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## **Vermont's 9 Recovery Centers are in Saint Johnsbury, Barre, White River, Springfield, Brattleboro, Bennington, Rutland, Middlebury, and Burlington. Saint Albans & Morrisville have boards and organizing efforts underway**

**From July 1, 2008 to June 29, 2009 ~ each recovery center received \$50,900 in state support**

- **Recovery Centers were, *on average*, open nearly 10 hours a day**
- **Hosted 155,816 visits from people seeking and maintaining recovery (8 % increase)**
- **Volunteers provided 30,888 hours of support during the last year (3% increase)**
- **19 part time staff maintained and trained an average of 169 volunteers per month (13% decrease)**  
note: we are struggling to maintain sufficient staffing to support and perpetuate our volunteer workforce

**We collected 913 Participant Surveys from a representative sample of the visitors in all centers:**

- **32% report never attending substance abuse treatment**
- **77% reported centers helped them reduce the length and frequency of relapses**
- **20% of our visitors report receiving substance abuse treatment within the last 30 days**
- **88% report the centers help them "Maintain & Enhance" their recoveries**
- **23% of our visitors report being on probation or parole.**
- **11% of those involved with the justice system report new incidents or criminal involvement since coming to a recovery center. NOTE: Standard rate of recidivism for DOC clients runs 50 – 60%.**
- **30% of those who responded to the questions on employment reported finding work since coming to a recovery center; of this group, **more than 33% directly credited a center** with supporting them in the process of returning to/finding work**
- **28% of respondents who have found **housing** since coming to the centers directly credited people, support, and information provided at the center with helping them make that positive change.**
- **48% of those responding on participant surveys acknowledged using mental health services** in the past; 30% of our visitors report they are currently using mental health services.
- **44% of our visitors report using medications in support of their health and recovery; 47% use antidepressants and anti-psychotics; 8% use pain medications; 2% use methadone; 7% Buprenorphine**
- **visitors report coming to centers an average of 12 ½ times a month**

In order for recovery centers to protect a visitor's anonymity

no one is required to give their name, we just count visits

Extrapolating from 12 ½ visits per month, per visitor,

**Centers, on average, each serve:**

**115 individuals as regular visitors during the course of a month**

**Many of these visitors come daily.**

**As visitors get their lives in order, find jobs, find housing, and clean up the wreckage created by substance use, they go on in recovery to function as productive members in their communities, often for the first time in their lives.**

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

The nine recovery centers in the Vermont Recovery Network (VRN) provide welcoming safe places for people seeking recovery and their families. These are havens for people seeking recovery, where **people who are committed to recovery volunteer to support others**. Vermont has actively participated 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 are beginning to add support beyond the "recovery solutions" suggested by staff and volunteers in our centers. 19 part-time center staff and many volunteers are committed to helping new visitors find the supports needed to succeed in recovery. This year, volunteers donated 30,888 hours of service, helping us offer:

- |                                        |                                            |                               |
|----------------------------------------|--------------------------------------------|-------------------------------|
| * Referrals to detox and treatment     | * Support after discharge from treatment   | * Recovering community events |
| * Recovery Support ~ Socialization     | * Co-occurring disorders support groups    | * Educational forums          |
| * Assistance accessing social services | * Housing and Employment support           | * Writing and arts groups     |
| * Family member support                | * Wits End & Making Change                 | * Movie nights                |
| * Parenting in recovery groups         | * Space for 12 step & recovery meetings    | * Recreational activities     |
| * Support and activities for youth     | * Volunteer opportunities/learn job skills | * Pot luck dinners            |

We regularly refer people to detoxification and treatment as well as the full range of housing, employment, parenting support and other social services. The centers also support people, whose lives are affected by someone else's substance use. Supporting their personal recoveries from the effects of their loved one's addictions is as important as helping them to find treatment for their loved ones. We work to engage those who are new to recovery; those who struggle to feel welcome in traditional settings, youth, disabled people, senior citizens, and people whose recovery includes the use of medications and therapy.

Regular visitors in recovery centers attend the **400 monthly peer to peer recovery meetings** hosted by centers. These meetings include 12 step recovery (spiritually based) meetings such as AA, NA, CA, AlAnon, NarAnon, ACOA, CODA, Gamblers Anonymous, Overeaters Anonymous, and Debtors Anonymous. As well as more secular approaches such as: Vet to Vet, Dual diagnosis support groups, Wits End, Drug Court groups, women's groups like Mothers in Recovery, and Making Change for youth. Recovery centers are not affiliated with the recovery fellowships that hold meetings in the centers. Providing options, building on our volunteer based recovery support services, including many paths to recovery, helps to increase the chances of our visitors finding the sort of support they feel they need to succeed.

Vermont Recovery Network actively provides leadership for Vermont's recovery center movement. With support from a part-time Network Coordinator, the Executive Council refined the process of governance for the centers, improved data collection, provided training, and expanded peer support between the individual centers. We continue to improve our reciprocal referral practices with inpatient and outpatient treatment providers. Recovery supports reduce the need for the multiple treatments often necessary for those who suffer from this chronic relapsing condition. **A third of our visitors enter recovery without participating in treatment and we have been trying to extend our supports to those who choose treatment on their path to recovery.**

We are supporting the development of two new recovery centers in Saint Albans and Morrisville. Our Network's vision continues to include locating a center in each of the twelve AHS regions. Currently, centers function at funding levels which don't adequately cover facility and staffing needs. We appreciate that in this fiscal environment it will be difficult to support the continued growth of existing centers, but point out that **new centers will help to reduce social service costs in their communities**. Recidivism rates have declined for visitors to our centers who have DOC involvement. Visitors acknowledge having repaired their lives, going on to stable housing, holding jobs and living productive lives, thus **requiring less support from increasingly scarce state services. Reductions in substance abuse and mental health services make the recovery centers an even more critical resource. More people are seeking to establish and maintain recovery, while the levels of available clinical supports are being reduced.**