



Recovery Partners
of Vermont

Recovery Roundup | April 2024

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

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Building the Human Resources Infrastructure



a message from

Gary De Carolis



Most of you are already familiar with the amazing work done by the very dedicated staff of our member agencies. What's even more incredible is that all of our staff are in recovery themselves or have a family member with an alcohol and/or substance use disorder. Take a moment to consider the depth of that commitment. Our staff work with people who present with a similar alcohol or substance use disorder that staff themselves have overcome. They put themselves on the line to support people who are mostly newly in recovery. That means they must confront their issues daily in the hopes that they can help someone obtain and sustain their recovery. That is a tall, tough order.

Until recently, executive directors had limited resources when it came to navigating the complexities of managing situations that inevitably arise in this line of work. Issues such as boundaries, PTSD, trauma, and other challenges that can impact their teams. Additionally, staff members faced these challenges without formal avenues for support, often relying solely on the executive director's willing ear.

Today that is changing. We have hired OneDigital, a health care management firm, to not only oversee the management of our new health care benefits for staff but also provide world-class HR Support to our member executive directors. Our executive directors are now empowered with expert consultation to address difficult employee situations more effectively. Furthermore, thanks to the generosity of the Hoehl Family Foundation, all member employees will have access to an Employee Assistance Program Counselor starting in May. Liza Ryan, MSW, CRC, from Green Peaks Counseling will be available to offer support to our members' staff during challenging times.

In real time we are witnessing the development of necessary human resources infrastructure to bolster the amazing work being done within our recovery organizations throughout the state. By prioritizing the well-being of our members' staff, we're fostering a culture of stability, quality work, and, ultimately, greater impact in rebuilding and saving even more lives.



Welcome, Liza Ryan, MSW, CRC

Liza joins the team as our *Employee Assistance Program Counselor*, available to **ALL** members and their **staff**.

Liza Ryan serves as Pre-Licensed, Rostered Psychotherapist in the State of VT as well as a Certified Recovery Coach. Liza is a person in long term recovery with ten years of sobriety and has seven years of experience working with those with Substance Use Disorder. Liza has previously worked as a member of the Emergency Dept. Recovery Coaching (EDRC) team at TPC of Central Vermont and currently serves as an EDRC with the North Central VT Recovery Center. In her clinical practice, Liza works full time at a private practice in Colchester where she specializes in trauma and addiction. Liza also owns and operates a small private practice, Green Peaks Counseling. Outside of work, Liza enjoys spending time with her partner and their three dogs and hopelessly cheering on the Buffalo Bills and Buffalo Sabres."



Recovery Partners
of Vermont

Steps for Recovery



Fundraiser



Join us in our first annual Steps for Recovery Fundraiser!
Each year Recovery Partners of VT will choose a member to receive 50% of the funds raised through this fundraiser. This year, we've chosen Kingdom Recovery Center in St. Johnsbury, VT.

June 3 - 9, 2024

The Challenge(s):

- Take the most steps
- Raise the most funds

The How:

- Become a team member.
- Set a goal.
- Ask family & friends to support you!
- Track steps.
- Have fun!!

The Winners:

- Most steps taken (only share proof of steps if you want to be eligible for this prize.)
- Most funds raised
- Not interested in stepping? Donate to support to our cause without committing to a goal.

Most Steps Taken Wins



Most Funds Raised Wins



One night for two, plus one game of golf w/a cart and a 1/2 gallon of maple syrup from Gadapee Valley Sugarhouse; OR \$300 cash



Sign Up & Learn More!

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!

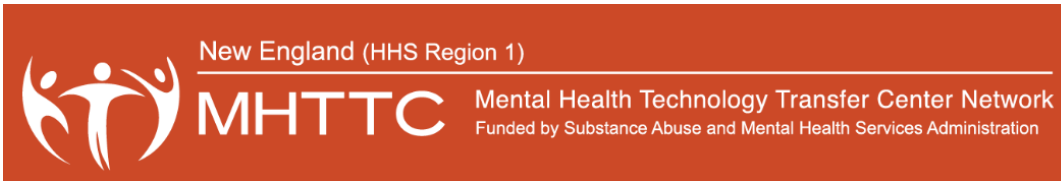


- Vermont Foundation of Recovery - Essex Junction Men's House Coordinator, Morrisville Women's House Coordinator, Bennington Women's House Coordinator, Women's Regional

Manager, Human Resource Manager | Learn more and apply **here**.

- North Central Vermont Recovery Center - Recovery Coaching Programs Manager, apply **here** | Peer Recovery Coach in the Emergency Department, apply **here**.
- Turning Point Center of Windham County - Recovery Coach Supervisor, learn how to apply **here**.

CEU Eligible Professional Development



Understanding Addiction and Options for Care

Anyone who has tried to help a loved one obtain treatment for a substance use disorder knows how challenging it can be to find quality, affordable care that's accessible when someone is ready for help. Even for professionals working in healthcare and related fields, evaluating the options available and navigating payment and other hurdles can be overwhelming.

[Register Here](#)

Ethics and Boundaries: Adapting Evidence-Based Interventions to Honor Diversity

This presentation presents evidence-based interventions as critical in mental health and substance use treatment. Through case scenarios, real-life stories, and discussion, we will work to identify specific barriers to treatment progress and explore strategies and cultural adaptations to address them.

[Register for Ethics & Boundaries](#)



Veterans, Addiction, and Recovery: Critical Factors to Understand

A lack of connection, authenticity, or sense of purpose are all factors that promote addictive behaviors or substance use disorder for many individuals. This is especially true for veterans who are often unprepared for the unique ways these challenges affect members of the military.

Attendees will learn why these factors are exacerbated for veterans in transition and how to help these veterans navigate this high-risk period of their life.

[Register Here](#)

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

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.

[Register for Parents in Recovery](#)



Contingency Management

Participants will learn about the effectiveness contingency management programs and what considerations should be considered when implementing CM in an organization. Participants will also learn about best practices when managing a CM program, and what skills or tools are needed to successfully implement CM.

[Register Here](#)



CCAR Training Schedule

> Wednesday through Friday, May 8th - 10th

This training will be held 2 pm to 6 pm EST.

Ethical Considerations for Recovery Coaches©

> Monday through Friday, May 13th - 17th

This training will be held 2 pm to 6 pm EST.

Recovery Coach Academy©

[Learn More](#)

Other Professional Development



Deep Dive into Prevention Ethics: Ethical Obligations & the SPF

This is the sixth and final highly interactive session focused on taking a deep dive into principles of the code of ethics for substance misuse prevention specialists. The focus of this session will be on the principle of Ethical Obligations and how to apply it to the Strategic Prevention Framework (SPF).

[Register Here](#)



Addiction is a Chronic Disorder: Treat it Like One and Recovery Capital: Assets, Not Abstinence

Addiction is a Chronic Disorder: Substance use disorder (SUD) is a chronic disorder that is often mismanaged with acute treatment. In this session, we make the case for more extensive models of chronic disease management.

[Register Here](#)

Understanding and Addressing the Multiple Roots of Addiction

Tuesday, May 14th, 2024
4:00 - 7:00 PM
Virtual Training



What you will learn, explore and discover:

Interpersonal, cultural, and traumatic roots of chronic addiction. A review of ACE (Adverse Childhood Experiences) and how childhood trauma increases vulnerability to addiction.

Risk factors that increase vulnerability including intergenerational trauma, oppression, racism, addiction related trauma, and stigma.

Learning how addiction and trauma impact the brain.

Recovery--trauma informed interventions and addressing the roots of addiction.

PRESENTERS



Hope Payson, LCSW, LADC is a Licensed Clinical Social Worker, Alcohol and Drug Counselor who specializes in the treatment of addiction and trauma. She has over 30 years of experience working in a variety of community mental health settings. Hope currently coordinates a private psychotherapy practice in Winsted, CT and offers training and consultation services on issues related to addiction, recovery and trauma treatment. She is also the Producer of the documentary "Uprooting Addiction: Healing from the Group Up"



Daryl McGraw, MA is the CEO of Formerly Inc, Connecticut's first criminal justice reentry reform consultant agency. Daryl holds a bachelor's degree in Human Services and a master's degree in Organizational Management and is an Addictions Counselor, Recovery Support Specialist, and a Criminal Justice Professional.



RSVP:

<https://forms.gle/28nw5ffXaxxaLB9t9>

or use the QR Code



HOSTED BY COMMUNITY SUBSTANCE USE RESPONSE (CSUR)

CSUR802VT@gmail.com

FUNDING BY THE VT DEPT. OF HEALTH DIVISION OF SUBSTANCE USE

Register Here

Member Events & Triumphs

Chip Piper's 3rd Annual Trail Run 4 Recovery returns to continue to support Jenna's Promise and Turning Point Center of Addison County, in memory of Michael Piper and Jenna Tatro!! This year they're raffling off a 4-wheeler - get your tickets below!!

TR4R Health & Wellness

TR4R



Trailrun4recovery.com

Helping others conquer addiction and conquer the trails.
Transforming lives through the power of trail running and recovery.

Chip Piper's 3rd annual Trail Run 4 Recovery



DECA-MARATHON

(10) Marathons in (10) Days!

May 16th—25, 2024

Help us support the recovery community by:

- Sponsoring
- Volunteering
- Donations
- Silent Auction Items
- Register for a marathon
- Pledge to run a mile or two w/Chip

In memory of Michael Piper & Jenna Tatro



Register for an Ultra Infitus Marathon [Here!](#)



Ripton, Vermont
info@trailrun4recovery.com
clifford_piper@yahoo.com



TR4R supports:



TrailRun4Recovery.com

Donate, Participate, Raffle
Tickets

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!



**SATURDAY
MAY 18, 9:00 AM**

**JACKSON GORE
LUDLOW, VT**

FESTIVITIES TO FOLLOW

DIVIDEDSKYFOUNDATION.COM



Get Tickets
Here!

Hike for Hope Fundraiser with Turning Point Center
of Windham County!

Hike for Hope

Fundraiser



When: August 17, 2024 | 9AM -4PM

**Where: Madame Sherri Forest,
Wantastiquet Mountain**

"Hike for Hope" is more than just a beautiful walk. It's a powerful statement of hope and solidarity for individuals and families battling substance use disorder. By hiking together, we raise awareness, break down stigma, and demonstrate that recovery is possible.

We need your help to make this event a beacon of hope. Whether you hike, donate, or both, you will boost Turning Point's ability to continue serving Vermonters



-  **Hike with us!**
-  **Donate!**
-  **Spread the word!**



[Learn More Here!!](#)

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.

Bennington Turning Point makes a Narcan vending machine possible in Bennington with the help of community collaborators!



Bennington to get 24/7 Naloxone vending machine outside GBICS this June

The Town of Bennington is set to receive a round-the-clock Naloxone vending machine available to the general public to treat overdose emergencies starting this June. "This will 100 percent save lives," said Margae Diamond, executive director of Turning Point Recover Center [in Bennington].

Diamond confirmed that the machine, funded as part of a grant agreement with Turning Point through the University of Vermont's Center

of Rural Addiction, will arrive sometime in June. The dispensing machine will look much like a typical vending machine.

Read
More

Breanna Elaine interviews Tracie Hauck and Mike Daly of Turning Point Center in Rutland Vermont



Be in the Know Increasing Drug Alert - **Kratom**

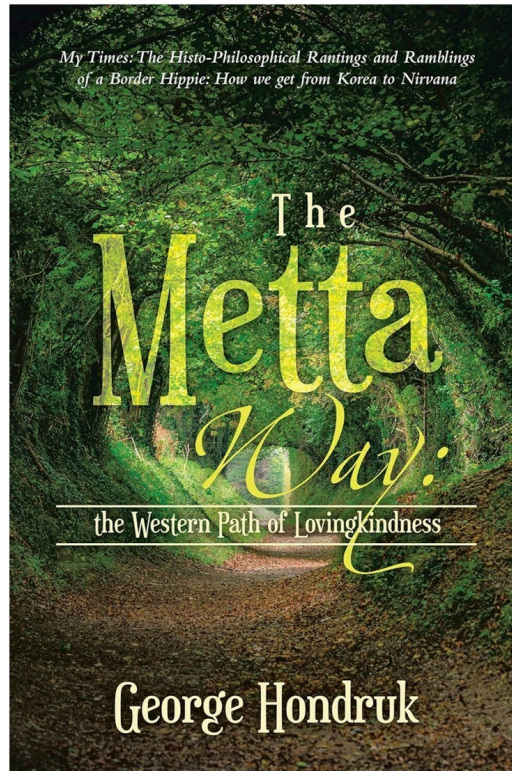


National Library of Medicine
National Center for Biotechnology Information

A Case of Severe Kratom Addiction Contributing to a Suicide Attempt

Kratom is a plant product native to Southeast Asia that is surging in popularity in the United States as consumers look for natural remedies for ailments like chronic pain, anxiety, and even opioid addiction. Kratom's risks are largely unknown, and the market is poorly regulated. Americans typically get advice from online forums and purchase powder formulations from tobacco shops or obscure websites.

Read Case Study



The Metta Way: The Western Path of Lovingkindness
My Times: The Histo-Philosophical Rantings and Ramblings of a Border Hippie: How We Get from Korea to Nirvana.

Our very own Stephen Kline is launching his new book written under his pen name George Hondruk!

This book offers a recap of the tumultuous times and events citizens have lived through since the Korean War. The Metta Way: the Western Path of Lovingkindness, shares how we can arrive together at a new spiritual framework for life on this planet, through an enlightened democracy and the Metta-Seva Way.

Where to buy?



Core elements of recovery among those with direct lived experience

There are many pathways to recovery from substance use disorder, but

do all recovery pathways lead to the same destination? Examining over 9,000 individuals, this study sought to understand the shared markers of success in the recovery process.

[Read More](#)



Binge drinking, alcohol use disorder in Vermont ranked among the highest in the nation - VTDigger

Tiffany Tan - Staffers at addiction recovery centers statewide said that, since the coronavirus pandemic reached Vermont in 2020, they've had growing interactions with people aged 60 and older who are struggling with alcohol misuse.

[Read More](#)



6 Food Tips for Pain Relief

Emily Stone, a registered dietitian at University of Vermont Medical Center treats patients diagnosed with chronic pain, including arthritis, Crohn's disease, back pain or joint pain. Here she shares her best guidance for eating to address diet-related inflammation. As she says, every little bit helps.

[Read More](#)



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?

*We will never forget the
beautiful lives lost to alcohol or
other substance use disorders.*



Visit our memory wall here:
www.vtrecoverynetwork.org/memory-wall/



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!**

*Thank you to our recent donors,
your support makes the
difference!*



*Give for
Recovery!*



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