

Recovery Roundup | November 2023

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

Editor in Chief: Allie Mullin | allie@vtrecoverynetwork.org



Gratitude



a message from *Gary De Carolis*



If you break apart the word Thanksgiving and reverse the two parts of the word you get Giving Thanks. That's what I want to do in today's column. For me it starts with my family whose unconditional love over the years allows me to do what I do in this world. It's not perfect, sometimes messy, but it is my family, and I wouldn't trade it for the world. My close friends I probably can count on one hand, but they are extraordinary and have lifted me up when times have been tough. They've been there for me in all the triumphs and tragedies that life throws at us. Thank you.

The third circle that surrounds my life is my work and work colleagues. I've had a very fortunate career and have shared that with some amazing people. There is nothing quite like doing your work knowing that you were a part of something bigger that is making a difference in this world. I had that as one of the early progressives on the Burlington City Council in the early 80's. I also had it at the state and federal level in Children's Mental Health and for the past 12 years as part of the Vermont recovery community. Sharing one's passion for the work with others that share that passion well there's nothing quite like it. And it can and does move mountains! Thank you.

In this non-profit world we could not do what we do without the support of hundreds of generous donors. The individual donors, the foundations, and, yes, the state and federal governments who provide us with the funds we need. This past year the Vermont State Legislature provided needed funds to Vermont's recovery system to finally offer its employees competitive wages and benefits so they can continue to support those that seek recovery from alcohol and/or drug addiction. Thank you.

During this Thanksgiving and holiday season my wish for everyone who reads this column is that you can thank your family, friends, colleagues, and supporters for giving you a chance to do what you do in this world. Giving thanks is a priceless gift to all those who have touched your life. A warm and loving Thanksgiving holiday to everyone. Thank you!!



Save the Date!

3rd Annual
Recovery is the Answer!
Peer Support is the Way
Conference &
2nd Annual Recovery Stars
Benefit Dinner & Auction!

October
22-23,
2024

Killington
Grand Hotel
Killington, VT



Our Member 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!



- *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**.
- *Vermont Foundation of Recovery* - Director of Community Relations, learn how to apply **here** | House Managers in Barre and Morrisville, see job description **here** to learn how to apply.

Professional Development

friends of Recovery Vermont

Recovery Coaching Ethics - 2 Parter

November 28 & December 5

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

Removing Microaggressions as Barriers to Recovery

December 4

Dr. Jae Basiliere is an abolitionist educator and justice advocate. They received their Ph.D. in Gender Studies from Indiana University, and began their career as a professor of Women, Gender, and Sexuality Studies.

Register for Removing Microaggressions

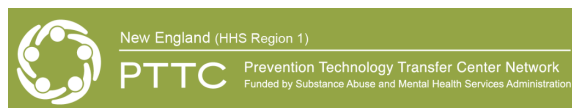
Embracing Empathy: Navigating Challenging Conversations

In this workshop, we will utilize the Empathetic Bridge framework to delve into key concepts, including shared values, reacting versus responding, and empowering agency. In essence, our goal is to equip participants with the skills to skillfully navigate challenging conversations by pinpointing shared values and fostering individual agency. By drawing on real-world examples and engaging in practice conversations, attendees will gain the competence to effectively handle difficult dialogues that may arise in their roles as Recovery Coaches.

Register for Embracing Empathy

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

Loneliness, mental health challenges and substance use have risen in our culture. In the midst of suffering, people continue to report feeling judged and stigmatized. We know from the research that there's a strong correlation between early childhood trauma, mental and physical health issues.



The Connection Between ACEs, Substance Use & Misuse: Deactivating Stigma to Support Healing Communities

Register Here



The Power of Data in Supporting Recovery High Schools - Peer Recovery Center of Excellence

Register Here

This webinar will focus on the critical role of data in Recovery High Schools (RHSs). Attendees will learn about the historical significance of data, how it currently informs the mission of RHSs, and its practical applications in student support. Specifically, the session will demonstrate how data has been utilized at institutions like Hope Academy and Harmony Academy to foster student success.

Difficult moments don't have to grow into "incidents" that can threaten

client engagement and retention. This workshop is designed to equip participants with basic concepts and preparatory actions that can be used to de-escalate a wide range of interactions.

Anyone can join this webinar.

De-escalation, Basic Tools for Social Workers

Register Here



Trauma-Informed Corrections Care Webinar Series

Register for Series

This 3-part series provides a detailed understanding of trauma and the various types of trauma individuals experience. Sessions will explore the impact of secondary/vicarious trauma on corrections staff by examining the various ways exposure to traumatic events impacts the individual, the work they do, and the individuals they engage with on a daily basis.

- *Session 1: December 11, 1-2:30PM*
- *Session 2: December 13, 1-2:30PM*
- *Session 3: December 15, 1-2:30PM*



Essentials of Treating Stimulant Use Disorder Offered by Greyken Center of Addiction Training & TA

This three-hour course is designed to be a guide for addiction providers interested in providing and caring for people who use stimulants, namely cocaine and methamphetamines. Topics include neurobiology and physiology of addiction; identifying health risks of stimulant use; practical application of evidence-based treatment for patients who use stimulants in an office-based addiction treatment setting; management of overamping and acute stimulant intoxication; and harm reduction interventions.

Register Here

Member Events & Triumphs

Wondering what you're doing for Thanksgiving? Check out these community dinners offered by our members!



The flyer is framed by a thick orange border. The background is white with scattered autumn leaves in shades of orange, yellow, and red. At the top center is the logo for the Second Wind Foundation, which consists of a blue arc above the text "SECOND WIND FOUNDATION" and "ADVANCING ADDICTION RECOVERY" below it.

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



A cartoon illustration of a brown turkey with a pink wattle and a yellow beak, standing on two yellow feet. It is holding a round pie with a lattice crust on a white plate.



**HOLY FAMILY PARISH & TURNING POINT RECOVERY
CENTER OF SPRINGFIELD, VT INVITES YOU TO...**

THANKSGIVING DINNER

THURSDAY, NOV. 23RD, 2023

12:00 PM- 1:30 PM



Nolin-Murray Center
38 Pleasant Street
Springfield, VT 05156

FREE & OPEN TO THE COMMUNITY

***NO RSVP REQUIRED**

****To go meals \$15**

Questions? (802) 885-4668



KINGDOM
Recovery Center

INVITES YOU TO A FREE

THANKS GIVING DINNER

November 23rd 12 PM until 2 pm

Or until the food is gone

Dishes to share are welcome.

To-go boxes will be available.

Please see the sign up sheet and RSVP

297 Summer St., St. Johnsbury (802) 751 8520





Turning Point Center
OF CHITTENDEN COUNTY

Thanksgiving Dinner

Join us
Thanksgiving Day
1-3pm for a
delicious turkey
dinner generously
provided by

new moon

AT TURNING POINT CENTER OF CHITTENDEN COUNTY
179 SOUTH WINOOSKI AVE., SUITE 301
BURLINGTON, VT 05401

QUESTIONS OR WOULD LIKE TO DONATE FOOD?
EMAIL: DEBRAT@TURNINGPOINTCENTERTV.ORG



Food-Fellowship-Meetings

Meetings at 10AM, 12PM & 2PM
Potluck + Thanksgiving meal starts at 1PM

HAPPY
Thanksgiving

275 Brooklyn St.,
Morrisville, VT

All are welcome!



Join Journey to Recovery Community Center in collaboration with community partners at North Country Union High School to hear Chris Herren!

PREVENTION STARTS WITH ALL

THE CHRIS HERREN STORY

Please join us for an inspiring presentation, as Chris shares his journey navigating the disease of addiction, the road to recovery and his mission to reach just one person and make a difference.



DATE:

NOVEMBER 30, 2023

TIME:

6:00 P.M.

LOCATION:

NCUHS AUDITORIUM

**A FREE COMMUNITY
DISCUSSION**

ABOUT CHRIS HERREN

Chris Herren, a basketball legend from Fall River, Massachusetts, was an All-American, broke scoring records and was recruited by the nation's top colleges. Herren realized his lifelong dream of playing in the NBA when he was drafted by the Denver Nuggets in 1999 and then traded to his hometown team, the Boston Celtics, before losing his career and almost his family to the disease of addiction.

A person in long term recovery, Chris inspires people to start the conversation on wellness and educate themselves on the disease of addiction. It is his hope that strength will be found in the struggle and communities will come TOGETHER to address the issue of substance use disorder, advocate for effective treatment and embrace the power of recovery.

Learn more @ www.herrentalks.com



Great news for Bennington County!! Great work
VFOR & TPC of Bennington!!



A historic Bennington property is being transformed into the county's first recovery residence - VTDigger

"Now, a national historic property in downtown Bennington is being transformed into a recovery residence for women — which will be the county's first recovery housing, according to the Bennington Turning Point. It will become the Vermont Foundation of Recovery's ninth site, expected to open by the summer of 2024."

[Read More](#)

Congratulations, Gregory Tatro, of Jenna's Promise on being recognized as one of Vermont's Rising Stars!



Read More

Our American Family is back! Turning Point Center of Springfield is hosting a free viewing of this incredibly raw, real and captivating documentary! Stick around after the film for Q&A with the cast.



Turning Point Recovery Center
of Springfield, VT presents

OUR AMERICAN FAMILY

A DOCUMENTARY FEATURE FILM

Nolin Murray Center
38 Pleasant St, Springfield, VT 05156
Tuesday, December 5th, 2023 6 PM - 8 PM
Area Film Premier & Q/A with cast
For more info, call 802.885.4668



JOIN US FOR FREE
NO RSVP NECESSARY
SNACKS PROVIDED

Resources

Value-based payment (VBP) models pay health care providers based on the value rather than the volume of services. Use of these models has been concentrated in physical health services. However, due to the magnitude of substance use disorders (SUDs) in the United States, there has been a growing movement toward using VBP for SUD treatment and recovery services. VBP models have the potential to improve delivery of the integrated and coordinated



**Exploring Value-Based Payment
for Substance Use Disorder
Services in the United States**



care necessary for the complex and continuing needs of individuals with SUDs.

[Read Report](#)

Our trained interpreters and translators represent the diversity in our region. What's more, we understand our community's needs. We work with most direct-service providers including healthcare facilities, courts, and social services organizations.

Turnaround time varies with each request. Whenever possible, please allow at least 3 days for interpreter requests and at least 7 days for translations.



[Interpreter &
Translation Services](#)

[Find a Translator](#)



[Rural Vermont Sees Success Distributing Narcan With a Vending Machine](#)

A 2018 national study found that opioid overdose deaths decreased by 14% in states that had enacted naloxone access laws. But while naloxone is now available over the counter in every state, it's not more accessible to everyone: The retail price is commonly in the \$50 range for a box of two doses.

[Read More](#)



RECOVERY
RESEARCH
INSTITUTE



MASSACHUSETTS
GENERAL HOSPITAL



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

[Improvements in recovery capital associated with improvement after incarceration](#)

The period following incarceration is a challenging one for individuals with substance use disorder, in part due to limited access to helpful recovery resources (recovery capital) upon release. This study examined recovery capital over time for individuals participating in an addiction medicine clinic after incarceration and whether recovery capital improvements were associated with changes in criminal activity, methamphetamine use, and alcohol use.

[Continue Reading Report Here](#)

["Street Universities": A program for young people by young people, but do they work?](#)

Community-based, open-door interventions are innovative approaches to engaging young people suffering from mental health and substance use challenges with pro-social activities, peers, and therapeutic services. This study described and evaluated the "Street Universities" model in Australia, which allows young people to connect with others, participate in a range of activities, and see specialized mental health professionals.

[Read Street Universities Report](#)

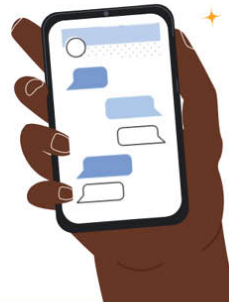
Survey on Drug Use and Health (NSDUH) provides nationally representative data on the use of tobacco, alcohol, and drugs; substance use disorders; mental health issues; and receipt of substance use and mental health treatment among the civilian, noninstitutionalized population aged 12 or older in the United States. NSDUH estimates allow researchers, clinicians, policymakers, and the general public to better understand and improve the nation's behavioral health. These reports and detailed tables present estimates from the 2022 National Survey on Drug Use and Health (NSDUH).

The SAMHSA logo is displayed in white, italicized, sans-serif capital letters on a dark blue rectangular background.

2022 National Survey on Drug Use and Health (NSDUH) Releases

[Read SAMHSA Report](#)

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



National Report

Rural Substance Use Disorder Stigma and Treatment Needs



Prepared by the UVM Center on Rural Addiction
Surveillance & Evaluation Core

September 2023



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](#)

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P.O. Box 3042 | Burlington | VT | 05408-3042
802.738.8998 | info@vtrecoverynetwork.org

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