



Promoting wellness for all who are affected by
Substance or Alcohol Use Disorders

May 2022

a message from

Gary De Carolis



What Does It Mean to be a Peer Professional in a recovery organization?

This is an important question to ponder as our recovery organizations grow, and are seen more and more as the go to place that **supports all Vermonters in recovery** from an alcohol/substance use disorder. Having served as the executive director for nearly nine years at the Turning Point Center of Chittenden County, I had to ponder this question many times. For me, it meant a lot of different things.

First, I'm not a person in recovery, I'm a family member, but since I was working in a recovery center it meant for me that I would not drink alcohol while in this position. I had to walk the walk with all the beautiful people who came into our center searching for and realizing recovery from alcohol/substance use disorder. It meant that no job was too small for me to do. Take out the trash, clean the toilets, sweep the front of the building, and of course put the coffee on!!!! Everyone had to pitch in, including me. It also meant that whether I was in the office or in the grocery store, I was an employee of my recovery center and I had to carry myself in a way that would make my employer feel proud.

Further, every rule, **every ethical standard** was something that I had to abide by during my work with guests and staff. It also was my responsibility to talk with those that for whatever reason were not able to live by those rules and guidelines. These are easy to say but can be very difficult to live by day and after day.

One more example, which I think is the hardest part of a peer run recovery center. When someone walks through our doors and has a similar experience as the volunteer/staff the first instinct is to help them unconditionally. I've seen staff and volunteers do whatever they can to relieve the pain, help them heal from years of active addiction and simply want to make life better for the guest. The problem is that in many cases boundaries get blurred if not forgotten.

This one example has happened more often than any other issues related to ethics and boundaries in my years of work. That is why supervisors are an important part of any recovery organization. Supervisors can help us call on that professional side of the work that has limitations and consequences for what we do.

Probably the most important consideration for me was how can we make our recovery center a safe place for people to visit that gives them the space to grow their recovery. If my behavior was doing anything to take away from that sense of safety, then it was wrong. Gossip, hitting on other guests by guests or staff, in appropriate dress, threatening behaviors, overstepping my boundaries, and bullying are just some of things that take away from that sense of safety.

Most things can be dealt with in a supervision meeting and the employees more forward with a better understanding of what it means to be a peer professional. All too often though, the breach of those ethical guidelines or rules was so egregious that it led to a staff person being let go. I always felt sad about that because I knew the talent of the person but at the same time the sense of safety that we work so hard to gain could not be compromised. What about **you**? *What does it mean for you to be a peer professional?*



Money Matters by

Carrie Becker

The Art of the Ask Part 1

When we think of ‘asking’ people for money to support our organizations, many of us get truly uncomfortable.

This reaction is sometimes based on the way we were raised, seeing money as being almost holy, or as a means of control. *(In my own childhood, my mother would ‘sneak’ quarters from my father’s change bowl for living essentials, which led to his rage if she were caught. Those, after all, were ‘his’ quarters).*

Your reaction may also be based on experiences in your life where you asked for money for your own ‘needs’ at the time, only to face negative and harsh reactions, which later led to shame or embarrassment.

The first step to a successful ‘ask’ for funding is realizing that in requesting money for your organization, you are not ‘taking’ money personally, but instead offering people and businesses an opportunity to be a part of something wonderful and successful; giving them a chance to help people in recovery lead healthy

successful lives!

What a wonderful gift it is to the donor to be offered this chance to make a difference, without actually doing the work themselves!

THIS is the starting mindset to successfully raise money through in-person asks.



Center Spotlight

This month we learn about the **Turning Point Recovery Center of Springfield!**

This Recovery Center offers a **Youth Peer Recovery Support (YPRS)** program that is the *first of its kind* in the state and is open to anyone from ages 12-21, who has been affected by substance and alcohol use.

This program helps to match youths seeking recovery support to like-minded youths, offering 1:1 sessions and youth-led groups.

“YPRS was designed to empower Youth Leaders, and help them foster resiliency and healthy relationships with their peers.”

Keep up with us through social media to hear more about the incredible programs going on at the **Turning Point Recovery Center of Springfield!**



YOUTH SUPPORT GROUP

Do you feel
alone or that
no adults
understand
what you are
going through?

If you answered yes to the question above, we have the perfect group for you! Come and join our virtual biweekly support group ran by our Peer Youth Leaders at Turning Point of Springfield, Vermont. Any teenagers or youth are encouraged to join!

Email Taysa Lynch
@spfldtp.org
for the zoom link.



PROFESSIONAL DEVELOPMENT

Save the Date

Recovery is the Answer

Peer Support Is the Way

Killington Grand Hotel
Tuesday, October 18, 2022



Cape Cod Symposium

SEPTEMBER 8 - 11, 2022

**Addressing Stigma Within the Treatment Field:
Bridging the Gap Between Non-Recovery and
In-Recovery Treatment Providers**

James Gamache, MSW, LICSW, MLADC, ICAADC
Granite Recovery Centers

Salem, New Hampshire, United States

4 FULL DAYS TO ACQUIRE NEW SKILLS, MAINTAIN CEU'S & NURTURE
YOUR PROFESSIONAL NETWORK

ALL CONFERENCE INFORMATION HERE

ADVOCACY RESOURCES

Ed Baker arcedbaker@gmail.com 802 793 9252

Public Health Alert, Addiction Recovery Channel:

This Alert is being looped on Town Meeting TV and shared with affiliated Public TV in Vt.
[Public Health Alert Fentanyl Overdose Death](#) | [Center for Media and Democracy \(cctv.org\)](#)

Commentaries:

Jay Diaz and Ed Baker

<https://vtdigger.org/2022/02/28/baker-and-diaz-for-the-overdose-epidemic-stop-leaving-public-health-tools-in-the-toolbox/>

https://www.timesargus.com/opinion//baker-diaz-overdose-prevention/article_12755812-05ba-5f75-9d99-d316dce995a.html

<https://vtdigger.org/2022/05/04/diaz-baker-overdose-prevention-sites-save-lives-what-is-vermont-waiting-for/>

Mike Selick and Scott Pavak

<https://vtdigger.org/2022/04/14/selick-pavak-how-to-help-end-overdose-crisis-that-claims-the-lives-of-friends-and-neighbors/>

Letter to Editor

Ed Baker 4/10 Vt Digg

http://vtdigger.org/letters_to_editor/we-are-not-protecting-the-most-vulnerable-of-us/

Addiction Recovery Channel (ARC) Interviews:

ARC interview with Johann Hari (Chasing The Scream):

[Interview with Johann Hari](#) | [Center for Media and Democracy \(cctv.org\)](#)

ARC interview with James Rauh (Founder, Families Against Fentanyl), with Dr. Roneet Lev, Executive Director of Independent Emergency Physicians Consortium.

[Interview with James Rauh and Roneet Lev](#) | [Center for Media and Democracy \(cctv.org\)](#)

You can view the entire ARC series at:

[Addiction Recovery Channel](#) | [Center for Media and Democracy \(cctv.org\)](#)

[The Addiction Recovery Channel](#) | [Facebook](#)

Please see the attached for thoughtful advocacy resources put together in a **resource sheet** from Ed Baker.



Every Dollar Makes
a Difference



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