

Recovery Roundup | April 2023

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

Team Effort

a message from
Gary De Carolis



I've learned over the years that anything worth having takes hard work and a team of people to push things over the finish line. I learned that from watching my father conduct our high school jazz and concert bands. He always started with individual musicians helping them get a sense of a new piece of music; he then would bring the sections together, whether it was the trumpets, saxophones, clarinets etc. Finally, he would bring the whole band together. At first, 60 to 70 instruments playing together was, well let's say, a bit of a challenge, but by concert night it was magical. We were all in sync with each other, and my father's leadership wasn't as important. In fact, when the band was good, he would walk off stage in the middle of the piece to show the audience just how good we were.

That same team effort is exactly what happened this past year as the Recovery Partners of Vermont prepared for the upcoming legislative session. It all started in the late summer with asking for volunteers to join the legislative committee (Gregory Tatro, David Riegel, Danielle Wallace, Dawn Tatro, Kim Mercer, Peter Mallary, Jennifer Loso, Will Eberle, Allie Mullin). The response was wonderful. We had some very knowledgeable members and some that had never dealt with the legislature before. The first thing we did, as we had the previous year, was to send out a survey to members asking them to let us know what their most pressing needs were. The response was loud and clear: wages were pitifully low and there were no benefits for staff. Both situations were leading to burnout, which in turn was leading staff to leave employment with a recovery organization to go where the wages and benefits were better. At the same time, the need to be doing this work on the front lines of the opioid epidemic couldn't be greater.....

To continue reading, click [HERE!!](#)

The heART Show has ended! It is with great honor to announce that we were chosen to be the top recipient of this benefit! It goes without saying how grateful and thankful we are for this incredible gift! Thank you to the *heART Show*, Ashley Campbell, Shelburne Wine & Coffee, the Anonymous Match Donor, and the 170 VT artists that donated their time and artwork for this event. We cannot do this work without your support!

*Did you miss the show?
Four artists have donated
their heART artwork to be
auctioned off at the
Benefit Dinner and Silent
Auction at the Killington
Grand Hotel in Killington,
VT on October 17, 2023!!*





Well wishes on your next adventure, Suzie!

We are so excited for Suzie Walker as she moves onto a new position with Faces & Voices of Recovery as a Curriculum Development Specialist on their training team! This specialist would develop curricula for training programs "related to recovery support services, expanding skills within the peer workforce and evidence-based best practices to best serve individuals striving to reach their wellness & recovery goals." This role might offer a way for Suzie to leverage her years of recovery center leadership and affinity for training and combine that experience with her editorial and curriculum development skills. She says, "I'm so grateful to Turning Point of Windham County, Recovery Partners of Vermont, VAMHAR, and now Faces & Voices of Recovery for leading me to these destinations! Each landing place and each traveler who shares the road teaches and guides me, opening my eyes to new vistas and giving me souvenirs undreamed of on these delightful detours! Thank you!"

She will be a terrific addition to Faces & Voices!
Thank you for all you do for the recovery community!



Human Resources Column from

Sarah Karnes

7 Ways to Nurture Employee Well-Being

While mental and emotional well-being has come further out of the shadows during the last few years, it still has an outsized impact on people at home and work. According to findings from the 2022 Alight International Workforce and Well-being Mindset Study, only half of US employees report having positive mental and emotional well-being. While that's an increase of 11 points from early 2021 during the height of the pandemic, it's still not enough. Yet, three quarters report moderate to high stress levels, which haven't subsided even as the pandemic slowed.....continuing reading Sarah's column by clicking [HERE!](#)

Professional Development



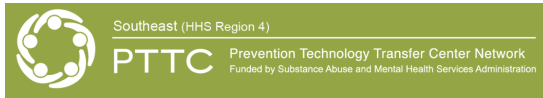
*Are you looking for a new **direction** in your life?
Are you looking for a new **purpose**, where you
can help others on their journey to recovery?
Many of our members are hiring, see below for
a full list and learn how to apply!*



- *Turning Point Center of Central VT - Recovery Coaches | See job description **here** to learn how to apply.*
- *North Central VT Recovery Center - Volunteer Program Coordinator & Parents in Recovery Support Program Coordinator - Visit their website to apply:
www.ncvrc.com/careers*
- *Turning Point Center of Chittenden County - Administrative Manager - See the full job description & apply on their website: **www.turningpointcentervt.org/about-***

us/careers/

- *Vermont Foundation of Recovery* - House Managers in St. Johnsbury, Rutland, Essex, Barre & St. Albans - See job description **here** to learn how to apply.
- *Jenna's Promise* - Apply for the Health & Wellness Program Manager position **here** & Case Manager position **here**.



Building a Trauma Informed-Resilient Focused Community | Prevention Technology Transfer Center Network

[Register Here](#)

This presentation will describe trauma's impact on communities and compelling reasons a community, and its prevention workforce, needs to become trauma informed and resilient focused. In sharing success stories from Northeast Tennessee in work she helped to pioneer, Becky Haas will also discuss practical steps communities can take to reduce the effects of toxic stress and childhood adversity and promote resilience.

Vermont Resilience Series - Recovery Vermont

We offer this speaker and dialogue series as a way to increase our shared understanding of substance use and mental health challenges and pathways to recovery, increase awareness about promising practices and approaches emerging across the state, and to empower individual Vermonters to advocate for and align their actions with a vision for resilient communities.

friends of
Recovery Vermont

[Register Here](#)



EPLC I Motivational Interviewing for Loved Ones: Empowering families with therapists' best tools for encouraging behavior change | Mental Health Technology Transfer Center Network

Motivational interviewing is an evidence-based technique for engaging ambivalent patients in conversations about behavior change. Dr. Kline will present her research on adapting motivational interviewing for family caregivers of adolescents and young adults with first episode psychosis and other mental health and substance use disorders.

[Register Here](#)



Free Virtual Learning Community: Advancing Harm Reduction Principles - Faces & Voices of Recovery

[Register Here](#)

In this training, participants will gain an understanding of common-sense practices on how to better serve under-acknowledged populations, learn how to apply the principles of harm reduction to your work with peers & educate community members in hopes to decrease and eventually eradicate the stigma against people who use drugs in our communities.



Successful Life Skills in Recovery Homes

[Register Here](#)

The Fletcher Group's May 2023 webinar will focus on evidence-based practices, highlighting SMART Recovery's partnership with the Fletcher Group to bring the SMART Successful Life Skills curriculum to recovery homes across the country. SMART Assistant Executive Director Christi Alicea, Project Coordinator Brad Glaser, and Volunteer Support Coordinator Alena Kuplinski will share information on the course, the initiatives, and preliminary results from homes that have already participated.

Member Events & Triumphs

Journey to Recovery Community Center is saving lives with their Social Detox Bed Pilot Program!



JTRCC's Social Detox Bed Update

- Started November 21, 2022
- 24 individuals have used the program
- 21 individuals have been successfully transferred to inpatient treatment.

The need is there. They've seen an average of two individuals each month wanting to access to the program, but it was *full*. The average stay is about four days, although the shortest stay was four hours and longest stay was nine days: all dependent on the availability of inpatient treatment. Starting recovery in the detox bed allows each guest to be more able to participate in groups more quickly once arriving at inpatient treatment. Getting the hardest part of the detox process done in the detox bed allows for the clients to be able to learn and dig deeper into their healing while in treatment. Also, becoming comfortable with the recovery center before treatment has made it much easier for guests to re-engage after treatment and continue their recovery successfully.



Testimony Tuesday

What's crazy is I think back to when I first started my journey 69 days ago in that [Journey to Recovery Community Center's social detox bed] detox room, where I prayed to God to kill me or put me on a layaway plan for some meds to help me get through these withdrawals. It was a rough five days, but it could have been rougher without the help of Journey to Recovery Community Center and all the wonderful staff that work there which I don't need to mention. But to make this short and sweet now I go up and bug the staff and volunteer a little bit. But I couldn't thank them enough and if anybody needs to reach out you won't regret it.

-Mike, written on March 9, 2023

Get your sweat on for our members,
TPC of Rutland & Springfield!!



Divided Sky Fun(d) Run is Back for Year Two!

In-person slots are sold out! You can still join us in beautiful Ludlow, VT for the second annual Divided Sky Fun(d) Run *Virtually*!! Participation supports addiction recovery and builds community with runners, walkers, and good people of all kinds. All proceeds from this event support the Divided Sky Foundation, *Turning Point Center of Springfield and Turning Point Center of Rutland*! All participants (in-person and virtual) will receive a dry-fit event T-shirt.

Get your T-Shirt here!

Exciting news to share coming from Turning Point
Center of Springfield - A New Gym!!



JOIN US IN OUR **NEW GYM** FOR OUR 1ST EVER
GROUP FITNESS CLASS!

AVAILABLE TO THE RECOVERY COMMUNITY &
THEIR FAMILIES.



Weekly starting:

Friday, May 5th

7:30 AM - 8:15 AM



In person at:

TPRC OF SPFLD

7 Morgan Street,
Springfield, VT 05156

FREE



Co-Sponsored by:

THE PHOENIX

TPC of Bennington's very own Marcell Holland
was interviewed by the Bennington Banner



Spotlight on Recovery | Coach Marcel Holland: 'My work is human to human'

It's halfway between midnight and dawn, and Marcel Holland is driving a familiar route down dark streets to the emergency room. Marcel is a recovery coach with the Turning Point Center of Bennington. He works with individuals with substance use disorder and alcohol use disorder.

[Read More](#)

Shannon Carchidi, Executive Director of North Central VT Recovery Center, & Gregory Tatro, co-founder of Jenna's Promise, was interviewed by WCAX!



Vermont mulls how to spend \$7M from opioid settlements amid record overdoses

MONTPELIER, Vt. (WCAX) - A record number of fatal overdoses are putting Vermont lawmakers on the offensive. After the Green Mountain State saw 237 overdose deaths last year, the state Legislature is now mulling over how to spend around \$7 million in opioid settlement funds to help bring that number down.

[Read More](#)

Congratulations, Crystal!



If you haven't had the chance to meet Crystal Bolio, let us tell you a little about her. Crystal has been in recovery since October 2005. She began working as a Recovery Coach in Chittenden County in 2018. With a move came a new position, Coordinator of the Mom's in Recovery Support Program, now Parents in Recovery. She created the program for North Central Vermont Recovery Center and ran it for over two years.

"I found my passion working closely with people with substance use disorder. I knew the struggles and barriers firsthand, and became determined to be a part of the solution," Crystal says. She recently made the hard, but exciting, decision to step down as Coordinator and accept a position as the new Director of Recovery Residences at Jenna's Promise!

We do recover.

TPC of Addison County is lucky to have some awesome Student Volunteers from Middlebury College

Shout out to TPCAC's Student Volunteers from Middlebury College for representing the center at the college's most recent Employee Fair! Thank you for your commitment and passion for the recovery community!



Chip Piper's Penta-thon begins next month, funds raised will be donated to Turning Point Center of Addison County and Jenna's Promise!

2nd Annual Trail Run 4
Recovery | Chip Piper's Penta-
Marathon
"On The Other Side Of Pain Is

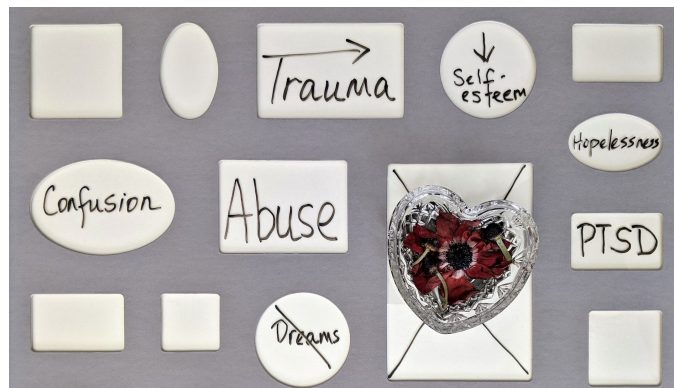


Victory" - Chip

The 2nd Annual Trail Run 4 Recovery TR4R is an annual fundraiser created by Chip Piper to increase awareness of substance use disorder & the missions of Turning Point Center of Addison Jenna's Promise. The penta-thon beings May 23 and ends May 27th!

[Click Here to Donate](#)

Resources



What Is Complex Trauma in Addiction?

By Mark Mravic It's a grim fact of life that deeply traumatic events are not uncommon. Criminal attack, natural disaster, war, domestic violence, child abuse, sexual assault-such experiences, occurring either suddenly or as part of a prolonged and chronic pattern, disrupt normal life and can generate feelings of unease, danger and mistrust.

[Read More](#)



Is It Too Soon To Start Talking about a Cure for Addiction? Nora D. Volkow, MD

Our country remains in the grips of an opioid crisis claiming more than 100,000 lives every year. Rising mortality associated with drug addiction and excessive drinking is among the major factors contributing to declining life expectancy. And sadly, the treatments that exist—including medications, in the case of opioid- and alcohol-use disorders—help only a fraction of those who could benefit from them.

[Read More](#)

Watch Ed Baker, ACSW, share his expert testimony at the House Human Services Committee on 2/24/23, focused upon poly-drug over dose death in Vermont, and Overdose Prevention Centers, below.



Recovery-Friendly Workplaces Increase Productivity Alison Jones Webb

Supporting employees affected by addiction-which includes people in recovery and people seeking recovery, and their family members-is good for business. Employees in recovery demonstrate improved productivity, decreased healthcare costs and reduced injuries and absenteeism compared to when they are actively using substances. Supporting family members can result in similar outcomes.

[Read More](#)



Growing the Deaf and Hard of Hearing Peer Recovery Workforce By Chandra Monnett, RSPS, PSS

Much like recovery, deafness is a nuanced and complex topic. To those who have struggled, we are here to let you know you are not alone. There are people thinking about this topic and doing work around it. I am hopeful and excited. Do I have a dream, a vision? Is there a solution that I am searching for? Not exactly. You see, there is no one right way to provide access and equity that fits everyone. That is both the beauty and the challenge of it. I want everyone to have access to the recovery support that they want, including in their preferred method of communication.

[Read More](#)

Save the Date!

October
17 - 18,
2023

*2nd Annual
Recovery is the Answer!*

Peer Support is the Way
Conference & Recovery Stars
Benefit Dinner & Auction!

Killington
Grand Hotel
Killington, VT

Recovery Partners
of Vermont



Have you visited our Memory Wall?

A donation of any amount starting at 1 cent would allow you to have the name and picture of a lost loved one recognized on our Memory Wall forever. We will never forget the beautiful lives lost to alcohol or other substance use disorders.

Visit Memory Wall [HERE!](#)

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



ADVOCATING

FUNDRAISING

INFORMATION CLEARINGHOUSE

TEAM OF CONSULTANTS

TRAINING & MORE

Give for Recovery!



You could save someone's life.

Find the nearest Vermont Narcan Distributor

[CLICK HERE](#)

Did someone forward this to newsletter to you?

If you'd like to receive our monthly newsletter, subscribe so you never miss a thing!

[Subscribe Here](#)

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

FOLLOW US



[Unsubscribe gary@vtrecoverynetwork.org](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by gary@vtrecoverynetwork.org powered by



Try email marketing for free today!