

SUMMER



Recovery Roundup | June 2023

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

A look back over 2 years and moving forward!



a message from

Gary De Carolis



The 15 recovery organizations that comprise the Recovery Partners of Vermont are in the strongest position ever in their short history to welcome Vermonter's who have a substance use disorder into the world of recovery thanks in large part to the Vermont Legislature. The hours of operation will expand, the quality of life for the amazing staff who do this work in our recovery organizations will finally be worthy of note, and positions will be filled that in the past were only the dreams of executive directors. Again, we are so grateful to both the VT House of Representatives and the VT Senate. They have been true champions of recovery!!!! Since it has now been two years since the Vermont Recovery Network reimagined itself, my thought was to take a quick look at how far we have come in such a short time. First and foremost, we went from being an organization solely funded by the state of Vermont to an organization that receives no state funds. Our operating expenses come from members' dues and our own fundraising efforts. Two years ago, we were a 9-member organization, as of July 1, 2023, we will be 15 members strong. All 12 recovery centers in Vermont will be members as well as Jenna's Promise, the Vermont Foundation of Recovery and the Vermont Association for Mental Health and Addiction Recovery. Being united is no small matter. This year in the legislature we heard time and again how important it was for the legislature to hear one united voice representing Vermonters in recovery.

There are many more wonderful things that have occurred in these two years, but I just want to mention one more. We held last year the first Recovery is the Answer Conference that brought together all staff of our recovery organizations, their boards, community partners and other interested parties. Some 200 people gathered together, and fellowship was oozing out of the building while everyone had the opportunity to learn from each other in the 16 workshops presented by each member organization. It was sensational! We will be doing this again this year on Tuesday, October 17 and Wednesday October 18 at the Killington Grand Hotel. Sandwiched in-between these two days will be our first Recovery Stars Benefit Dinner and Silent Auction on the evening of Tuesday, October 17. We will be recognizing the efforts of Representative Dane Whitman, Bennington and Senator Richard Westman, Lamoille County for their efforts in this past legislative session. They, among many other legislators, who are our heroes. Lastly, Vermont Recovery Network is now d/b/a the Recovery Partners of Vermont. A more fitting name as we have grown and changed to meet today's challenges. Thank you and on to year three!!!!

Recovery Partners of Vermont is growing! Please join us in welcoming back our newest, and 15th, member...

Turning Point of Franklin County!

"The mission of the Turning Point of Franklin County is to provide a safe, supportive, substance-free environment for people interested in recovery along with their families."



You can find Turning Point of Franklin County here:

- St. Albans Main Building
- Enosburgh Outreach Office
- Richford Outreach Office
- Alburgh/Islands Remote Outreach Office



Just before printing our board of directors approved of the Vermont Association for Recovery Residences (VTARR) as our 16th member. Learn all about who they are in next month's edition of Recovery Roundup!

Event Announcement!!

Recovery Stars Award
2023 Recipients



Senator
Richard Westman



Representative
Dane Whitman

Awardees are people who have gone above and beyond for Vermonters and their families in recovery from alcohol and/or substance use disorders - Thank you for supporting Vermont's recovery community!!



2nd Annual
Recovery is the Answer!

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

New This Year - Wellness Hour!

Chair Massage | Trauma-Informed Yoga
Meditation | AA Meeting



We are excited and honored to announce our Recovery Stars Benefit Dinner Guest Speaker, Ben Tuff!

Killington
Grand Hotel
Killington, VT

Registration
Opens 8.1.23

Lead Sponsors





Human Resources
Column from
Sarah Karnes
Vermont Paid Family &
Medical Leave

While it is very possible this law will pass in the 2024 legislative session, it is still a good time to get a better understanding of what the current legislation is, what lawmakers are proposing, and how this interacts with other employee benefits. Here are the most frequently asked questions from employers of all sizes on the topic of Vermont Paid Family & Medical Leave as well as a little more background on this legislation and what it might mean for your business.

1. What is Paid Family Medical Leave (PFML)? How is it different from Family Medical Leave Act (FMLA)?
2. What is the current Vermont law surrounding Paid Family Leave?

Continue reading >>>[HERE](#)<<<





Did you know?

Amanda Nevius, one of our Development Directors, is a published and well-reviewed author? Neither did we! Amanda started writing and illustrating at the ripe young age of seven years old, telling the story of a grasshopper. Fast forward a few, or more, years to 2011 when Amanda became an official published author. She has since written a multitude of short stories, novellas, and nonfiction pieces drawing inspiration from authors such as Connie Willis, Dorothy Bryant, Ursula K. Le Guin, Rivers Solomon and more. Although she writes mostly for adults, Amanda is excited to start working on a new children's book.

Her style of writing is a brilliant mix between reality and speculative fiction, offering a unique way of looking at real world problems in a different lens. Reflecting on a novella about addiction, Amanda states, "Part of why the main character is inspired to get sober is because she realizes she is 100% reliant on herself and needs a clear head to stay safe. It's my hope that a reader who hasn't yet found recovery might identify whatever the 'zombie' is in their own life that recovery helps keep them safe from." Amanda's own recovery journey made her passion for writing take a back seat, "I didn't know how to write sober....I decided to stop being afraid...I was shocked I could finish a story sober." Her story was picked up and her passion was reignited! When asked what her number one tip was for those just starting to write she says, "The first draft is not the time for perfectionism. Just get it down! You can fix it later."

See Amanda's full list of publications
here!

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](#).
- *Jenna's Promise* - Peer Recovery Support Specialist | Learn more and apply on Indeed [here](#).
- Turning Point Center of Addison County - Program Director/Recovery Coach | Learn more and apply [here](#).

Professional Development

friends of **Recovery Vermont**

Intermediate Motivational Interviewing: A Deeper Dive into Complex Reflections

[Register Here](#)

Join Motivational Interviewing (MI) expert and Recovery Coach Academy trainer Cindy Moschella for the next level of Motivational Interviewing training. Motivational Interviewing provides an atmosphere of collaboration, radical acceptance, and compassion with the ultimate goal of empowering clients in their own lives. The focus of this intermediate motivational interviewing training will be on learning and practicing the different types of complex reflections.



Anti-Oppression Training - July 26, 27, & 28, 2023

Join Sera Davidow, Rafael Rodriguez, and Ebony Flint as they offer a three-day anti-oppression training. This training aims to examine what being a "good" person really means, how to understand privilege and use it for good, effectively owning and apologizing for your missteps, and strategies for interrupting situations where people are saying or doing things rooted in oppressive ways of being and thinking.

[Register Here](#)

Working with Childhood Trauma and Abuse

July 5 | 9:30AM - 4PM

This workshop will enhance your skills in asking about, understanding, and working with persisting fears to eliminate them. Topics will include but are not limited to understanding the role of trauma in mental health; Why traumas persist from infancy; Identifying frozen terror, blockages, barriers, generating trust; Facilitating disclosure, Working through guilt; Silent ways a child might tell; And more!

This workshop is appropriate for people who are supporting children under 18 AND for people supporting individuals over 18 who experienced childhood trauma.

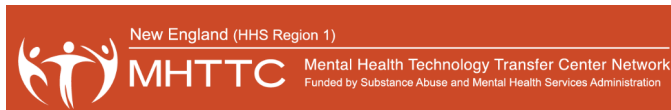
Register Here



Accounting + Admin Series: How to Prepare for an Audit - Common Good Vermont

Register Here

July 13, 2023 | 3-4PM
Common Good VT is pleased to partner with the Montana Association of Nonprofits to present this upcoming webinar. Please email srogala@mtnonprofit.org with any questions about the event. Do you need a financial statement audit, but have questions on how to best prepare for one?



The Body: A Wellspring of Healing

This workshop will provide the participant with the opportunity to learn the basic rationale for somatic psychotherapy. Participants will also build some tools for accessing their clients' own somatic resources for building tolerance through distress and adversity, increasing resilience, and fostering capacity for social engagement and participation in their own lives. Tools for learning will include lectures, video presentations, and experiential learning.

This webinar is NOT being recorded. Please do not register if you are unable to attend the live event on August 10 at 10:00 AM CT.

Register Here

Member Events & Triumphs

Thank you to everyone who voted for Jenna's Promise for the Red Sox Impact Award!

*Congratulations
Jenna's Promise!*



Thank you for all the hard work you do for Vermont's recovery community!



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 Recovery Center of Bennington & Bennington Rescue Squad are excited to announce a new partnership!

PRESS RELEASE – JUNE 13, 2023

Contacts:

Turning Point Center of Bennington
Margae Diamond, Executive Director
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Phone: (802) 442-9700



Bennington Rescue Squad
Bill Camarda, Executive Director
Email: bcamarda@brsvt.org
Phone: (802) 442-5817



TURNING POINT AND BENNINGTON RESCUE FORM NEW PARTNERSHIP

The Turning Point Center of Bennington and the Bennington Rescue Squad have formed a new partnership to provide help to community members suffering from substance use disorders. This new collaboration ensures that those seen by EMS for substance abuse are referred to the peer recovery coaches at Turning Point.

“Traditionally we have relied on bringing someone to the hospital, or if they are refusing transport, to leave them with a naloxone kit and some resource materials and hope they reach out for help,” said Bennington Rescue’s executive director Bill Camarda. “Due to confidentiality regulations we weren’t able to provide a patient’s details to other community organizations like Turning Point. That meant patients weren’t being offered the help they needed.” Camarda shared that Turning Point and Bennington Rescue worked together to establish a confidentiality agreement and protocol for referring patients with their consent.

“This new protocol is a double win,” said Margae Diamond, Turning Point’s executive director. “It protects clients’ privacy while better ensuring they get the help they deserve. Our hope is that this can become a model for other communities throughout the region and even beyond.”

Camarda shared, “We are all very used to working in our own environments. We have occasional, loose affiliations with the other important organizations in our community. But when we’re tackling large societal issues like substance use disorders, this type of collaboration lets us pool our strengths and build a stronger system of referrals, shared information, and ideas.”

Diamond agrees. “The bottom line is that human lives are at stake. Both of our organizations are committed to strengthening the safety net for members of our community who are suffering from alcohol and substance use disorder. This partnership is a big step forward.”

Will was STOKED to have an opportunity to connect with Dr. David J. Johns from National Black Justice Coalition (NBJC) while attending an incredible conference hosted by Mental Health America. Dr. David J. Johns is an incredibly inspiring teacher, speaker, and writer and the Executive Director of the National Black Justice Coalition. They tirelessly work to end racism, homophobia, transphobia, bi-phobia, stigma & bias.



DR. DAVID JOHNS

Vermont Association for
**Mental Health &
Addiction Recovery**

Shout out to TPC of Springfield's Staff - Talk about outreach!!



Chip Piper's Penta-thon was a great success! They raised over \$25,000 for Jenna's Promise and TPC of Addison County - Thank you!!



Congratulations to Liam Reynolds on his promotion to Assistant Director at North Central Vermont Recovery Center!



Liam started as a volunteer at NCVRC in 2014. Since then, he has become one of NCVRC's core staff members, holding multiple positions over the years that have helped prepare him for this new role

Outside of work, Liam enjoys spending time with his two boys, having long conversations with his dog, and doing any project that makes sawdust.

"NCVRC is an integral part of what's made the life I have now possible. I'm both humbled by and excited for this opportunity to be of even greater service to the organization that's been steadfastly of service to me over the years."

Exciting news for TPC of Central Vermont...with collaboration with Central VT Prevention Coalition a new Naloxbox has been installed!



Resources




Helping a loved one get into treatment is a "full time job": Experiences of family and friends

For individuals with substance use disorders, relationships with family and friends can influence the likelihood that someone initiates and sustains recovery. This study explored how these family members and friends respond to their loved one's substance use, encourage them to seek treatment, and navigate the larger treatment system.

[Read More](#)

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



~~Junkie~~
~~Drunk~~
~~Addict~~
~~User~~
~~Abuser~~
~~Alcoholic~~
~~Druggie~~
~~Fiend~~

FRIEND
NEIGHBOR
PARENT
PARTNER
DOCTOR
LAWYER
VOLUNTEER
TEACHER
STUDENT

HUMAN

WORDS MATTER. YOU MATTER.

North Central Vermont
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CENTER**

A judgement-free zone supporting all paths to recovery

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



Phil Scott signs overdose prevention legislation into law - VTDigger

The bill contains more than a dozen measures to combat the state's record opioid-related deaths and to support addiction treatment and recovery.



Green Mountain Care Board seeks input from health care providers during listening tour

Dozens of health care providers gathered at a roundtable Wednesday to tackle some of their biggest challenges, including rising costs and ongoing labor shortages.

[Read More](#)

[Read More](#)



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.

5 Ways to Avoid Caregiver Burnout

[Read More](#)



The Intersection of Prevention and Recovery

By Alison Jones Webb

"Prevention doesn't work!"

That's a phrase often heard in the recovery community from people who experienced some dire consequences of substance use in their teens and beyond. Usually when they say "prevention," they're remembering a presentation in their high school gym about the harms of substance use, or an assembly where they heard a person in recovery admonishing students: "Don't use drugs like I did."

[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**.



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....

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