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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.

State FY ‘12 Recovery Center visits = 155,763

- 86 = average volunteer hours provided per week per center
- 22 = average number of active volunteers per center
- 69 = average number of hours open per week per center (impact of limited staffing resources)

Mental Health services involvement:

- 76% of visitors report current or past participation in outpatient/inpatient mental health services
- 74% of visitors reported utilizing mental health services in '08 – '09

Criminal Justice system involvement:

- 25% report being “on probation or parole”
- 24% report being “released from probation or parole”
- 56% report incidents/criminal involvement *before involvement at recovery centers*
- ONLY 8%** report incidents/criminal involvement *after involvement at recovery centers.*

Treatment System utilization: (increasing trend over prior years)

- 2004–2005 56% reported being in substance abuse treatment
- 49% visitors had been in treatment during the last 30 days
- 2011–2012 70% reported being in substance abuse treatment
- 27% of visitors had been in treatment during the last 30 days
- 27% of visitors report **never attending treatment (increasing referrals)**

Medical System involvement: (increasing trend over prior years)

- 2004–2005 **28%** reported **current use of prescribed medications** in support of their health and recovery
- 2010–2011 **55%** reported **current use of prescribed medications** in support of their health and recovery

Percentage of Guests using Prescription Medications		
2011-2012	2008-2009	2004-2005
yes: 53% no: 41% antidepressant: 36% antipsychotic: 14% pain: 8% Medication assisted treatment: 14%	yes: 53% no: 43% antidepressant: 32% antipsychotic: 15% pain: 8% Medication assisted treatment: 11%	yes: 28% no: 68% antidepressant & antipsychotic: 26% NA Medication assisted treatment: 1%

Visitors come on average 13.15 times per month – FY ‘12 participant survey visitor profiles (N=1100)

Recovery centers protect visitor anonymity, and don’t ask last names. Centers average 1182 monthly visits.

Network centers have **many occasional visitors, an average of more than 100 regulars who come for 2 or 3 visits a week** and a small revolving **population of high utilization visitors coming daily, until their lives stabilize.**

Our visitors get their lives in order, find jobs, find housing, repair the damage caused by addictive behaviors, 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 49,718 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 ones' 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 was 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. **(See our recovery coaching report, which documents statistically significant changes.)** Working with treatment providers, we are 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.**

Insufficient 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