



Recovery Roundup | July 2023

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

Sweet 16

*a message from
Gary De Carolis*



Let me start by acknowledging the difficult time we are in related to the immense flooding that took place throughout our state. Two recovery organizations were heavily impacted by the floods: Jenna's Promise in Johnson and the Turning Point Center of Central Vermont in Barre. Many of you have asked what we can do to help support them. I think both recovery organizations are still trying to figure out what can be done. Both are in the tear out the walls and get rid of the potential mold phase at this point. Listening to Vermont Public Radio over the weekend I was excited by the fact that the Vermont Community Foundation and VPR have joined in a partnership to ask for donations to aid those impacted by the floods. People were very generous, and I even heard that Jenna's Promise had received an early grant from them. So, if nothing else, we could all donate to the Flood Recovery Relief Fund at the Vermont Community Foundation.

In late June the Board of Directors accepted for membership the Vermont Alliance of Recovery Residences under the leadership of Jeff Moreau. That makes us 16 members strong! This year is about deepening the administrative strength of our members. With the new funds from the legislature, which will greatly enhance the wages and benefits of recovery organizations staff and with the looming involvement of Medicaid as a funding source it seems now the focus needs to be consolidating the gains made and ensuring that we administer our organizations successfully is critical. To that end, we are planning to offer a board development training series for all boards involved with Recovery Partners of Vermont and also offer a Leadership Institute for current and emerging leaders during this new fiscal year. Finally, our fall conference Recovery is the Answer! Is loaded with amazing workshops for all participants. I'm also thrilled to announce that Tom Bodett, author, voice actor (Motel 6, "we will leave the lights on for you" fame) and co-founder of HatchSpace, Radio Personality and in long term recovery will be our keynote speaker. You may have recently seen his interview on the CBS Sunday Morning Show. I watched and that's how I found Tom. He was gracious enough to accept my invitation to be our keynote speaker on Tuesday, October 17.

Gratitude to everyone for all you do to help and support Vermonters in Recovery.



VT Flood Response & Recovery Fund 2023

When a disaster strikes, we all feel the impact and look for ways to offer help. The Vermont Community Foundation helps coordinate philanthropic response after disasters. The VT Flood Response and Recovery Fund 2023 was established to support Vermonters in responding to and recovering from the catastrophic rainfall across Vermont in 2023.

[Donate Here](#)

Recovery Partners of Vermont is growing! Please join us in welcoming our newest, and 16th, member...

Vermont Alliance for Recovery Residences



Our mission is to support those in recovery from substance use disorders by improving access to recovery residences through established standards, a fair and transparent certification process, community engagement, education, technical assistance, research and advocacy.

2nd Annual

Recovery is the Answer!



Recovery Partners of Vermont

Peer Support is the Way Conference,

Recovery Stars Benefit Dinner & Auction

10.17-18.23 | Killington Grand Hotel | Killington, VT

"Shared Knowledge, Shared Wisdom & a Celebration of the diversity of services & supports in Vermont's Recovery Organizations."

Lead Sponsors



MEDICAL • DENTAL • BEHAVIORAL HEALTH



employee-owned • customer-driven

- 20 Workshops including:
 - Interwoven Trauma: Substance Use Disorder and Intimate Partner Violence
 - Dope Dealer to Hope Dealer: Lifting Up Vulnerable Voices
 - Stabilization for Those in Recovery from Substance Use Disorder
- *New this year* - Wellness Hour with Meditation, Trauma-Informed Yoga, Sound Healing, and AA/NA meeting on site!

Keynote Speaker



Tom Bodett
Voice Actor, Author,
Founder of Hatchspace



Mark Heljas
Recovery Pioneer Award
2023 Recipient
Tracie Hauck

- Auction items include:
- Phish poster signed by Trey Anastasio
 - Concept2 Rowing Machine
 - 40" Flat Screen TV
 - Dinner for 10 at Hen of the Woods Restaurant
 - Golf for 4 at Stowe Country Club
 - Darn Tough Socks
 - Family Membership at Shelburne Farms
 - ...and more with Peter Mallary auctioneering!!

Recovery Stars Award 2023 Recipients



Senator
Richard Westman



Representative
Dane Whitman

TJ Donovan, Emcee
Ben Tuff, Guest Speaker

Thank you to ALL our Sponsors!



**Registration
Opens 8.1.23**

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 - Learn more and apply **here**.
- *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**.
- *Jenna's Promise* - Administrator Coordinator | Learn more and apply **here**.
- *Turning Point Center of Addison County* - Program Director/Recovery Coach | Learn more and apply **here**.

Professional Development

friends of **Recovery Vermont**

Social Media Issues: An Ethics Training

Register Here

Social media has become a widely common way to engage with friends, colleagues, and community members. However, it can be challenging for Recovery Coaches to use social media in a thoughtful way. The coach/client relationship can suffer if social media is used inappropriately. One of the most common questions or issues we hear about is how to appropriately use social media as a Recovery Coach. In this training, ethics expert Lisa Lord will provide some basic guidelines and principles, along with relevant case studies to ensure appropriate social media usage.



Wildflower Alliance Presents a 6 Session Class: Working with Hearing Voices & Unusual Beliefs

October 3 – October 11

Participants in this 6-session training will learn how to better understand and support people to make meaning of their experiences with voice hearing and/or unusual beliefs or what gets called “paranoia.” Attendance at all sessions is required to fully complete the training. All sessions will be held on-line, and all times listed are in

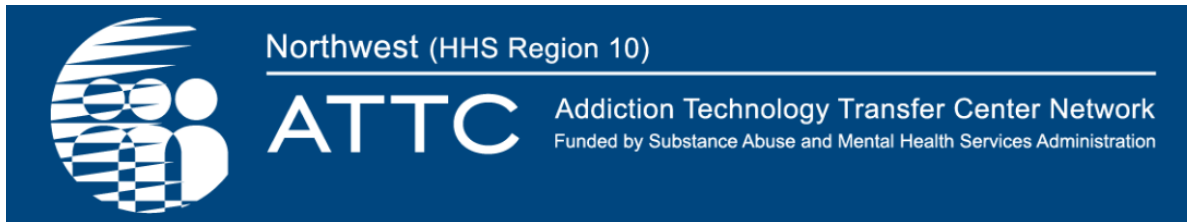
Eastern USA time. Registration is required. *Space is limited and going fast.*

[Register Here](#)

Compassion Fatigue - Faces & Voices of Recovery

[Register Here](#)

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.

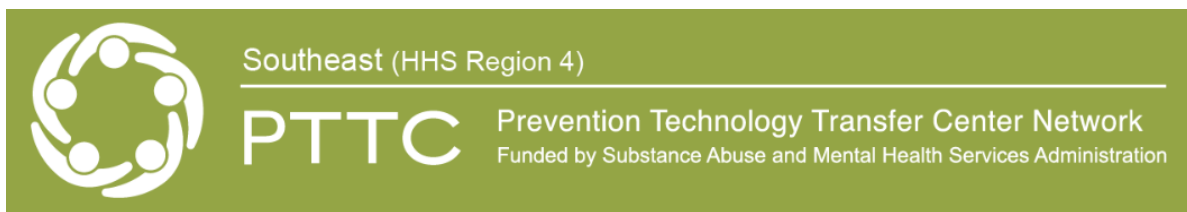


Summer Focus on Problem Gambling Session #3: Cultural Humility When Addressing Gambling and Gambling- Related Harms

Presenter: Tana Russell, SUDP, NCTTP, WSCGC-II, CGT, Assistant Director, Evergreen Council on Problem Gambling

Gambling has, in some way, been a part of most cultures since time immemorial. And in the present day, video gaming is a 'global uniter' in many countries around the world. This session will focus on lessons learned on important cultural considerations for behavioral health providers to take into account as they have gambling- or gaming-related conversations, be that with clients or the general public.

[Register Here](#)



Media in Prevention Webinar 3: Using Media in Substance Misuse Prevention

Effectively using social media platforms and being media literate is critically important in a digital age. Improving prevention practitioners' media literacy and their use of social media platforms can enhance communication with key audiences and result in more effective prevention efforts.

[Register Here](#)

Member Events & Triumphs

What are people saying about our members?

"North Central Vt Recovery Center is very dear to me- I have seen first hand how you can crawl up those steps and come out with the ability to walk. I've seen people become whole again- it's so wonderful to see people achieve sobriety and maintain it- NCVRC staff have helped so many ppl and families in this community- we are fortunate to have such a resource in our community."

-- *Anonymous Guest of North Central VT Recovery Center*

I started coming here for support and meetings and close to a year sobriety and journey to recovery saved my life I would highly recommend this place to anyone struggling. I also completed my recovery coaching license and in the shadowing part of the job and I owe a lot of thank you to the incredible staff at journey to recovery that got me to figure out who I really am and life without substances is fabulous.

-- *Anonymous Guest of Journey to Recovery Community Center*

My experience started 4 years ago, with Turning Point coming into jail. I've held on ever since. I owe a lot to everyone that's involved.

-- *Anonymous Guest of TPC of Rutland*

The availability of TPAC staff within our local emergency room has been lifesaving. The collaboration between our organization about Recovery Bag distribution has also had a very positive and well received impact within Addison County. The additional support groups and meetings are meaningful and well organized and we appreciate all of the education and training they are able to share with our great non-profit social service organizations.

-- *Anonymous Provider with TPC of Addison County*

The experience of meeting and talking to people successfully in recovery, leading happy productive lives was an eye opener. I was able to see what was possible for me.

-- *Anonymous Geust of TPC of Chittenden County*

I'm thankful to the Turning Point organization for being available when I needed them. They have not only offered personal services in recovery, but also provided a safe space to go and find others with the same issues and have become long-time friends. My recovery was initiated by legal issues with a DUI. I had to attend court ordered sobriety/learning programs that cost me a lot of money. I find that I received more education attending Turning Point at NO COST than I did with all the paid counseling I was required to attend.

-- *Anonymous Guest of TPC of Central VT*

Turning Point of Bennington in collaboration with their community partners needs your help filling bags for their community outreach program!!

Community Outreach Teams Need Your Help!

Turning Point is working with our community partners (BCCH, UCS, PAVE, AIDS Project, GBCS, Economic Services, SVMC) to provide outreach to those who are unhoused or in transition (extended motel vouchers). While longer-term solutions are being worked on, we can help right now! This street & motel outreach is designed to connect people to the service(s) that best meets their needs and provides basic supplies.

#lovethyneighbor #kindnesswins #payitforward

Consider a donation of:

- Shampoo/Conditioner (Full Size)
- Body Wash
- Deodorant/Anti-perspirant
- Toothpaste (Full Size)
- Toothbrushes
- Feminine Hygiene Products (Tampons/Pads)
- Antibiotic Lotion/Ointment
- Rain Ponchos
- Baby Wipes/Dude Wipes
- Low Sugar Protein Bars

Bring donations to:

Turning Point Center, 160 Benmont, Main Bell Tower, 4th Fl.

OR call and we'll come get it! **802-442-9700**

AND you can also order online: bit.ly/TPC_Outreach
or by using the QR Code on the right



Are you looking for another way to serve others in your community? TPC of Rutland needs your help!



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!

Turning Point of Windham County has a packed agenda with something for everyone this month! Stop by and check out a meeting or even acupuncture!



Questions?
802-257-5600

Recovery Center July 2023 Newsletter

We're located at
39 Elm Street
Brattleboro

We Are Now Open 6 Days a Week! Monday to Friday 10am to 3pm



SCAN QR TO VISIT
OUR WEBSITE

And Saturdays 1:30 to 3:30

VISIT US AT:
WWW.TURNINGPOINTWC.ORG

Ongoing Recovery Meetings & Groups

All Recovery Tuesdays & Thursdays 11am-12pm & Saturdays 2-3pm

All-Recovery Meetings emphasize hope and healing by providing a safe environment that honors the many paths to recovery. The meetings focus on the life changing nature of recovery and explore various approaches to recovery. The peer group offers a supplement to other recovery supports.



Acupuncture for All Tuesdays 12:15pm- 1:15

Laura Thomas, Licensed Acupuncturist

NADA ear acupuncture is found to help people in recovery, especially from opioid-use disorder, alcoholism, & anxiety.. Ear acupuncture may:

- reduced cravings
- minimized withdrawal symptoms
- relief from chronic or acute pain
- relief from anxiety and increased calmness,
- better sleep, and more energy
- a discovery of inner quiet and strength



Intro To Meditation Group 1st & 3rd Wednesdays 12-1pm

with Paul Rodrigue of Insight Meditation Center

A meditation gathering for those impacted by substance use: people in all stages of use and recovery, those who love someone impacted, and our human services community.



SMART Recovery Fridays 11:30am-12:30pm

SMART stands for Self Management and Recovery Training. Our mutual support meetings are open to anyone seeking science-based, self-empowered addiction recovery. This group is a deep dive into the individual experience with many tools to utilize along the way.



NA "Mixed Nuts" Fridays 7pm-8

Traditional 12 Step Narcotics Anonymous meeting



AA "Saturday Night Live" Saturdays 7pm-8pm

Traditional 12 Step Alcoholics Anonymous meeting



AA Step Meeting Thursdays 7pm-8pm

Help Us In the Garden Mondays 10am-11:30 & Thursdays 9am-10:30

Help With Our Garden



Recovery Coaching *Ask for a Coaching Request form at the front desk

Turning Point has recovery coaches on-site in the center for anyone who wants support toward a personal goal of self-wellness, including:

- Increased treatment retention
- Reduced recurrence rate
- Increased satisfaction with the overall treatment experience and much more!



Community Meal Wednesday, July 12pm til the food's gone!

MENU: Tortellini with Marinara (vegetarian tomato sauce), Salad, & Cookies

Questions? Call us at
802-257-5600



Turning Point of Springfield is excited to announce their **NEW** Parents in Recovery Program! Stop into the TP South center for a Community BBQ on August 11!



PARENTING IN RECOVERY

Supporting parents through recovery, healing and self growth!

Join us at Turning Point every Wednesday from 10:30-11:30 AM starting July 19th, 2023!

Call or email Turning Point or SAPCC with any questions!

Turning Point: erica@spfldtp.org
802-885-4668

SAPCC: staceys@sapcc-vt.org
802-886-5242

7 Morgan St, Springfield, VT 05156



TURNING POINT SOUTH

BBQ

SUMMER KICK OFF



BURGERS • HOTDOGS • BEVERAGES

44 SCHOOL STREET EXT, BELLOWS FALLS, VT 05101

Friday, August 11th

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

Join the fun at Jenna's House for their 3rd Annual Open House & Community Gathering!!



@JENNASPROMISE @JENNASHOUSE



3RD ANNUAL OPEN HOUSE

COMMUNITY GATHERING

RECOVER, REBUILD, RISE

SATURDAY, AUGUST 12TH

11:00 AM - 2:00 PM, LUNCH @ NOON

JENNA'S HOUSE:

117 ST. JOHNS ST., JOHNSON VT 05656



FREE EVENT



JENNA'S PROMISE

Fundraiser

SILENT & LIVE

Auction 2023

**4 PM -
8 PM**

2nd Annual
JENNA'S HOUSE
117 St. Johns St.
Johnson

**SEPT
30TH**

Join Turning Point Center of Chittenden County in celebrating recovery! August 26 at the City Hall Park in Burlington, VT!

★ RAVING FOR RECOVERY



5PM DJ CHIA ★
6PM DJ PHILTHAAY
7PM LIVE BAND:
SOULSTICE



**CITY HALL PARK ★ BURLINGTON, VT
SATURDAY ★ AUGUST 26 ★ 430-9PM**



**FREE!
FAMILY FRIENDLY!
FOOD VENDORS!
PLEASE, SUBSTANCE FREE!**



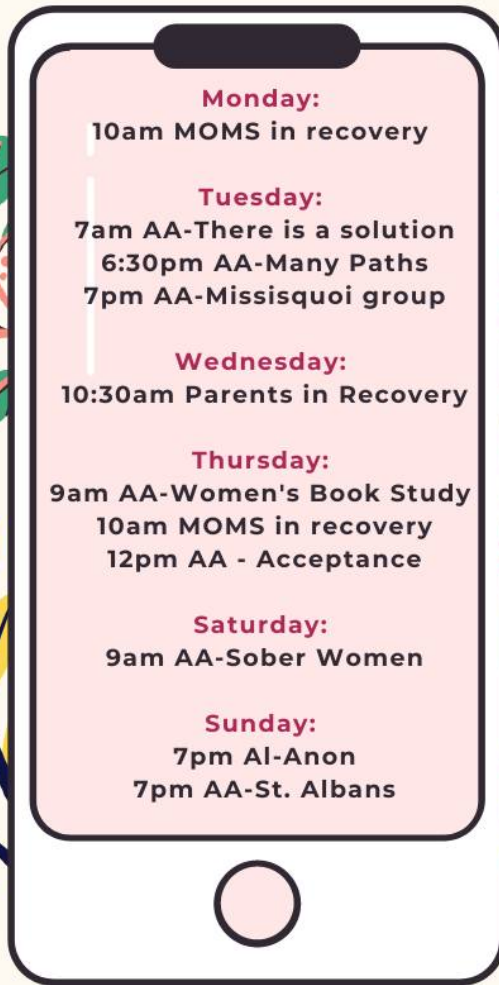
BROUGHT TO YOU BY THE TURNING POINT CENTER OF CHITTENDEN COUNTY, BURLINGTON CITY ARTS, & THESE GENEROUS BUSINESSES!



Turning Point Center of Franklin County offers may online recovery options! Reach out to the center to learn how you can join a meeting!



Online Recovery
Options



Online!

Online!

Resources

For the next five months we'll be sharing a Stigma Series that North Central VT Recovery Center organized in their community.



YOU FIT IN JUST FINE IN OUR FAMILY

GIVING A FLOCK ABOUT YOUR RECOVERY SINCE 2010

North Central Vermont
**RECOVERY
CENTER**

A judgement-free zone supporting all paths to recovery

275 Brooklyn St. #2, Morrisville, VT 802-851-8120 ncvrc.com

Vermont Council on Rural Development

Registration is open for VCRD's 2023 Vermont Community Leadership Summit! The event will take place on Tuesday, August 15 at Vermont State University Randolph (formerly Vermont Tech) in Randolph Vermont. Nothing gets done in Vermont communities without the people who put themselves on the line for their town and for the issues they care about.

[Register Here](#)



2023

COMMUNITY • LEADERSHIP • SUMMIT

**VERMONT
COMMUNITY
LEADERSHIP
SUMMIT**

AUGUST 15, 2023
VERMONT TECHNICAL COLLEGE

TPRC of Springfield offers 24/7 Peer Support!

Free services that are available to you
24 hours a day, 7 days a week.

- *Are you in need of some Peer/Recovery Support?*
- *Were you unable to reach the office because it was after hours?*
- *Are you calling because you'd like to speak to a Recovery Coach?*

Please reach out.

Call our 24/7 Support Line at:



Overview of Opioid Overdoses in Vermont

Preliminary data indicate there were 239 accidental or undetermined opioid-related fatalities among Vermont residents in 2022, an increase from previous years. Fentanyl is involved in 93% of these fatalities, while cocaine is involved in 49%, and xylazine in 28%.¹ As more substances are involved in overdose fatalities, it becomes more important to ensure adequate access to and utilization of the opioid antidote medication, naloxone. Naloxone is often known by the brand name Narcan®.

KEY POINTS

Between Jan 1 – Mar 31, 2023:

- 7,753 doses of naloxone were distributed to Vermonters.
- Community naloxone was reported to reverse 27 overdoses.
- 911 was called for all reported overdoses.

Community Naloxone Distribution

The Health Department's Opioid Overdose Prevention and Reversal Program (OOPRP) collaborates with community-based organizations and first responders to distribute naloxone. The OOPRP provides training on overdose prevention, overdose response, and opioid misuse prevention. The program provides referrals to harm reduction, recovery, and treatment services across Vermont. The goal of the OOPRP is to distribute naloxone overdose rescue kits to Vermonters at risk of overdose, family members and friends of those at risk, and anyone who may be able to help in the event of an overdose. As fentanyl is being found in many illicit substances, it is important for anyone using any powder or pill, not purchased at a pharmacy, to have naloxone on hand and teach loved ones where it is kept and how to use it in case of an opioid overdose. Learn more about [overdose prevention and naloxone distribution](#). Learn where to access naloxone at [ythelplink.org](#).

The OOPRP supports naloxone distribution through three pathways:

- Community Distribution by:
 - [Narcan® Kit](#) Program and
 - [Harm Reduction Pack \(HRP\)](#) Program
- First responder distribution by the [leave behind kit \(LBK\)](#) program

This data brief focuses on the community based distribution of naloxone. Read the [quarterly EMS naloxone distribution and administration data brief](#).

¹ [Vermont Department of Health - Opioid-Related Fatal Overdoses Among Vermonters](#)

Read the latest State Reports
here



Housing crisis committee notes progress on initiatives

BENNINGTON - The local homeless crisis project committee of Project Alliance had to shift gears after the state's motel voucher program for homeless persons - initially expected to end this was extended through next spring.

[Read More](#)

What Happens After Out-of-Area Rehab Is Vital

Recovery journeys are rarely linear, generally bumpy and often happen over many years. Treatment may or may not be part of the process. People can need several different treatment episodes over time, often re-presenting with different needs and goals.

[Read More](#)

Vermont Community Foundation Andy Barker on Peer Support



Virtual Meeting - The Family Restored

Our support group is an interactive and educational support group for families



copied with a loved one's addiction.

Tuesdays, Wednesday's & Thursdays 6:00-7:30PM through Zoom.

[Get Zoom links here](#)



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](#)

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

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