



Recovery Roundup | January 2024

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

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Martin Luther King Birthday



a message from
Gary De Carolis



*“Cowardice asks the question, Is it safe?
Expediency asks the question, Is it politic?
Vanity asks the question, Is it popular?
But conscience asks the question, Is it right?
And there comes a time when one must take a position that is
neither safe, nor politic, nor popular, be he must make it because
his conscience tells him that it is right...”*

--Martin Luther King Jr.

The quote above is one of my favorites. If I was to capture what I've tried to do with my life and career, it is probably best summed up by this quote. Over the past 12 years of my work in the recovery world, one of the wonderful learnings that I have had is that a lot of people who have fought for their lives through pursuing recovery also follow this quote without even knowing it exists. They cannot afford to be safe, politic, or vain about their recovery. They are warriors for their own and others' lives who have been touched by addiction. It is a life and death matter.

So, when you see someone in recovery speak out about a recovery issue that matters deeply to them, know that they are breaking through all the social norms to speak truth for themselves and their fellow recovery warriors. Bravo to Martin Luther King Jr. for his bravery that cost him his life and to all of those who put their lives on the line to help support their comrades in recovery every day.



Save the Date!

3rd Annual Recovery is the Answer!

Peer Support is the Way Conference &

2nd Annual Recovery Stars

Benefit Dinner & Silent Auction!



October
22-23, 2024

Killington Grand Hotel
Killington, VT

Keynote Speaker

Daryl McGraw MA, CAC, CCJP



Recovery Partners
of Vermont

Learn more about the incredible work Daryl is doing every day, **here**.

Thank you to our sponsors for making our 2024 Legislative Breakfast a success! Your support made this possible!



Job Openings Within Our Membership



*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!*



- *Recovery Partners of Vermont - Fundraising Manager | Learn how to apply **here**.*

- *Vermont Foundation of Recovery* - Director of Community Relations, Morrisville Women House Coordinator, Barre Women and Women with Children House Coordinator | Learn more and apply **here**.
- *Turning Point Recovery Center of Bennington* - Recovery Coaches with lived experience | To learn more, email Margae Diamond, Executive Director, at info@tpcbennington.org.
- *Turning Point Center of Windham County* - Executive Director (learn how to apply **here**), Recovery Coach Supervisor (learn how to apply **here**).

Professional Development

friends of **Recovery Vermont**

Supervision in Recovery Settings Specialty Training

February 9 & 10 | 9AM-12PM

This two-day Supervision in Recovery Settings Training Program is designed for those working in the substance use disorder recovery field who want to learn the basic principles of being a supervisor, and what the unique boundaries, challenges, and opportunities of being a supervisor are in a recovery setting.

[Register for Supervision in Recovery Settings Training](#)

Self-Care & Compassion Fatigue

In this training, we will explore how to take care of yourself when taking care of others. We'll define and review the warning signs of burnout and compassion fatigue. Strategies for self care will be defined and analyzed. This training is specifically designed for Recovery Coaches so they can perform their mission with passion, joy and integrity for the long term.

[Register for Compassion
Fatigue](#)

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



ORN Virtual RCO Bootcamp [3 Day Training] - Faces & Voices of Recovery

Free training! Faces & Voices of Recovery invites the recovery community to a FREE virtual training sponsored by the Opioid Response Network. This is a leadership development program for new and emerging Recovery Community Organization (RCO) directors, program managers, and board members. The Boot Camp covers all the basics to help establish policies and procedures to build the capacity of small non-profit organizations. Breakout sessions focus on governance, sustainability, ethics, strategic planning, and staff development.

[Register Here](#)

ORN VLC Ethical Recovery Support Service Guidelines [1 Hour Training] - Faces & Voices of Recovery

Free training! Faces & Voices of Recovery invites the recovery community to a FREE virtual training sponsored by the Opioid Response Network. In this session, we will explore topics such as morals, values, healthy boundaries and governing behaviors which are pertinent to work as a recovery support service provider. This engaging conversation will allow you to begin to understand how federal, state and local laws along with your personal core values, impact your organization as well as your community.

[Register Here](#)



Peer Recovery Support Specialists: Perinatal Harm Reduction - Peer Recovery Center of Excellence

In this community of practice, we'll focus on the important intersection of harm reduction and perinatal care. We'll explore the biases that exist with systems toward pregnant people who use substances, relevant data, and forward-thinking alternative approaches. We'll also discuss the role that PRSS have to play in supporting pregnant people who use substances.

[Register Here](#)

Peer Supervisors: Supporting Staff Experiencing a Return to Use

In this community of practice, we'll explore how to engage with and support PRSS staff who experience a return to use, as defined by them. We'll discuss best practices concerning boundaries and explore how to provide work-related support without overstepping into monitoring staff recovery.

[Register Here](#)



Assessment of Substance Use Disorder Stigma and Strategies for Addressing Stigma in Rural Areas

Please join us on Wednesday, January 31st from 12:00 – 1:00 p.m. ET for a **UVM CORA** Community Rounds Workshop Series panel session entitled "Assessment of Substance Use Disorder Stigma and Strategies for Addressing Stigma in Rural Areas." Our speakers are Valerie Harder, PhD, MHS, Associate Professor in the Departments of Pediatrics and Psychiatry and Director of CORA's Surveillance and Evaluation Core at the University of Vermont, and Peter Jackson, MD, Assistant Professor of Psychiatry and Medical Director of the University of Vermont Medical Center Addiction Treatment Center....

Register for Webinar

PEER RECOVERY SUPPORT SERVICES MENTORING INITIATIVE (PRSSMI)

Now Accepting Applications for Mentee Sites

The application deadline has been extended to January 31, 2024.

The Bureau of Justice Assistance (BJA) is pleased to invite you to participate in the 2024 Peer Recovery Support Services Mentoring Initiative (PRSSMI). The PRSSMI promotes networking and program-to-program learning among organizations implementing peer recovery support services (PRSS). This program is part of BJA's Comprehensive Opioid, Stimulant, and Substance Use Program (COSSUP) Training and Technical Assistance Center on Peer Recovery Support Services at Altarum. Up to 15 mentee programs will be selected and matched with mentor sites experienced in implementing PRSS programs. Mentee sites selected through this application process will receive consultation and support from their assigned mentor, culminating in an in-person visit to their mentor site. The PRSSMI will cover travel fees for up to three (3) team members from each mentee site.

Submit Your Application

Member Events & Triumphs

Congratulations,
TPC Addison County and Upper Valley TPC!
Thank you, 100+ Women Who Care of Addison
County and Fujifilm!



“We are so honored to have been selected to receive this generous gift from the *100 Women Who Care of Addison County*. This money will be used to maintain 24/7 support for people struggling with substance use or other addictive behaviors.”

To learn more about the 100 Women Who Care of Addison County, check them out at www.100wacvt.org



“Last week, we [Fujifilm] met with the kind folks from Second Wind Foundation: Upper Valley Turning Point & Willow Grove to present to them the donations we collected during our 26th Annual Charity Golf Event and Auction last year.

Together, we successfully raised \$13,704.47 to empower recovery from substance use disorder in the Upper Valley! Huge shoutout to everyone who joined forces with us on this incredible journey. Your support is making a real impact!”

Copley Hospital now fuels up on Jenna's Promise Roasting coffee!!



**COPLEY
HOSPITAL**



Read ALL About
It!!

Get Your Own Bag

Save the Date for Recovery Day!
February 14, 2024 - More details to come!



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

Join the conversation at The Wilson House in collaboration with Turning Point Recovery Center, Bennington Turning Point and Resilience Through Understanding!!



TURNING POINT
RECOVERY CENTER of BENNINGTON, VT



The Wilson House



Mental Health & Recovery Panel



During this event we will hear from individuals with lived experience about the impact of substance use on mental health, while offering meaningful solutions to loneliness, isolation and how to support mental wellness.

When: Feb 7th. 6:30 PM - 8 PM

Where: Wilson House 378 Village Street East Dorest 05253

Who: Free and open to the public

This event serves as an RTU option for Event 5: Substance Use and Mental Health. Caring adults are encouraged to attend with their RTU participant.

Members in the News!!



Patriots Present PATRIOTS DIFFERENCE MAKER OF THE WEEK Award to Dawn Tatro from Johnson, VT

FOXBOROUGH, Mass. – Throughout the 2023 season, the Kraft family, the New England Patriots Foundation and Gillette recognized 17 local volunteers with the “Patriots Difference Maker of the Week Award...”

Dawn Tatro, from Johnson, VT was selected as a 2023 Patriots Difference Maker of the Week for her commitment to Jenna’s Promise. As part of this recognition, the Kraft family, the New England Patriots Foundation and Gillette will be making a \$5,000 donation to support the nonprofit.

[Read More](#)



'I had a dream:' Individuals in recovery are giving back to the community

Stories about drug-related crime grab headlines, but there are other equally-dramatic stories that need to be told. These are about individuals whose lives were torn apart by alcohol and substance use disorder, and who now dedicate their lives to helping others.

[Read More](#)

Resources



Healthy ways to handle life's stressors

When stress becomes unmanageable, try evidence-based tools to tackle it in healthy ways, including social support, good nutrition, relaxation techniques, meditation, and exercise.

[Read More](#)



FentAlert: Empowering Youth for Safer Choices - SAMHSA Fentanyl Awareness Youth Challenge

How can young people be a part of the solution to increase awareness about the risks of fentanyl? In this Challenge, we are seeking the best ideas from U.S. youth, aged 14-18, on a community strategy to increase youth awareness, education, and prevention around the dangers of fentanyl, especially the hidden dangers of fake pills and other contaminants that can lead to drug overdose deaths.

[Learn more](#)

Be in the know - two "new" substances have been found in Vermont recently.

1. *ortho-Methylfentanyl* - a novel synthetic opioid bearing structural resemblance to fentanyl.
2. *Quetiapine* - an atypical antipsychotic agent that is FDA approved for the treatment of schizophrenia, acute manic episodes, and major depressive disorder.

Learn more about each below.

Quetiapine

ortho-Methylfentanyl



Genetic Risk for Substance Use Disorders Associated with Substance Use Transition Points and Symptom Progression

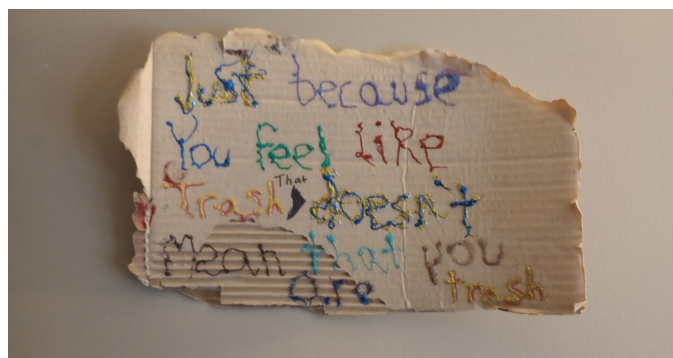
Genetic studies often examine associations with the presence or absence of a disorder, but investigating genetic associations with transition points (e.g., age of first regular use) and symptom progression may provide a more comprehensive understanding of genetic risk for substance use disorder. Researchers in this study investigated the associations between genetic profiles with transition points and symptom progression for both alcohol and opioid use disorder.

Continue Reading

Gaps Persist in Recovery Support Infrastructure for U.S. Inmates with Opioid Use Disorders

Individuals with opioid use disorder have a high risk of overdose after incarceration. The degree to which these criminal justice settings effectively address opioid use disorder may impact how likely such individuals are to initiate and sustain recovery. This study examined the availability of opioid use disorder “best practices” in US jails located in counties heavily impacted by opioid overdose.

[Read More](#)



If You Feel Like Trash, That Doesn't Make You Trash

A sign hangs in my office crafted from a piece of cardboard I tore up. It reads, "Just because you feel like trash, that doesn't mean that you are trash." It's something I put together both in memory of how depression once distorted my view of myself as well as a reminder to individuals who enter my office of their worth.

[Continue Reading](#)

Reporting *on* Addiction

Reporting on Addiction

We train professional and students newsrooms, addiction science experts, community advocates, and people with lived experience on how to improve journalism and build relationships. Work with our team today!

[Read More](#)



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 help us support Vermonters working tirelessly with those affected by an alcohol or substance use disorder such as...

Advocating
Healthcare
& Wages

Training
Board
Development

Fundraising
Conference

Wellness
Employee
Assistance
Program

**Increasing
access to
Recovery
Services for all
Vermonters!**

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Recovery!*



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