be addressed before we proceed and expand services.

Recovery Support Activities

- Referrals to detox and treatment
- Support after discharge from treatment
- Recovery support and socialization
- Assistance accessing social services
- Housing and Employment support
- Family member support
- Recovery community events
- Support and activities for youth
- Women's Circle & supports
- Writing, Arts, and Training groups
- Educational forums
- Movie nights
- Volunteer opportunities /learning job skills
- Recreational activities & Potluck dinners

Recovery Support Services

- Recovery Coaching
- Seeking Safety (PTSD and other trauma)
- Making Recovery Easier
- Co-occurring disorders support groups
- Parenting in recovery groups
- Wits End and Making Change
- Drug Court groups & Vet to Vet
- Recovery Planning groups

Recovery Centers provide Space for 12-step and other peer support groups:

- AA, NA, CA, Al-Anon, Nar-Anon,
- ACOA, CODA, Gamblers Anonymous,
- Overeaters Anonymous, SLAA
- Debtors Anonymous, All-Recovery