



Recovery Roundup | October 2023

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

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A Place Called Community

a message from
Gary De Carolis



Our Board of Directors recently had its yearly retreat. It was an opportunity to look back on the past year, assess where we are today, and plan for the upcoming year. We were appreciative of Meg Fuerst, Action Circles, for facilitating the meeting. There were many positives this past year, and some of them were on display at the recently held Recovery is the Answer! Peer Support is the way! Conference and the Recovery Stars Benefit Dinner & Silent Auction. Tracie Hauck, Executive Director, Turning Point Center of Rutland, received the Mark Helijas Recovery Pioneer Award for her amazing work in the correctional system providing recovery coaching in the Marble Valley Correctional Center and post release. It has made a profound difference for many men, both currently and previously incarcerated. Also, we presented the 2023 Recovery Stars Awards to Representative Dane Whitman and Senator Richard Westman who helped move the recovery work in this state forward by great strides. These two legislative giants marshaled a financial package in their respective legislative chambers that, for the first time in the history of Vermont's recovery centers, allows them to have medical, dental, and eye care insurance while moving all employees of the centers towards receiving competitive wages. The total package amounted to \$2.6 million.

There was one more thing that stood out in my mind from the retreat. There was a desire across the board members for more human contact!!! I'm sure the conference and dinner helped with this, but it reminded me of the thousands of Vermonters who have an alcohol and/or substance use addiction, whether they are in recovery or still actively using, who rely on social connection and community. We need to do more this year to restore that sense of community. To make sure there is a hand reaching out to those that need someone who cares and does not judge. We all need that sense of community. It is the one thing we can do that very likely in the end has the most powerful impact on the world of addiction and recovery. Let's do it! Thank you.

Thank You, Everyone!!!

3rd Annual
Recovery is the Answer!
Peer Support is the Way Conference,
Recovery Stars Benefit Dinner & Auction!

Keynote Speaker
Tom Bodett
Author, Voice Actor &
Founder of HatchSpace

Recovery Stars Award
Rep. Dane Whitman

Guest Speaker
Ben Tuff
Founder of Swim Tuff

Recovery Pioneer Award
Tracie Hauck
Executive Director
Turning Point Center of Rutland

October 17-18, 2023

Lead Sponsors
COMMUNITY HEALTH
MEDICAL • DENTAL • BEHAVIORAL HEALTH
CARRISREELS

Killington Grand Hotel
Killington, VT

Recovery Partners of Vermont

Our Member Job Openings

NOW HIRING

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 and Peer Recovery Coach in the Emergency Department - Learn more and apply **here**.
- *Kingdom Recovery Center* - Recovery Coaches and Recovery Coaches in the Emergency Department | Learn more and apply **here**.
- *Vermont Foundation of Recovery* - House Managers in Barre and Morrisville - See job description **here** to learn how to apply.
- *Jenna's Promise* - Case Manager & Director of Recovery Residence | Learn more and apply **here**.

Professional Development

friends of Recovery Vermont

Recovery Coaching Ethics

This training satisfies the IC&RC Certified Recovery Coach 6 CEU Ethics renewal requirement and covers the following domains:

- Recognize risk indicators that may affect the individual's welfare and safety.
- Respond to personal risk indicators to assure welfare and safety.
- Communicate to support network personal issues that impact ability to perform job duties.
- Report suspicions of abuse or neglect to appropriate authority.
- Evaluate the individual's satisfaction with their progress toward recovery/wellness goals.
- Maintain documentation and collect data as required.
- Adhere to responsibilities and limits of the role.
- Apply fundamentals of cultural competency.
- Recognize and adhere to the rules of confidentiality.
- Recognize and maintain professional and personal boundaries.
- Recognize and address personal and institutional biases and behaviors.
- Maintain current, accurate knowledge of trends and issues related to wellness and recovery.
- Recognize various crisis and emergency situations.
- Use organizational/departmental chain of command to address or resolve issues.
- Practice non-judgmental behavior.

[Register for Ethics Training Here](#)

Open Practice: Motivational Interviewing

Join Will Roberts from Recovery Vermont and Roberta Enright from the Turning Point Center of Addison County for an open Motivational Interviewing practice session. We will have brief instruction to brush up on skills, and then spend the majority of the time in pairs practicing.

[Register for MI Training Here](#)

RESILIENCE TRAINING with Dr. Aron Steward *Vicarious Trauma - November 15, 2023*

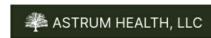
This is the third of 5 trainings offered by Dr. Aron Steward, Chief of Psychology of the UVM Health Network and founder of ReallyBeU Health & Wellness Consulting.

This series will address the intersections of mental health, substance use, resilience and burnout. All trainings will analyze these intersections from a diversity, equity, and inclusion perspective.

[Apply for Resilience Training Here](#)

Check out the full calendar of trainings available through Recovery Vermont [HERE](#).

This 90-minute webinar will address the strategies, dynamics and tactics related to being part of a healthy team. Group dynamics are complicated- even more so these days with a highly polarized social and political world. How can team members work well together when it comes to effective communication, productivity, and effectiveness in the workplace, without doing 'more'?



Healthy Teams: Dynamics and Tactics for Successful Working Groups

[Register Here](#)



Peer Recovery Center of Excellence Community of Practice for Supervisors of PRSS: Building Horizontal Organizational Power Structures

[Register Here](#)

In this community of practice, we'll discuss how to effectively build organizational structures that work to decrease power differentials. This includes exploring consensus-based decision making, elevating the voices of people in direct-service roles, and the impact of dismantling hierarchical power structures.

Facilitator: Mx. Yaffa AS

This training will provide knowledge regarding xylazine, a CNS depressant, which has been linked to an increasing number of overdose deaths in the US. This training will discuss the physiologic effects of xylazine, manifestations of xylazine intoxication, overdose, communicable infections associated with xylazine use, and wound care for persons injecting xylazine.



Grayken Center for Addiction TTA | Boston Medical Center: Zeroing in on Xylazine

Register Here

Member Events & Triumphs

Join Kingdom Recovery Center for a
Spooktacular Halloween Party!!



Please join us for a

HALLOWEEN *party*

31 OCTOBER

297 Summer St., St. Johnsbury
Start at 4:00 pm

Spooky food, themed
games, blacklights
and more

RSVP Ariel at +(802) 751-8520



KINGDOM
Recovery Center

Enjoy a delicious Thanksgiving potluck dinner at Upper
Valley Turning Point!!



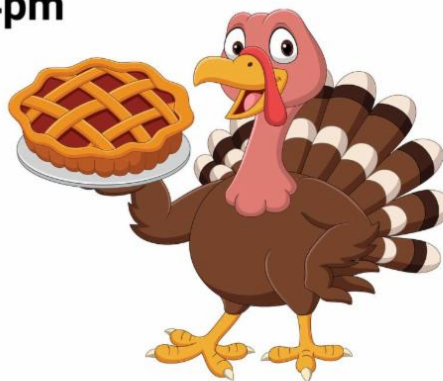
Thanksgiving Dinner

A Gathering of Gratitude, Food, and Fellowship

Potluck! We will provide the bird and potatoes!

Thursday, November 23rd
1:30pm-4pm

Upper Valley Turning Point
200 Occott Drive
White River Jct., VT 05001
802.295.5206



Turning Point Recovery Center of Bennington had their 8th Annual Light the Night for Recovery Lantern Release - Check it out below!



The News Project - Light the Night for Recovery

On Sunday, October 1st, the Turning Point Center in Bennington held its annual 'Light the Night for Recovery' event. High atop a hill in Willow Park, attendees released lanterns into the night sky, honoring the lives lost or affected by substance [use] disorders.

[Read More](#)

Did you hear that Jenna's Promise Roasting Co. is now

being served in Vermont's Welcome Centers?!?!? Why not swing by a welcome center next time your near one, support recovery in Vermont and grab a cup of coffee! Read all about it below!

FOR IMMEDIATE RELEASE

Coffee With a Cause: Jenna's Promise Roasting Co. Brings Coffee Back to Vermont's Information and Welcome Centers
Ribbon Cutting Ceremony with Governor Phil Scott set for October 10

Johnson, Vermont: October 5, 2023 – After a four-year hiatus, Vermonters and visitors will once again be able to enjoy a cup of coffee at any of Vermont's information and welcome centers thanks to a new partnership between Jenna's Promise Roasting Company, a social enterprise of Jenna's Promise based in Johnson, and the Vermont Information Centers Division (VICD). This collaboration aims to enhance the traveler and commuter experience, support community engagement, raise awareness of the overdose emergency in Vermont, and promote the mission of Jenna's Promise, a growing nonprofit that aims to shift the paradigm of the substance use crisis and help shape the recovery landscape...

[Continuing Reading Here](#)



Join North Central VT Recovery Center, Jenna's Promise and many community partners at Jenna's House October 28 for a Truck-or-Treat and Movie

Night!

**TRUNK-OR-TREAT
& MOVIE NIGHT**

**FREE COMMUNITY EVENT, ALL ARE WELCOME
FREE ICE CREAM, POPCORN, LEMONADE, CANDY, AND MORE**

**OCTOBER 28TH, 2023
JENNA'S HOUSE: 117 ST. JOHNS ST, JOHNSON**

**TRUNK-OR-TREAT: 4:00 - 6:00 PM
HALLOWEEN MOVIE TIME: 6:00PM**

CINEMA
It's
Movie Time

To participate in decorating your car for the trunk-or-treat,
please scan the QR code to sign-up!

Turning Point Recovery Center of Bennington, in collaboration with multiple community partners, are excited to bring *Uprooting Addiction: Healing from the Ground Up* to Bennington! No tickets or registration required!

COME WATCH AN AWARD-WINNING FILM ABOUT HOW ONE RURAL TOWN BEGAN TO TRANSFORM A CRISIS WITH COMPASSION TO HELP HEAL THEIR COMMUNITY

TUESDAY, NOV. 7TH

6:00 - 8:00 PM

**BENNINGTON
THEATER**

331 Main St

(FREE PIZZA)



**UPROOTING
ADDICTION**

HEALING FROM THE GROUND UP

DISCUSSION TO FOLLOW WITH
CO-PRODUCER **HOPE PAYSON** AND
FILM PARTICIPANT **DARYL McGRAW**



PAVE

PROJECT
ALLIANCE

Bring your best karaoke voice and head over to
Turning Point Center of Chittenden County!!



Turning Point Center
OF CHITTENDEN COUNTY

HALLOWEEN KARAOKE NIGHT

OCTOBER 28TH
5-7PM, AT
THE TURNING
POINT CENTER

JOIN US FOR A
NIGHT OF
KARAOKE, MASK
DECORATING,
SNACKS, AND A
COSTUME CONTEST!

INTERESTED IN VOLUNTEERING?
REACH OUT TO
DEBRAT@TURNINGPOINTCENTERVT.ORG



Give Writers for Recovery a try at Turning Point Center of Franklin's outreach location in Richford! You never know, you might become a published author!



Join us for a series of five
Writers for Recovery Workshops!

When: Wednesdays starting Oct 25th 12:00 PM-1:30 PM

October 25th

November 1st

November 8th

November 15th

November 22nd

Where: 53 Main Street – Richford, VT

Led by Bess O'Brien and Gary Miller

WFR is a series of writing workshops focused on stories of addiction and recovery and just life! Participants write about their personal stories of struggle, perseverance, moments of inspiration and the slow but steady work of renewal and healing. Fun, powerful and a great way to share your story and be heard!



Resources

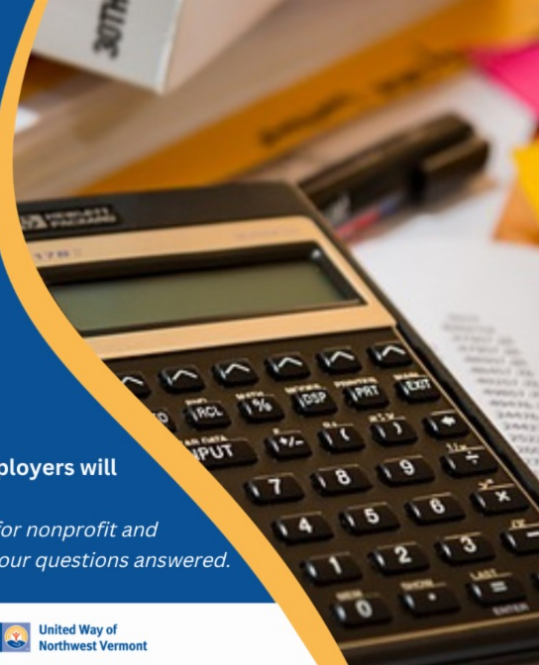
November 8th | 2 PM | Hybrid

Unemployment Insurance

Information Session for Nonprofit and Municipal Employers

As of July 1, 2024, all Vermont nonprofit and municipal employers will be required to participate in unemployment insurance.

Understand unemployment insurance options and requirements for nonprofit and municipal entities, learn how to prepare for this change, and get your questions answered.



Unemployment Insurance: Information Session for Nonprofit & Municipal Employers

What do nonprofit and municipal employers need to know about unemployment insurance?

Whether you will need to register with the Department of Labor for the first time or are already participating in unemployment insurance as a taxable or reimbursable employer, this session is for you!

This session will cover:

- Unemployment insurance options and requirements for nonprofit and municipal employers
- How to evaluate which option is best for your organization
- How and when to register with the Department of Labor
- How to change from the reimbursement option to paying taxes (or vice versa)

Register for
Session

Stigma-Free Language Toolkit

Project Overview Mental health issues and substance use disorder are medical issues. But too often, they are thought about and discussed negatively as reflections of poor character. This creates stigma that makes it more difficult for people in crisis to seek effective help.

A Green Peak Alliance Collaboration

Speaking Up about Stigma

Our words matter. Because people matter.



Learn
More

Xylazine Pre-recorded Webinar

This webinar will specifically concentrate on wound care and community responses to Xylazine, building upon the material previously presented in the Xylazine 101 For Public Safety Webinars.

[Watch Webinar Here](#)



WOUND CARE SUPPLIES



SELF-CARE STEPS

- 1 Clean hands with soap & water or hand sanitizer before touching wounds
- 2 Gently wash wound with soap & water or with saline at least every 2-3 days
- 3 Put ointment on gauze & place on entire wound. Cover with more dry gauze
- 4 Wrap wound with kerlix and secure with medical tape. Make sure wrap is not too tight
- 5 Cover dressing with ACE wrap or coban or with long sleeves/pants if no other option
- 6 Change dressing every 1-3 days. Watch for red flags

XYLAZINE

// zai · luh · zeen //

AKA "Tranq" or "Tranq Dope"

A cutting agent making its way into the drug supply. Contamination with xylazine increases risk of sedation, overdose, and wounds that are hard to heal.

This guide focuses on xylazine wounds >>>

Last updated: 02/2023; Design by: Maggie Shang MD



University of
Pittsburgh



Grayken Center for Addiction
Training & Technical Assistance
Boston Medical Center

Yes, really, I
don't drink.
No, I'd rather not
go have a drink
with you anyway.
Yes, I can still
have fun sober.
Just maybe not
with you...

I  my recovery


IT'S NOT
COMPLICATED. . .

Coffee? And
a meeting?
I'm yours.

SAVING YOU FROM BAD DATES  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

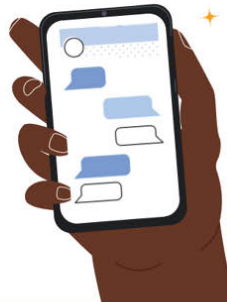
ncvrc.com

A few key takeaways from the Monthly Opioid Morbidity and Mortality Report:

- **Xylazine Involvement in Opioid Overdose Fatalities**
 - Through July 2023, Vermont reported 45 opioid overdose fatalities involving Xylazine (32.1%).
- **Cocaine**
 - Through July 2023, 86 opioid related overdose fatalities involved cocaine (61.4%)
- **Methamphetamine**
 - Through July 2023, 4 opioid related overdose fatalities involved methamphetamines (2.8%).
- **Gabapentin**
 - Through July 2023, 15 opioid related overdose fatalities involved gabapentin (10.7%)

Read the whole report ***HERE***.

You're not alone.



For Emotional Support & Resources
CALL OR TEXT 1-833-TLC-MAMA
(1-833-852-6262)

ALWAYS FREE — 24/7 — CONFIDENTIAL — 60+ LANGUAGES

How did nonprofits change because of COVID-19? - Independent Sector

Authored by Dr. Mirae Kim (George Mason University), IS visiting scholar, and co-author Dr. Dyana P. Mason (University of Oregon) Over the past

three years, the nonprofit sector has undergone a profound change. A new study, spanning 2020 to 2023, examines the changes nonprofits made in response to COVID-19 and looks at the characteristics of the most adaptive nonprofits.



[Read More](#)



[Read Full Report](#)

2022 Overdose Response Strategy Annual Report

The Overdose Response Strategy (ORS) program is an unprecedented public health-public safety partnership between the Office of National Drug Control Policy (ONDCP) and the U.S. Centers for Disease Control and Prevention (CDC) through their support of the High Intensity Drug Trafficking Area (HIDTA) program and the CDC Foundation. At its core, the ORS is an example of a cross-agency, interdisciplinary collaboration with a single mission of reducing drug overdose deaths and saving lives.

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

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FUNDRAISING

INFORMATION CLEARINGHOUSE

TEAM OF CONSULTANTS

TRAINING & MORE

Give for

Recovery!



You could save someone's life.

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Vermont Narcan Distributor

[CLICK HERE](#)

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