



Recovery Roundup | February 2024

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

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## Dreams Do Come True



a message from

*Gary De Carolis*



*Something magical recently happened in the Rutland area. Some 8 years ago a recovery coaching program in the form of support groups for inmates who had an alcohol and/or substance use disorder came together under the leadership of Tracie Hauck, Executive Director of Turning Point Center of Rutland, and John Cassarino, Volunteer Coordinator of Marble Valley Regional Correctional Center. The response was overwhelmingly positive. As time went on, the team learned many lessons from running these groups that would provide for increased training for any coach who worked in the prison system. Eventually, the program made recovery coaches available for inmates upon release from prison. The beauty of this was that relationships between the inmates and recovery coaches that began while in prison could continue upon release to help with the difficult transition back to life in the community. What we know is that inmates who have a history of drug addiction are 120% more likely to overdose and die during this transition time. A frightening statistic!*

*The program's impact gained public attention after a May 18, 2023 article by Tiffany Tan for VT Digger on this collaborative effort (linked below). This inspired another collaborative effort between the Vermont Department of Corrections, Turning Point Center of Rutland, Recovery Partners of Vermont, and the state legislature to expand the program. Now, eight months later, a significant amount of FY 24 funds are being recommended to take this program to all six Vermont Correctional Centers and duplicate the work that started at the Turning Point Center of Rutland. Additionally, there is an FY 25 request to keep this work moving forward next year and beyond. The success of this initiative teaches us valuable lessons. Dreams do come true with hard work and partnerships! Collaborative efforts with community partners enhances recovery work. The power of the written word, as demonstrated by Tiffany Tan's article, is invaluable in crystallizing these efforts and garnering public support. Bravo to the Rutland Community!! I look forward to featuring other successes by members of the Recovery PARTNERS of Vermont over the next year.*

[Read Tiffany Tan's VTDigger Article](#)





## Meet our new Fundraising Manager *Cielo Phillips*

Cielo was born and raised in Vermont and began her passion for recovery when she got sober from alcohol in 2019, just before the COVID pandemic. Cielo is driven, compassionate, and determined, with a heart to help others in all aspects of life. For the last 12 years, she has been an LNA and taking care of special needs adults who have lived in her home. She also is a mother to three young children. Cielo's passion for fundraising started with animals and animal rescue groups over a decade ago. She has helped raise over \$25,000 for different animal groups. She has 7 senior and special needs dogs and has a small chicken farm. This led Cielo to become our Fundraising Manager due to her passion for recovery, helping others, and her love for fundraising.



## 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!* 

- Vermont Foundation of Recovery - Director of Community Relations, Essex Junction Men's House Coordinator | Learn more and apply [here](#).
- North Central Vermont Recovery Center - Volunteer Program Coordinator & Recovery Coaching Programs Manager | 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](mailto:info@tpcbennington.org).
- Turning Point Center of Windham County - Executive Director (learn how to apply [here](#)), Recovery Coach Supervisor (learn how to apply [here](#)).
- Turning Point Center of Addison County - Administrative Coordinator | Learn more and apply [here](#).

## CEU Eligible Professional Development



[Recovery Coach Academy](#)

The Vermont Recovery Coach Academy is a comprehensive and relatable training that equips participants with the skills and resources vital to help those in recovery....

Fill out Application for Recovery Coach Academy

### How to Work Well With People Who Challenge You

Join us for this full-day workshop presented by Jo Romano.

Do you encounter power struggles, taboo topics, disagreement and conflict with people at work that causes internal stress and distractions. Most of us encounter unreasonable people in our lives. We may be "stuck" with a difficult individual at work or at home....

Register for How to Work Well With People Who Challenge You

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



### ORN Virtual Our Stories Have Power: Recovery Community Messaging [2 Day Training] - Faces & Voices of Recovery

Faces & Voices of Recovery invites the recovery community to a FREE virtual training sponsored by the Opioid Response Network. This Recovery Community Messaging Training is the signature conceptual framework of Faces & Voices of Recovery. The training contains core strategies around recovery messaging from a diverse, equitable, and inclusive lens. This training focuses on equipping participants to utilize recovery stories effectively when speaking in a variety of settings.

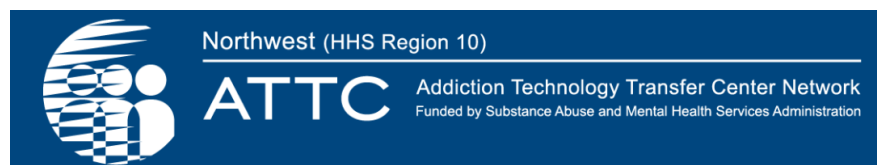
Register Here

### Alcohol, Equity, and Social Justice: Breaking the Silence

South Southwest PTTC Navigation

This webinar will draw from both historical perspectives and recent events, along with research findings, to unveil the alcohol industry's role in creating and perpetuating social, economic, and health inequities.

Register for Breaking the Silence



### Helping Men Recover: Working Effectively with Men

While men's addiction and mental health treatment has been quite successful, there is great room for improvement. This new framework, developed by Mr. Griffin and colleagues, integrates the latest thinking on addiction and recovery, relational cultural theory, male psychological development, and trauma.

[Register Here](#)

## Xylazine Education



Grayken Center for Addiction  
Training & Technical Assistance  
Boston Medical Center

### [Grayken Center for Addiction TTA | Boston Medical Center](#)

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.

[Register Here](#)



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

### [Overdoses Involving Xylazine Mixed with Fentanyl: Clinical and Public Health Implications](#)

The non-opioid drug xylazine has been found in the U.S. illegal drug supply and is associated with overdose deaths from fentanyl. Xylazine is not approved for use in people and can cause sedation and other adverse health effects....

[Register Here](#)

## Member Events & Triumphs

Many of our Members **Testified in the State House** on Recovery Day!!

*Listen to them here!!*



Congratulations, TPRC of Springfield on being named *Springfield's 2023 Organization of the Year* by Springfield Chamber of Commerce!!



Jenna's Promise is hosting a free viewing of *MyTime with Jonathan Phillips*!!



# MyTime

with Jonathan Phillips

Saturday, March 9th  
Jenna's House

Doors open at 1:30pm  
Tickets: **FREE**

117 St. Johns Rd.  
Johnson, Vermont 05656

Delicious no-cost refreshments  
courtesy of Poorhouse Pies

Buy tickets online, while quantities last  
[MyTime-JennasPromise.eventbrite.com](http://MyTime-JennasPromise.eventbrite.com)

For more information go to [www.OrganicDigital.net](http://www.OrganicDigital.net)

All donations to benefit Jenna's Promise



Get Your FREE Tickets!!

Tip Ups for Tim is back supporting Turning Point Center of Chittenden County February 24th, 2024!!



## Tip Ups For Tim

### *What is Tip-Ups for Tim?*

Tim's family created Tip-Ups for Tim in 2022 as a way to join together with friends and family to celebrate Tim's life and to raise funds to support addiction recovery services.

### *What's the plan?*

Come try out ice fishing on Lake Attitash (if there is ice), enjoy playing games, share in delicious food, and help us to raise life-saving funds for Turning Point [Center of Chittenden County], a peer-run addiction recovery center in Burlington, Vermont.

Get Your  
Tickets!!

February 14, 2024, was Recovery Day!! A day to celebrate Recovery! Some of our members had watch parties for their guests to join in the celebration!





## Members in the News!!



### Jenna's Promise remembers and honors the inspiration behind their organization

To honor the five-year anniversary of her passing, the Tatros decided to use the power of social media and created the hashtag five years of hope, #fiveyearsofhope.

[Read More](#)

## Resources



### Survey: Provider Attitudes towards Contingency Management

The Substance Use Research & Evaluation unit at the Catherine E. Cutler Institute, University of Southern Maine, is conducting a survey to understand providers perspectives towards contingency management in the treatment of substance use disorders. We are seeking feedback from healthcare providers in Maine, New Hampshire, and Vermont.

[Take the Survey](#)

| Be in the Know |  
Emerging Drug Alert: Tianeptine

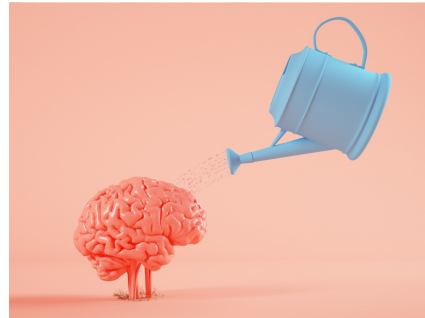
Tianeptine, popularly known as “gas station heroin” has been encountered in various forms including bulk powder and counterfeit pills mimicking hydrocodone and oxycodone. Tianeptine has been sold as “ZaZa”, “Tiana”, “Neptune’s Fix” and other brand names. Tianeptine is not currently controlled under the Controlled Substances Act but has been scheduled in several states...

Learn more below.

## Tianeptine

### This is your brain on recovery: A look at the brain over time during abstinence after alcohol use disorder

This study investigated how the brain recovers from alcohol use disorder during prolonged abstinence, as well as what factors might influence this process. By providing a glimpse into the brain’s ability to regenerate and repair alcohol-related damage, this study offers vital clues for enhancing brain-based treatment approaches for alcohol use disorder.



Read More



### **Post-doctoral Fellowship Opportunity**

The Vermont Center on Behavior and Health (VCBH), located at the University of Vermont, announces a postdoctoral research fellowship opportunity funded by NIH. The fellowship will be in our internationally recognized center of excellence for substance use disorder research.

Working with Stacey C. Sigmon, PhD, this postdoctoral fellow will help to lead research addressing illicit opioid use and other health behaviors, with a strong focus on rural populations, in our UVM Center for Rural Addiction.

Our group’s 30+ year training program has an exceptional track record of helping fellows establish successful careers as independent investigators.

**Eligibility:** Applicants must have completed their training in psychology or a related discipline and be U.S. citizens or permanent residents. Outstanding trainees are selected on the basis of scholastic record, productivity, and commitment to a career in substance use disorder research. Individuals must be highly motivated, possess initiative, and a strong desire to learn and expand their interests and expertise.

**Appointment:** 2-3 years

**Benefits:** Stipend and travel funds supported by an NIH Institutional Training Award

**For more information, contact:** Dr. Sigmon at [stacey.sigmon@uvm.edu](mailto:stacey.sigmon@uvm.edu)

**To apply:** Send an application form (available by request from Dr. Sarah Heil), cover letter, curriculum vitae, statement of research interests, and three letters of reference to Dr. Heil at [sarah.heil@uvm.edu](mailto:sarah.heil@uvm.edu)





*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!

*Give for Recovery!*



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