



Recovery Roundup | December 2022

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



A Message of Hope

a message from

Gary De Carolis



The holiday season is upon us. That means so many different things to each person. Certainly joy, family, gift giving, and colorful lights are some of the more positive aspects of the season. For others, it might mean words like loss, cold, dark, and hunger. So how to reconcile these two polarities. When I think of the work being done every day in our recovery organizations, the one word that stands out to me is giving. In a sense what happens every day is that the staff give their guests what they have found for themselves: The gift of hope.

When many of our guests first enter our recovery organizations, we know they have been through hell. Their substance use disorder has taken from them meaningful friendships, family, a sense of worthiness for themselves, and likely trauma in its many forms. Hope is either dimmed or lost. Then they meet a volunteer at the front door and are greeted with love and kindness. They come into the center and meet staff and other volunteers and guests who are all seemingly enjoying the day. What a concept!!! A peer support worker may want to know how they can be of assistance. They may ask, "How are you doing today? What can we do to help support your recovery?" The guest is saying to themselves, "Geez they really care about me. This is uncomfortable!" Yes, it's true that after years of being told by others and even yourself that you are not worthy of love it might be hard, if not overwhelming, to hear and see that someone cares about you! That's what we do! Give hope to the hopeless. It is an amazing thing to behold.

That kind of unconditional love is not something that needs to be privy to recovery organizations and the work we do. We all can give that to our fellow brother and sister. This holiday season, let's put in extra effort to say a nice word, give the hug that someone badly needs, tell those that you care about how much you love them, offer a "good morning" to someone who needs a little recognition. Kindness can be the best gift we can give to each other.

Below are also a few extra tips for those in recovery who need a few pointers on how to make this holiday season safe and your recovery intact. A big virtual hug to everyone.



Tips to Help Make the Holiday's a Little Easier

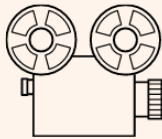
- Create a plan that benefits you and your wellness.
- Rewrite your holiday story in your head.
- Be with the people in your life that make you happy, comfortable and safe.
- Attend a meeting and be aware of local meetings just in case you need one.
- Stick to your plan and create an exit plan.
- Take a break.
- If you're not comfortable, leave.



Do what makes YOU happy!

Recovery Partners of Vermont is excited to announce we're bringing the documentary, *Our American Family*, to Vermonters through Twin Seas Media!

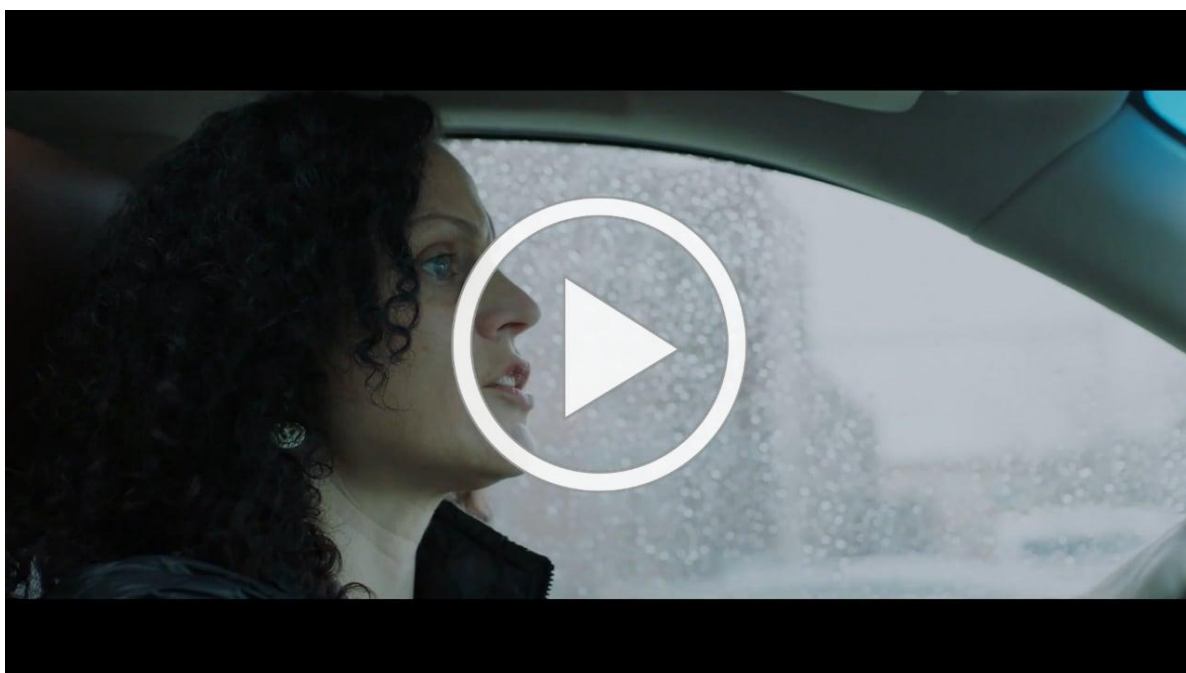
Wednesday January 25, 2023 | 6-8PM



Viewing will be streamed across the state at all of our 12 members. Contact your nearest Recovery Organization below to learn how you can view this incredible documentary!

Check out the trailer & save the date!

- 1 - Journey to Recovery Community Center | (802)624-4156
- 2 - Jenna's Promise | (802)343-8741
- 3 - Kingdom Recovery Center | (802)751-8520
- 4 - Vermont Foundation of Recovery | (802)753-4340
- 5 - VAMHAR/RecoveryVT | (802)223-6263
- 6 - Turning Point Center of Central VT | (802)479-7373
- 7 - Turning Point Center of Addison County | (802)388-4249
- 8 - Upper Valley Turning Point Center | (802)295-5206
- 9 - Turning Point Center of Rutland | (802)773-6010
- 10 - Turning Point Center of Springfield | (802)885-4668
- 11 - Turning Point Center of Windham County | (802)257-5600
- 12 - Turning Point Center of Bennington | (802)442-9700



Congratulations!!



Our very own Margae Diamond, Executive Director of Turning Point Center of Bennington, has been chosen to be on the Vermont Women's Fund Council!



"Our vision is a Vermont where all women and girls can thrive."

Professional Development

Management Training with Sarah Karnes, Senior HR Specialist



1. Recruitment & Selection - January 2023

- This recruitment training focuses on the *why*, the dos and the do nots. The manager recruiting manual focuses on the legal aspects.

2. Employee Relations - February 2023

- This training focuses on the broad concept of one of the most important functions of HR. Creating a healthy environment for employees, management, guests, etc. This will follow up on corrective action processes and procedures.

3. Effective Leadership - March 2023

- Effective leadership is a tool to develop and expand leadership skills. How to make a transition from employee to manager.

- Open to ALL Recovery Partners of Vermont members! Fee for non-members.
- Each section will be two parts: one hour or less.
- Always 11AM-12PM
 - January 4 & 18, 2023
 - February 8 & 22, 2023
 - March 8 & 22, 2023

Email Sarah@vtrecoverynetwork.org to register!



VIRTUAL TRAINING



collaboration with:



Free Virtual Learning Community: Compassion Fatigue - Faces & Voices of Recovery

As Recovery Support Service Providers, we are not immune to the effects of stress and secondary trauma. This exceptional session will provide an overview of the skills necessary to maintain your ability to respond to peers with empathy and compassion, create healthy boundaries, develop a concrete self-care plan & learn valuable warning signs of STS and Compassion Fatigue.

[Register HERE](#)



Deaf and Hard of Hearing Recovery Community- Virtual Networking Sessions.

Following the listening session, "How do we support and grow the Deaf and Hard of Hearing Recovery Community? Our hope is to gather community stakeholders- members of the DHH community in or seeking recovery, DHH Peer Recovery Support workers, professionals serving the DHH recovery community, and leaders interested in growing the infrastructure and support for the DHH Peer Recovery Specialist workforce- to discuss what is working and identify potential solutions to the barriers the DHH peer workforce is facing.

[Register Here](#)

Member Events & Triumphs



Our member, Vermont Foundation of Recovery has opened Recovery Housing, *Foundation Housing*, for Women in recovery and their children in Barre, VT. What an incredible step forward for the Recovery Community! Thank you VFOR!





TURNING POINT

RECOVERY CENTER of BENNINGTON, VT

HOLIDAY
PARTY
&
OPEN
HOUSE

14TH DEC 2022
5-7:30PM

COME JOIN US IN OUR NEW SPACE
AND CELEBRATE ALL WE HAVE
ACCOMPLISHED TOGETHER IN THE
PAST YEAR!
EAT, DRINK AND BE MERRY!

160 BENMONT AVE,
FOURTH FLOOR
802-442-9700



DISTRICT 10 PRESENTS

Christmas Eve & New Year's Eve Alcathons 2022

Potluck Dinner 6pm (both dates)
Bring a dish to share
Meetings at 7pm, 9pm & 11pm
Food, fellowship, fun

December 24 & 31, 2022 | 6 PM
Turning Point Recovery Center
7 Morgan St, Spfld, VT 05156
Questions: squaw.09@live.com





Peer Support Works!

Our member, Journey to Recovery Community Center, was awarded a pilot program for a *social detox bed* right in their center! Their first guest stated that if he was discharged from the hospital and was sent home, he would have returned to use. Journey to Recovery Community Center was able to offer this gentleman a safe and sober place to sleep with a community support worker available all night.



Jenna's Promise, a member of Recovery Partners of Vermont, had their grand opening & ribbon cutting at their new cafe, *Jenna's Coffee House*, in partnership with Two Sons Bakery in Johnson, VT!

This cafe serves as a recovery workforce for people in recovery. The second floor of the cafe serves as Recovery Housing!
Thank You Jenna's Promise!



Take a Virtual Tour of Jenna's Coffee House



Keep your eye on our members in Barre, Turning Point Center of Central Vermont. They're in the midst of rebranding and most importantly preparing for a move to a *NEW* building around spring 2023!! What incredible news! Congratulations! Read an article below about the move and more!

Intro to Meditation

with Paul Rodrigue of Insight Meditation Center

Care for crisis workers, case managers, and community members!



VERMONT INSIGHT Meditation Center



Biweekly offering at no cost!

Hybrid on zoom and at Turning Point

Insight Meditation Center in collaboration with Turning Point would like to offer a midday meditation gathering for our human services and crisis workers, as well as those in recovery anywhere from use to abstinence, and those who love someone impacted.

1st & 3rd Wednesdays Noon–1:00pm

Zoom: <https://us06web.zoom.us/j/8602616030?pwd=VWtyTmovbWlyN1hlZzJlcjRmZy8wQT09>

Turning Point Center
39 Elm Street Brattleboro, VT



For registration & inquiries contact Paul at (802)258-7035 or PaulRodrigue1961@gmail.com

Public Safety Xylazine 101 Training



1 in 4 heroin/fentanyl samples also contain xylazine in Massachusetts!

Featured Speakers:



Stephen Murray: MPH
Former Lt for Northern
Berkshire EMS



Kristin Wason, MSN, NP-C,
CARN



Annie Potter, MSN, MPH,
MP, CARN-AP

December 20th
10am-11:30am

Zoom

[Register HERE!](#)

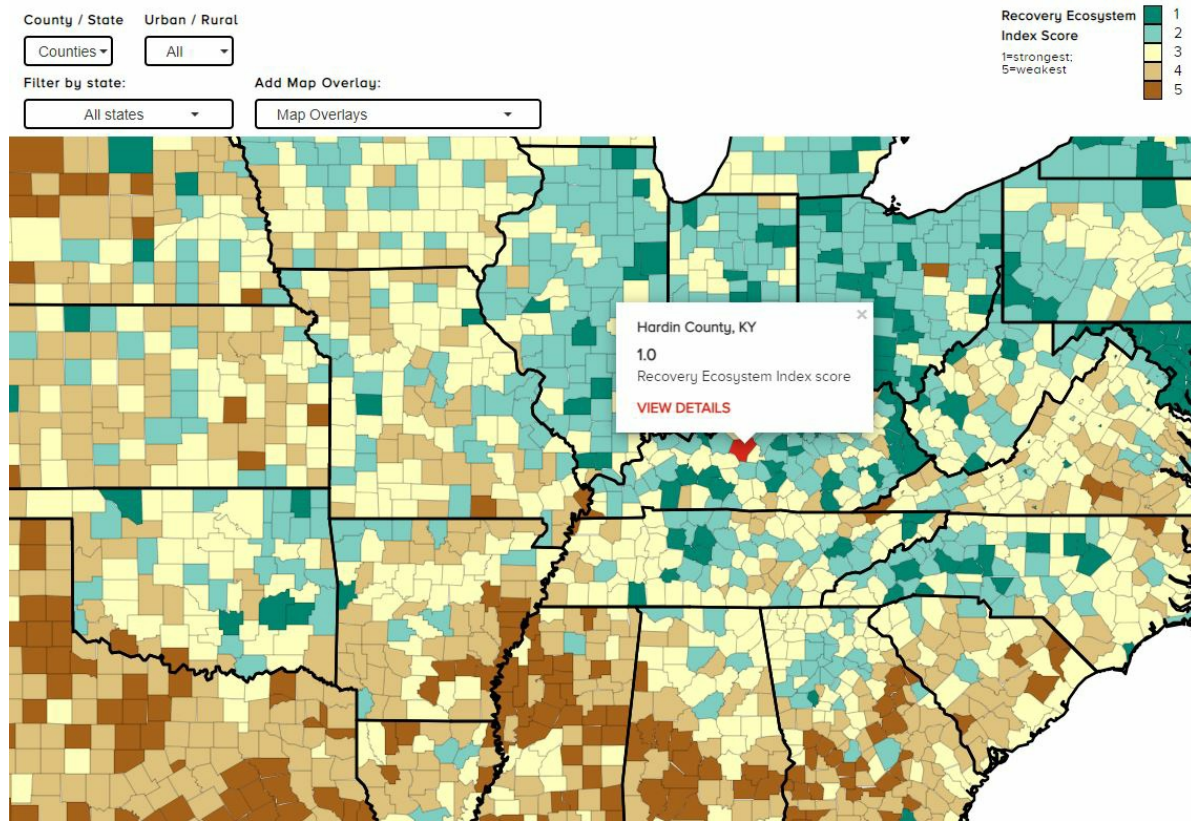
Learning Objectives:

- Participants will be able to describe the current trends of xylazine in the drug supply
- Participants will be able to recognize the physiologic effects and manifestations of intoxication in persons using xylazine
- Participants will be able to recall signs of xylazine overdose and how to respond safely



Presented by New England High Intensity Drug Trafficking Area in
conjunction with Boston Medical Center Office Based Addiction Treatment
Training and Technical Assistance.





How Ready Is Your County to Help with Addiction Recovery? The Daily Yonder

A new index is designed to assess the "recovery environment" in each U.S. county. The tool provides information on the availability of different treatment options, support systems for people in recovery, and social factors such as housing costs, transportation, and more.

[Read More](#)



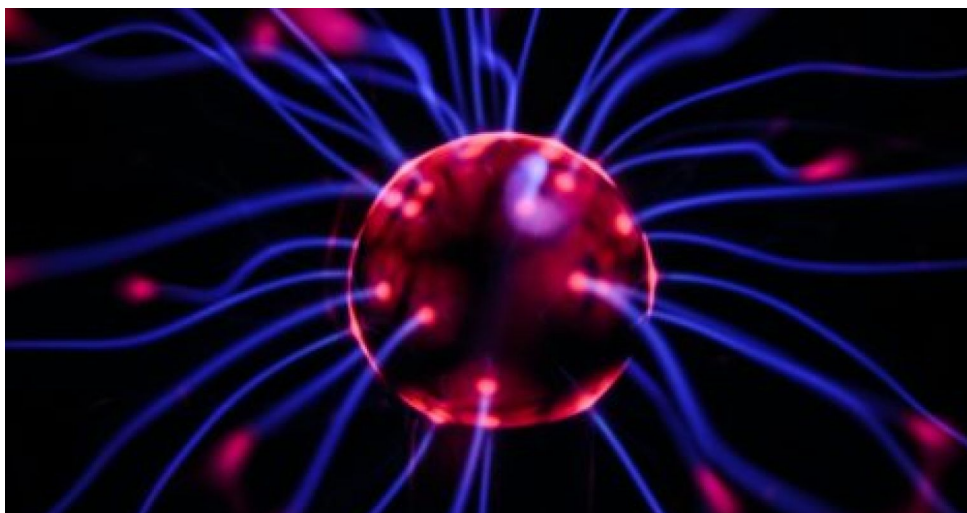
**FACES & VOICES
OF RECOVERY**

ADVOCATE. ACT. ADVANCE.

Free Virtual Learning Community: Words Matter - Faces & Voices of Recovery

This free Virtual Learning Community (VLC) is sponsored by the Opioid Response Network. The format for each session includes a brief presentation on the topic and then a discussion and Q&A session with the presenter.

[Register HERE](#)



Polyvagal Theory: An Approach to Understanding Trauma

In 1994, Stephen Porges introduced the polyvagal theory, based on an evolutionary, neuropsychological understanding of the vagus nerve's role in emotion regulation, social connection, and fear response. Since then, the theory has brought a new understanding of trauma and recovery, providing for the first time a physiological explanation for trauma survivors' experiences.

[Read More](#)

Did you miss the recap of our 2022 Conference?
Watch it below!
Mark Your Calendars for Next Year's Conference!
October 17-18th, 2023 | Killington Grand Hotel

Recovery is the Answer!
Peer Support is the Way Conference 2022
Killington Grand Hotel
Killington, VT | 10.18.22

Thank you to all our sponsors!!

Elizabeth Skarie
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Connecticut Valley Addiction Recovery, Inc.
The Path to Recovery Begins Here

COMMUNITY HEALTH
MEDICAL • DENTAL • BEHAVIORAL HEALTH

HYPERTHERM ASSOCIATES

Recovery House
Changing Lives One Day At A Time...

cabot

Dartmouth Health | Mt. Ascutney Hospital and Health Center

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GRANITE RECOVERY

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If you're an Amazon shopper, check out Amazon Smile next time you're on their site and start donating to Recovery Partners of Vermont without spending any more money than what you're buying anyway!

Find us on Amazon Smile under our legal name, Vermont Recovery Network, Inc.

How to Start Using Amazon Smile

When you donate to Recovery Partners of Vermont, you're ensuring that our members are supported through....



ADVOCATING

Reducing barriers & increasing access to needed services (i.e., healthcare) with legislation; Educating the public on needs/issues within the Recovery Community

FUNDRAISING

Conference 2022 offered our members a day filled with community, education and networking.

PEER STANDARD AUDITS

Yearly audits ensuring Vermonters are receiving the best recovery services available to them.

INFORMATION CLEARINGHOUSE

Creating a clearinghouse of information available to all members.

TEAM OF CONSULTANTS

Creating a pool of consultants for any member to use when needed, such as our human resources specialist.

Give for Recovery!



You could save someone's life.

Find the nearest
Vermont Narcan Distributor

[CLICK HERE](#)

Recovery Partners of Vermont
P.O. Box 3042 | Burlington | VT | 05408-3042
802.738.8998 | info@vtrecoverynetwork.org

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