

***Vermont Recovery Network ~ Recovery Centers
Public Private Partnerships ~Making a Difference!***

Here are our stories

The passion and enthusiasm for recovery that helped build Vermont's recovery centers continues. All of our centers are committed to providing safe and supportive environments for those in and seeking recovery, making special efforts to reach out and engage new visitors considering recovery. Most regular visitors at the eleven recovery centers, which make up the Vermont Recovery Network (VRN), come to attend one of the dozens of peer to peer recovery meetings held at the centers. We would like to introduce you to some of the many visitors who frequent Vermont's recovery centers. Their stories clearly demonstrate what their lives were like and how they are doing now. Before we introduce you to our visitors, we would like to introduce you to the support systems that have been making these miraculous life changing experiences possible.

The Executive Council of the Vermont Recovery Network has reaffirmed the goals expressed in the original request for recovery center funding. It is our hope that the legislature will ultimately fund at least 12 geographically distributed Recovery Centers, serving the population centers of our state. It is evident that the level of public support that has fueled our public/private partnerships has still not risen to a level sufficient to allow Vermont's recovery centers to develop to their full potential. Even though each of these fledgling centers has been working to raise funds from other sources, so far, none of them have been able to raise sufficient resources to provide for full time directors with staff present during the hours centers are open, rent, utilities, sufficient training, and materials to function at a fully efficient level. It is unfortunate that budgetary constraints continue to hamper us from fully realizing our potential for providing and refining these recovery support services. The FY 2012 **VRN Report clearly demonstrates that recovery supports significantly reduce the overall societal costs associated with substance abuse.** (Report available at: <http://vtrecoverynetwork.org/data/>)

Over the last year the Network has examined the nature of the recovery supports being provided in Vermont's Recovery centers. This was undertaken as a part of our effort to better serve our visitors. As a result, we now have more clear information about our visitor's and more information which documents the effectiveness of the recovery solutions developed with our visitors, many of whom are referred on to additional services. With this newfound clarity we have been expanding training opportunities to better meet the needs of our staff and volunteers. Our goal is to provide even more responsive, low cost recovery support services in all of our centers. Volunteers and staff have been working with guests to develop what we refer to as "recovery solutions." Our workers ask newcomers where they see themselves in their recovery process, encourage them in their efforts and urge them to ask questions. After establishing a rapport, they often make suggestions about other supports or services that might be helpful; creating connections that lead to employment, housing and other social services. This welcoming, engaging support is equally important for our visitors who have longer periods of time in recovery. Our centers don't provide clinical services but instead harness the power born of personal and passionate enthusiasm for recovery, which has made our readily accessible and welcoming services so attractive.

During the last year we have expanded the use of Making Recovery Easier peer support groups. These groups utilize the researched approach proven to reduce relapse rates developed by Lee Ann Kuskutas et al. We have also begun to develop teams of recovery coaches. Recovery coaching is also an approach which has been proven to be effective through research and trials. Our coaches have demonstrated the promise of this targeted one on one form of peer support here in Vermont. We have developed protocols for providing this new service but lack the staffing support necessary to full implement this new peer service in an ethical fashion. Our pilot studies demonstrate the power of this model. Our evaluators report statically significant changes in the lives of the people we serve. These figures are available in the "VRN RC evaluation report" which can be found at: <http://vtrecoverynetwork.org/> [Documents and Articles]