



Recovery Roundup | May 2023

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

Welcome Our 15th Member!

a message from

Gary De Carolis



It is with a great deal of joy that I wanted to let everyone know that the Turning Point of Franklin County will become the 15th member of the Recovery Partners of Vermont as of July 1, 2023. Karen Grenier is the Executive Director. With the membership of the Turning Point of Franklin County all 12 recovery centers are now members.

As I detailed in last months column the Vermont Legislature was so supportive of the state's recovery organizations in this year's session. We hope in the coming year to capture the changes that will take place because of this investment (more on that in later columns). I also think that the board of directors of each of our members will need to be the guiding lights for their organizations perhaps more now than ever before.

As we know, in the end it is the board of directors that has the ultimate responsibility to care for and grow their recovery organization. Executive directors work for the board to carry out their vision for what the board wants for their organization. As investments grow, planning how those funds will be spent will be critical. Where do you want to be in 5 years? How will future Medicaid funding change how you do the business of recovery? Does the board have the expertise needed to provide the oversight and guidance that is needed? Does your board meet often enough to understand what is happening in your recover organization? Currently, some boards meet monthly and others as infrequently as every three months?

I raise these questions to signal a new day for Vermont's recovery organizations. I look forward to helping carry our work to new heights in the coming year and am so excited that we can do this work knowing all our recovery centers, Jenna's Promise, the Vermont Foundation for Recovery and the Vermont Association for Mental Health and Addiction Recovery are all working together under one umbrella!!!

What are people saying about our members?

This team has been wonderful at communicating its needs to the community and being great collaborators. They always come to the table with a mindset of generosity, healing and problem solving. I always appreciate attending meetings with them, because I know we are working to create change.

-- Anonymous Provider Partner of TPRC of Bennington

"Having coaches come to the hospital is the single biggest reason we have people engage in treatment. Before Recovery Coaches, people were reluctant to engage with treatment, maybe scared or didn't believe treatment would work. After coaches became an expected, opt-out service we provide, we see more people believe in themselves and accept the help for phone calls and next steps. Please don't stop what you are doing!"

-- Anonymous Provider Partner of TPC of Windham County

"Staff is always acknowledging the progress made by people who visit the center. They make you feel like you matter and listen to what you have to say."

-- Anonymous Guest from Turning Point Recovery Center of Springfield

"I am the parent of an adult child (age 40) who has suffered from substance use disorder (SUD) for 23 years. My child's family (my husband, her father, and her sister) have all been attending family group meetings for 6+ months. The love, hope, and support we've received from the Jenna's Promise community is difficult to quantify. Knowing that my daughter is surrounded by such a loving, caring community has been of great comfort to us all. My daughter has relapsed twice since she's been at Jenna's Promise. Unlike literally all of the prior rehab places and sober houses she's lived in, instead of punishing her by pushing her out the door with no plan at all, at Jenna's Promise she was able to discuss what had happened, what she needed to do, and what the plan for returning would be. This has meant the world to all of us. SUD is a medical condition, and relapses are a part of that. People in the rehab community say that all the time, but Jenna's Promise is the first place I've encountered that actually treats it that way -- with supportive care, not punishment."

-- Anonymous Guest of Jenna's Promise

"Ariel is very supportive of many of the same clients I have. Recovery Coaching is helpful to many. The feel of a "drop in" location where Recovery Coaches mingle in sitting areas and share their support and meet you 'where you are at' seems to be key in order to build relationships that continue and to support people in returning.

The atmosphere of paintings and decor from what those in recovery have made is nice! It's great to know that some of this artwork, projects are what keep a mind in recovery."

-- Anonymous Provider Partner from Kingdom to Recovery Center

"I can't say enough about what wonderful community partners the Turning Point Centers are and, the effort they put into collaborating with my agency/program has truly been to the benefit of the people whom we serve. It's my perception that the TP communities have never been as strong as they are now. Thank you!"

-- Anonymous Provider Partner of Upper Valley TPC

Job Openings



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* - Parents in Recovery Program Coordinator, Peer Recovery Coach & Peer Recovery Coach in the Emergency Department - Visit their website to apply: **www.ncvrc.com/careers**
- *Vermont Foundation of Recovery* - House Managers in St. Johnsbury, Rutland, Essex, Barre & St. Albans - See job description **here** to learn how to apply.
- *Journey to Recovery Community Center* - Recovery Coaches | Learn how to apply **here**.

Professional Development

friends of **Recovery Vermont**

Motivational Interviewing: Advancing the Practice Training Application

Register Here

This session will be open to Recovery Coaches with at least one year of experience coaching and who want to deepen their skill and understanding of motivational interviewing. It is a highly experiential training in which learners are presented with more in depth consideration of motivational interviewing concepts and introduction to more advanced concepts related to motivational interviewing. Learners will participate in exercises designed to allow them to experience the concepts described and will be given the opportunity to discuss their experiences. This is an 8 hour training session.

The schedule is June 14th, 15th, 28th, and 29th. All classes will take place 9:30-11:30. This class is approved for CEUs.

The Peer Recovery Center of Excellence, in partnership with Communities for Recovery, is hosting monthly virtual networking sessions to bring together the Deaf and Hard of Hearing (DHH) Peer Recovery workforce. Our hope is to gather community stakeholders- DHH Peer Recovery 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 Recovery workforce is facing.



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

Register Here



Grayken Center for Addiction TTA | Boston Medical Center

Register Here

This one-hour course is intended to provide an overview of stimulant use disorders. Topics include stigma; pharmacology and physiology of methamphetamines and cocaine; identifying stimulant overdose (overamping); managing acute stimulant intoxication; de-escalation techniques; and evidence-based treatment for people with stimulant use disorders.



Community engaged research - what is it, why do we need it, and how can we do more of it in the recovery community center (RCC) space

Register Here

In this seminar, we are taking time to pause and reflect on why community engaged research is so important, and to discuss together what else is needed to make it easier to engage in this shared research process. Leading us off, Dr. Devin Banks will provide a short presentation on what “community engaged research” is, and why it is critically important. She will introduce us to different kinds of ways in which community partners can engage in research with academic teams. Then we will have two teams share their experiences, where each team used a different way of working together.

CHL is committed to high quality professional development offerings in the area of alcohol, tobacco and other drug (ATOD) education. A series of offerings has been designed to provide school, community staff and employers with important current knowledge and skills related to alcohol, tobacco and other drugs. Professional development, ranging from staff updates to continuing education by design, are facilitated by qualified trainers who have met selection criteria requirements and competencies. Our consultants can also work with local staff to develop a long-term plan for ATOD education at their school site.



Preventing Substance Misuse - Center for Health and Learning

Register Here

Building a Trauma Informed-Resilient Focused Community

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 will also discuss practical steps communities can take to reduce the effects of toxic stress and childhood adversity and promote resilience.

[Read More](#)

Trauma-Informed Juvenile Justice: Recorded Training Available

Many youth in the juvenile justice system have survived horrific traumatic experiences including chronic exposure to violence that has profoundly shaped how they think, behave, and respond. Direct care professionals working with youth in juvenile justice-related facilities have very challenging and emotionally draining roles; they are responsible for preserving their safety and the safety of others and serve as parent, counselor, mentor, role model, disciplinarian, and advocate.

[Listen to Recordings Here](#)

Member Events & Triumphs

Journey to Recovery Community Center invited former NBA player Chris Herron to speak with the students at North Country Union High School and Lake Region Union High School!!



Turning Point Center of Rutland's Recovery Coaching program in Marble Valley Correctional Facility is making strides, saving lives and being the difference!



'They're helping me save the rest of my life': Rutland organization helps incarcerated people find sobriety and rebuild their lives - NewsBreak

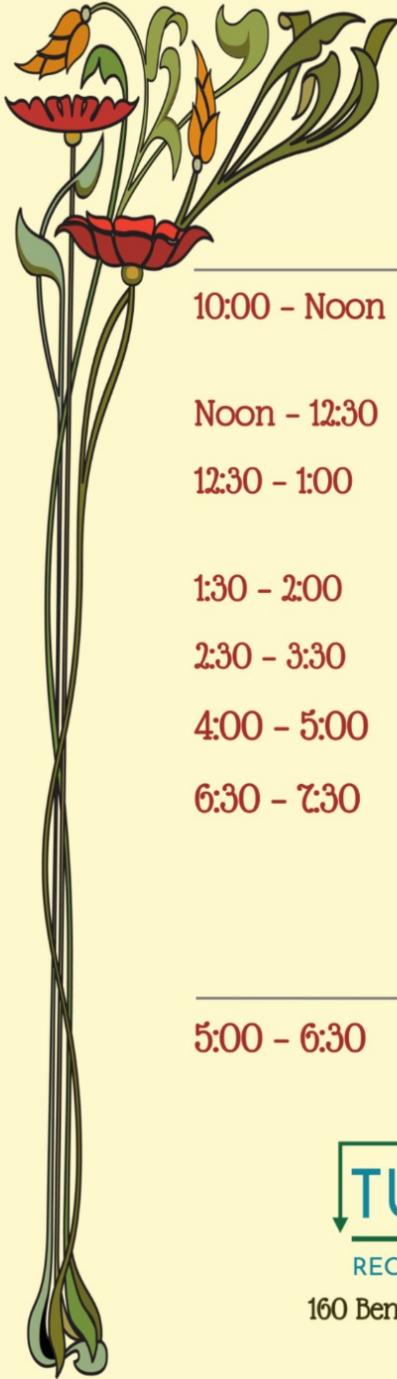
For years, the Turning Point Center of Rutland has offered recovery group meetings and individualized coaching at the Marble Valley Correctional Facility, the only community-based recovery coaching program within Vermont's correctional facilities. Rutland organization helps incarcerated people find sobriety and rebuild their lives.

Read More



Do you enjoy cooking? Serving others? Looking for a different way to give back to your community? Turning Point Center of Rutland needs YOU! They are always looking for anyone willing to be a Guest Chef for our Thursday Cafe that happens on the last Thursday of the month. Call the Center at (802)773-6010 or stop by!

Stop by every Wednesday for a fully loaded Wellness Wednesday at Turning Point Recovery Center of Bennington! There is something for everyone, pick one or a few groups to attend and make Wednesdays about YOU!



Turning Point Calendar

for Wellness of Body, Mind, and Spirit

Wednesdays

- 10:00 - Noon** Reiki and Chair Massage with Laurie
By appointment: 802-442-9700
- Noon - 12:30** Sound Healing with Laurie
- 12:30 - 1:00** Reiki and Chair Massage with Laurie
By appointment: 802-442-9700
- 1:30 - 2:00** Breathwork with Jen
- 2:30 - 3:30** Yoga, Tea and Tarot with Jen
- 4:00 - 5:00** Women's All Recovery Group
- 6:30 - 7:30** ACoA - The Mind, Body, and Spirit Group

Thursdays

- 5:00 - 6:30** Recovery Writing Workshop

TURNING POINT

RECOVERY CENTER of BENNINGTON, VT

160 Benmont Ave, 4th Floor, (The Mill Building)

(802) 442-9700

Jenna's Promise has been selected as a 2023 IMPACT Award Finalist for Vermont! There are still a few days left to VOTE for Jenna's Promise in 30 seconds or less!



Vote for Jenna's Promise IMPACT Awards | Boston Red Sox

Many thanks to The Ruderman Family Foundation and the Red Sox Foundation. This nomination comes from our efforts in raising awareness and improving the outcomes in our community. Voting starts ends on May 31st. Each person can cast their vote one (1) time per day throughout the ENTIRE month, so please be sure to vote early and often! We thank you for your vote and your support!

VOTE HERE!!

Laugh the night away while supporting Turning Point Center of Chittenden County at their Comedy Night and Silent Auction!



Stand Up for Recovery | The Turning Point Center of Chittenden County

Join TPCCC June 8, for a night of stand-up comedy and silent auction,

with support from Acabay, Inc., this evening will be a hilarious opportunity to support Turning Point Center of Chittenden County. Featuring the amazing *Tina Friml*, *Tracy Dolan*, and special guests TBA. Get your tickets now!

Get Your Tickets Here!

Chip Piper's Penta-thon starts this Friday! Get your Red Sox tickets now and donate to Jenna's Promise and Turning Point Center of Addison County!!

2023 Trail Run 4 Recovery
In loving memory of Michael Piper & Jenna Tatro

FREE TR4R Magnets!

TR4R T-Shirts!
Sizes: Small–3XL Available!

Get your Red Sox raffle tickets now, below! Swing by Silver Towers Camp at 56 Silver Towers Rd, Ripton, VT on May 27 & 28 for your chance to win all these others prizes & MORE!!

RAFFLE TICKETS
\$5 EACH OR
5 FOR \$20
11 FOR \$40
25 FOR \$100

(4) PAVILION CLUB-4 TICKETS
JUNE 28TH @ FENWAY!
RED SOX VS MARLINS

RAFFLE TICKETS \$2 EACH

TWO SEPARATE DRAWINGS
FIRST: (2) FISHING POLES
(1) TACKLEBOX
SECOND: (1) FISHING POLE
(1) TACKLEBOX

VERMONT FIELD SPORTS
OUTFITTING YOU SINCE 1983



Turning Point Center
JENNA'S PROMISE of Addison County
A pathway to recovery

GET YOUR RED SOX TICKETS HERE!!

Did you know that Turning Point Recovery Center of Springfield has a satellite office in Bellows Falls?!

Stop by this Friday for a Free Community BBQ!!

TURNING POINT SOUTH

BBO

SUMMER KICK OFF



BURGERS • HOTDOGS • BEVERAGES

44 SCHOOL STREET EXT, BELLOWS FALLS, VT 05101

Friday, May 26th
4:00 pm - 6:00 pm

A FREE BBQ OPEN TO ALL COMMUNITY MEMBERS.

**CALL 802.463.9927 EXT. 105 OR EMAIL
ZACH@SPFLDTP.ORG FOR MORE INFORMATION**

Resources



Vermont's first naloxone vending machine is coming to the Johnson Health Center - VT Digger

A northern Vermont health center is preparing to house the state's very first naloxone vending machine, which aims to make the opioid overdose antidote more accessible as overdose deaths continue to rise. The Johnson Health Center expects to have the machine set up outside its front door sometime in June, said Caroline Butler, the center's founding member and nurse practitioner.

[Read More](#)

How Isolation Fuels Opioid Addiction TedxMidAtlantic - Rachel Wurzman



What do we need for a healthy



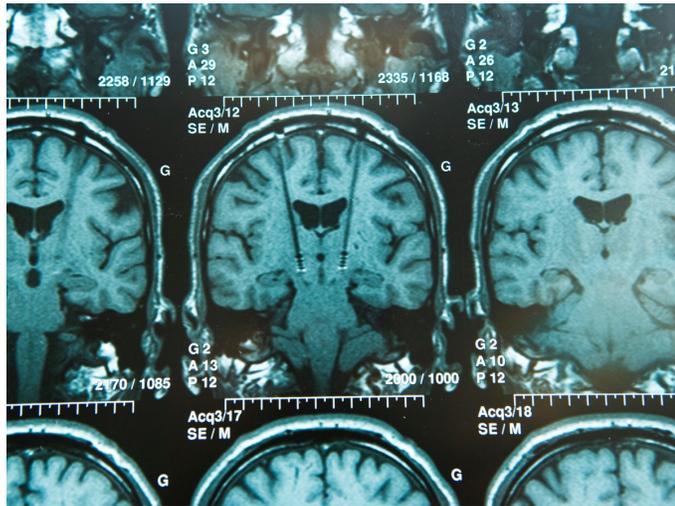
life? Safe housing, food and clothing. Physical and emotional safety, health and wellness, and financial security. Friendships, intimacy and a sense of belonging. Self-esteem. A sense of purpose, hope and goals. Spiritual contentment. These are the building blocks of a meaningful life.

What Is Recovery Capital?

By Alison Jones Webb

[Read More](#)

WHAT PROBLEM DOES THIS STUDY ADDRESS? More specific information about deep brain stimulation is needed on its safety and helpfulness in substance use disorder recovery, including alcohol use disorder. This 12-month longitudinal pilot study tested the safety and early indicators of efficacy for deep brain stimulation to the brain's reward system as a potential treatment for severe treatment resistant alcohol use disorder.



Deep brain stimulation for alcohol use disorder recovery

[Read More](#)



5 Ways to Avoid Caregiver Burnout

More than 47 million adults in the US - nearly 20% of the population - are unpaid caregivers. If you're one of them, you know how difficult it is to provide focused, compassionate care for your loved one while also juggling the rest of your life, like your job and the daily needs of your family.

[Read More](#)

Skin & Soft Tissue Infections & Wound Care in Age of Xylazine

In 2022, 28% of overdoses had Xylazine present. The wounds that occur from Xylazine present very different than infections or abrasions. View these slides presented by The Greyken Center for Addiction Training & Technical Assistance (Boston Medical) in collaboration with the University of Pittsburgh on Xylazine wound care **HERE**.



Save the Date!

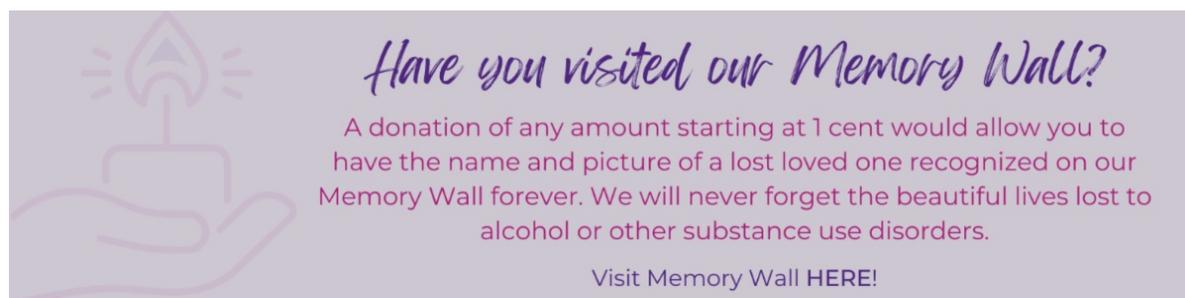
*2nd Annual
Recovery is the Answer!*

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

Killington
Grand Hotel
Killington, VT

October
17 - 18,
2023

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.....

DONATE NOW

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](#)

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

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