



Two New Members



a message from
Gary De Carolis



In the past year Recovery Partners of Vermont added two new members who have contributed greatly to our success as an organization. Vermont Foundation of Recovery (VFOR) and the Vermont Alliance for Recovery Residences (VTARR) bring the key piece of peer run recovery residences into our portfolio. We know that the chances of a successful recovery are enhanced greatly with safe, quality, peer-run housing. Through the vision of David Riegel, Executive Director of VFOR, and Andrew Gonyea, Director of Operations for VFOR, in late 2013 they turned their dream for a system of peer-run recovery housing into reality. What would it be like if there was no VFOR? I can't imagine. Over 680 people have found a safe, secure place to live as they enter recovery from a VFOR home to date. Combine that safe recovery residence with their local recovery center and you begin to see the 24/7 peer recovery support that has allowed so many an opportunity to begin life anew in recovery. Currently there are eight VFOR recovery residences supporting up to 56 people at a time with another two planned to open this year, bringing the total capacity to 75.

But having recovery residences around the state doesn't necessarily ensure high quality. Thus, the birth of the Vermont Alliance for Recovery Residences whose mission as an affiliate of the National Alliance for Recovery Residences is to certify that these homes are adhering to a high set of national standards. Key players in the birth of VTARR, which became a 501c3 non-profit in 2018, were Peter Mallary, David Riegel, Andrew Gonyea, Britney Karkut, Dan Osman, Eileen Peltier, and Moriah Ogden. Jeff Moreau is the current, and founding, Executive Director.

These two organizations are invaluable to the work of recovery from an alcohol/substance use disorder in the state of Vermont. We are so grateful for the work they do every day to support Vermonters in recovery.

**VTARR's Social Model
of Recovery Housing**

**VFOR's Recovery
Homes**


*Recovery Partners of Vermont is
looking for a Licensed Clinical
Mental Health Counselor or
licensed Alcohol & Drug Counselor.*


The ideal candidate will be someone in recovery who is trauma informed. This position would part-time, with short term counseling as part of an emerging Employee Assistance Program. Other duties include: Monthly Newsletter Column & Webinars on Self-Care.

Interested candidates should send a cover letter, resume and three professional references to Gary at gary@vtrecoverynetwork.org



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 - Essex Junction Men's House Coordinator | Learn more and apply [here](#).
- North Central Vermont Recovery Center - Recovery Coach in the Emergency Department (RCED) | Learn more and apply [here](#).
- Turning Point Center of Windham County - 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



Peer Recovery Center of Excellence Community of Practice for Peer Recovery Support Specialists: Re-Examining Urgency and the Desire to Save, Fix, and Help

This community of practice will focus on re-centering the purpose of peer

support, which is to bear witness, validate, and support people as they make meaning of their experiences. We'll explore the impact of rushing to fix, save, and help people, however well-intentioned. We'll also discuss how to re-align our practice with the purpose of peer support.

[Register Here](#)

Peer Recovery Center of Excellence Community of Practice for Supervisors of PRSS: Centering Peer Values in Supervisory Practices

In this community of practice, we'll discuss the importance of supervising staff through the lens of peer values such as mutuality, leaning into discomfort, approaching with curiosity, and self-determination. We'll talk about balancing these ideals with the reality of organizational policies and strategies for changing those policies.

[Register Here](#)



Health Education & Training Institute

HETI Foundational Motivational Interviewing

Realizing that attention spans are not the same on a screen as they are in person, we have adapted our trainings to allow for a highly interactive, effective learning to our current logistical circumstances.

This training will take place over four three-hour sessions to learn the fundamental spirit, structure, and skills of Motivational Interviewing and then work with questions and issues that arise as you begin implementing Motivational Interviewing in your practice and life.

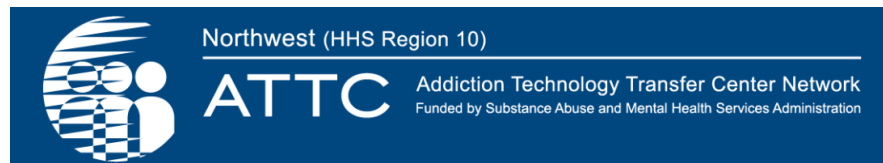
[Register for Series](#)



Peer Recovery Support Series: Taking the First Steps Together — Best Practices for Supporting Peer-Staff and Parents in Recovery

[Register Here](#)

Our session focuses on supporting families impacted by parental substance use. Attendees will be introduced to our innovative guide, "Taking the First Steps Together: A Guide to Creating Collaborative Peer-Led Services for Parents Affected by Substance Use." We will highlight our learnings from creating a strengths-based, person-centered, and trauma-informed program to serve families impacted by parental substance use across Massachusetts.



Stimulants 101: The 6-Hour Curriculum (Spring 2024) - ATTC Network

This 6-hour stimulant training developed by the ATTC Network will provide an overview of the impact of stimulant drugs and current treatment options. The training will include information on the effects of stimulants on the brain and body and a range of data on national and regional trends related to stimulant use.

Register Here



VIRTUAL: Neurobiology of Addiction for Youth and Young Adults

Register Here

This training focuses on the brain structures and systems involved in addiction, the role of learning in the addiction process, and the critical neurological differences between youth and adults. We will first review typical adolescent brain development and how substances can impact the brain's reward pathway system, leading to addiction. We will also discuss the impact of both adverse childhood experiences and mental health challenges on neurodevelopment.

Other Professional Development



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Delegating the Right Work - Mental Health Technology Transfer Center (MHTTC) Network

The transfer of work from a leader to their direct reports increases the efficiency of a team because now the leader can work on the things only they can do. This approach has the benefit of helping employees grow by giving them increasingly demanding and complex work. This session describes how to start delegating effectively right away.

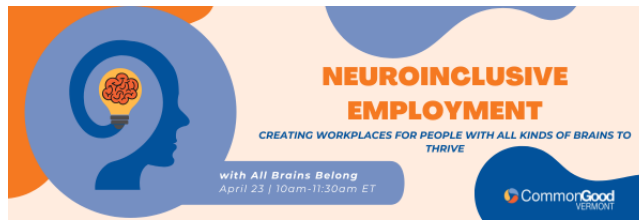
Register Here



Recovery Community Organization (RCO) Sustainability Institute - Peer Recovery Center of Excellence

Apply now for the Recovery Community Organization (RCO) Sustainability Institute! The goal of the Sustainability Institute is to equip RCO executive leaders, emerging leaders, and/or board members with the skills they need to enhance their organization's effectiveness and ensure its long-term success. We are inviting teams of three individuals from a single organization to apply for this training.

Register for Institute Here



Neuroinclusive Employment: Creating Workplaces for People with All Kinds of Brains to Thrive

What does it mean for employers to be neuro-inclusive? Join Mel Houser, M.D., Executive Director of All Brains Belong VT, for an interactive training that will give participants concrete parameters to improve their neuro-cultural competency. This will include accessibility-related aspects of recruitment and hiring, workplace environment, training and supervision, and workplace communication. Participants will leave with specific, actionable steps to improve the accessibility and neuro-inclusiveness of their organizations.

Register

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

XYLAZINE WOUND CARE: a guide!

Work in progress compiled with help of wound care wisdom of Tehya Johnson, Claire Zagorksi, & Bill Kinkle

BASIC THINGS TO KNOW:

- Dressings should be changed every day, or every other day
- Treat every part of the wound separately depending on how it looks & heals
- Pale, DRY wounds, or wounds with black (necrosis) cannot heal; they need to be debrided (in other words that top pale layer or black stuff needs to be eased off!)
- "Healthy" (healing) wounds are look red, beefy, and somewhat moist → (this is called "granulation tissue" and is what we want for healing!)
- Keeping skin areas around wounds as healthy as possible is important too! Sometimes this means adding moisture & sometimes this means keeping moisture away
- Covering wounds helps ensure no outside bacteria get into them to cause infection.

HEALTHY WOUND BED →



Early wound care – before the wound bed looks healthy

(1) DEBRIDEMENT: Getting dry slough or black necrotic tissue off of wounds.

- EVERY DAY if possible, soak 4"x4" gauze in Vashe solution, wring out excess liquid, and place on open wounds that have black areas and/or pale dry areas
- Leave soaking for 10-15 minutes
- Then, GENTLY brush/wipe to remove tissue as you remove gauze

If this doesn't work, or isn't practical:

- Santyl ointment (cover wound with nickel thickness layer, then cover with gauze, change daily) is wonderful, but expensive & difficult to get approved (prescription)
- Medihoney gel or gauze (cover whole wound area) may help with debridement too



Once wounds (or part of wounds) have red, beefy appearance, stop debriding those parts and skip to step 2.

(2) KEEP THE WOUND BEDS MOIST & PROTECTED: use products that promote moisture & have antibacterial qualities. Replace these dressings every day if possible, or otherwise every other day.

- Option 1: Manuka honey (Medihoney) gel: cover wound bed [do NOT use store-bought honey!]
- Option 2: Hydrogel or petroleum-impregnated gauze (i.e. Xeroform): cut to shape of open wound & place in, change often enough that it doesn't get dry!
- You can try either/or option or try them both! See what is easiest and seems to keep wound bed looking good (good = red + beefy without pale areas or black areas)

(3) PROTECT SURROUNDING SKIN: make sure closed skin around wound is moisturized & protected. Use "A&D" ointment or petroleum jelly!

(4) COVER WHOLE AREA TO SECURE PRODUCTS, KEEP IN MOISTURE, AND KEEP OUT DIRT AND BACTERIA: lots of options but overall use what is available & practical!

- Option 1: Silicone foam dressing such as Mepilex (protective & keeps moisture in, but pricey and may be difficult if wound is large or surrounding skin is not all intact & healthy)
- Option 2: "Nonadherent" dressings (i.e. ABD or Tefla pads) over open wounds then wrap/secure with gauze wrap (kerlix), secure with tape. Ideally cover whole thing with ace bandage to secure!

Member Events & Triumphs

Lila Bennet, ED of Journey to Recovery Community Center, shares what's been happening at the center on NEK VT Rocks, take a listen below!



Divided Sky Fun(d) Run is back with it's continued support for our members, TPC of Rutland and Springfield! Get your *virtual or in-person* tickets below!



2024 - Divided Sky Fun(d) Run

Join the fun in beautiful Ludlow, VT for the third annual Divided Sky Fun(d) Run! Participate in this in-person or virtual 5K to support addiction recovery and build community with runners, walkers, and good people of all kinds. All proceeds from this event support the Divided Sky Foundation and the Turning Point Centers of Springfield and Rutland Vermont.

Register Now

Excited news for the Recovery Community in Central Vermont!!



After many unfortunate delays and numerous stumbling blocks, we are very grateful to announce that Turning Point Center of Central Vermont will be re-opening in March! We have secured leases for two spaces.

Drop-in Recovery Center Location:
17 Ayer Street, Barre

This location will offer all recovery groups and activities as well as a safe place for anyone for drop-in and explore what recovery is.

Offices & Recovery Coaching Location: Sidewalk Village, 136 South Main St, Suite 7 in Barre

This location will serve as the office space as well as safe and secure environment to hold recovery coaching.

Resources



Documentary film 'Just Getting By' tells Vermonters' stories of food, housing shortages

Those are some of the stories and images in "Just Getting By," the new documentary by Northeast Kingdom filmmaker Bess O'Brien. The 90-minute film tells of the two-pronged obstacle facing thousands of Vermonters in a post-pandemic world – food insecurity and a shortage of housing. "Just Getting By" begins a statewide tour with screenings Friday, March 22 and Saturday, March 23 in Burlington.

[Read More](#)

montpelier Family meeting

A CLOSED MEETING FOR PEOPLE THAT IDENTIFY AS
LGBTQIA2S+ WHO ARE IN RECOVERY OR SEEKING SOBRIETY

**Thursdays at 6:00pm in the
Bethany Church Parlor, 115 Main St, Montpelier**

Enter through the Main St doors using the automatic door button, turn right
Please do not park in the lot behind the Church

Family Meeting is a weekly recovery meeting for those who identify as LGBTQIA2S+ and are sober or seeking sobriety. This meeting is non-theist and open to people of all faiths. This meeting is informed by healing justice, body positivity, and 12 Step recovery programs such as Alcoholics Anonymous (AA), Marijuana Anonymous (MA), AlAnon Family Groups, and Codependents Anonymous (CoDA).

This meeting is for 1 hour every Thursday, followed by Fellowship.

montpelierfamilymtg@gmail.com



Data and Reports in Vermont

Find data briefs, reports, assessments, evaluations, survey results and other publications on alcohol, opioids, cannabis and overall substance use in Vermont as well as analyses that inform and evaluate Health Department efforts on addressing substance use.

[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...

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