



Recovery Roundup | May 2024

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

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Giving Thanks



a message from
Gary De Carolis



Another legislative session has come to an end and once again our legislature has shown its deep support for the recovery system. The notable accomplishments are numerous. The establishment of a \$325,000 scholarship fund ensures that no one seeking entry into a certified recovery residence will be turned away due to a lack of funds. There is also \$1,230,000 allocated to cover operational costs of Vermont's certified recovery residences, which includes increasing staff wages and benefits to be competitive, offsetting rent costs for residence operators, and opening two new certified recovery residences in fiscal year 2025. Furthermore, Vermont's 12 recovery centers will work closely with the Department of Corrections to implement a dynamic recovery coaching program that will send certified recovery coaches into our six correctional centers and follow the inmates back out into the community across the state. This initiative totals \$1,060,000 in FY25 funds and builds on the \$500,000 funds in FY24. This population is in serious need of recovery coaching as they have an extremely high overdose rate when compared to people who have never been incarcerated.

On the policy side of things, there will be a new licensing of Peer Recovery Support Specialists defined as someone with lived experience or someone who is in close relationship with someone with lived experience. The title of Peer Recovery Support Specialist is what we today call Recovery Coaches. Additionally, Vermont's landlord-tenant laws were amended such that if someone in a recovery residence starts to use alcohol or drugs or displays violence, they would be asked to leave to a safe alternative residence until they have regained their sobriety.

This package of policy and funding initiatives will have a profound positive impact on our work. There are several public servants we wish to recognize for their support this session: Representative Dane Whitman, Representative Theresa Woods, Representative Dan Noyes, Representative Eric Maguire, Representative Anne Donahue, Representative Joe Parsons, Representative Tom Stevens, Senator Jane Kitchel, Senator Ginny Lyons, and Senator Richard Westman. Kudos also to the countless people who offered testimony, wrote letters of support, made phone calls, and sent emails to help our legislators understand the need. Thank you so much for all your efforts. It paid off and will help save many lives and help countless others rebuild their lives.

One last note to mention. Senator Kitchel and Representative Dane Whitman are both leaving the legislature this year. Both have been absolutely driven to help support the recovery community. We thank you so much for all you have done and wish you only greater success in whatever you choose to do with your future endeavors. You will be missed.



Self-Care vs "Self-Care"

By: Liza Ryan, MSW, CRC



Happy May everyone! At the beginning of this month I began working with Recovery Partners of Vermont through a contracted position in order to provide short term counseling, quarterly webinars and monthly newsletter columns on themes that we all encounter doing this work. My hope is that these columns are a helpful addition to discussions we have in the workplace around resiliency and how to take care of ourselves. Thank you in advance to each and every one of you for the impactful work you do!

Regardless of how long you may have worked in the helping profession, you've likely heard of self-care. If you haven't, a quick google search will turn up a very manageable 6,790,000,000 results. That means theoretically there are 6,790,000,000 different ways to practice self care-again, very manageable! Let's talk about the things that make self-care difficult and then what self-care can actually look like. Work, children, relationships, family, second jobs, school, housing, finances, medical conditions, car problems, and "life" can get in the way of self-care. Yes, it's important to prioritize self-care but it is imperative to recognize that self-care is not a one size fits all approach. The topic of self-care seems to be talked about more and more in the helping profession but for those that may be feeling incredibly overwhelmed, overworked, and burnt out the thought of adding some "self-care" into their routine may feel impossible. It may not seem like there is time to do all of the things that we would like to do and that is okay! And if you can routinely stick to a wellness plan, then keep it up!

There are micro ways to practice daily self-care that may feel much more manageable than the 45min walk or the home cooked meal for yourself. I've listed some.....

[Continue Reading](#)

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

Help us:

- Raise awareness that we can and do recover from addictions
- Fundraise for Kingdom Recovery and Recovery Partners of Vermont by signing up as a team member to take any number of steps during the challenge.

To sign up:

- Visit givebutter.com/steps4recovery2024 (or scan the QR code below).
- Click on +Fundraise next to the current list of Team Members to become one.

After signing up:

- Share your story and personal URL with friends and family for their support.

Need more help signing up?

There's a video demonstrating how to sign up on our event website.

Can't join as a team member but still want to support the challenge?

Visit the event website and click on "Donate" to make a donation.

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!

"On the 2,455th Day"

by Amanda McNeil*

An alligator circled by piano keys
Hangs behind the stage
Where a saxophonist and trumpet player
Scrunch up their faces
As they blare out arpeggios
The lead vocalist and guitarist
Sometimes step out from behind
An iron railing wrapped in lights
That partially obscures my view
To the right of the railing
The bassist plucks the beat
A lot of people ignore the bass
But I love it for its not so much heard but felt
Role in the band

To the side of the stage
Looking down from the third floor
Like us
Folks sit in front of the back wall
Behind them commissioned graffiti
(is it still graffiti when it's commissioned)
A feathered mask

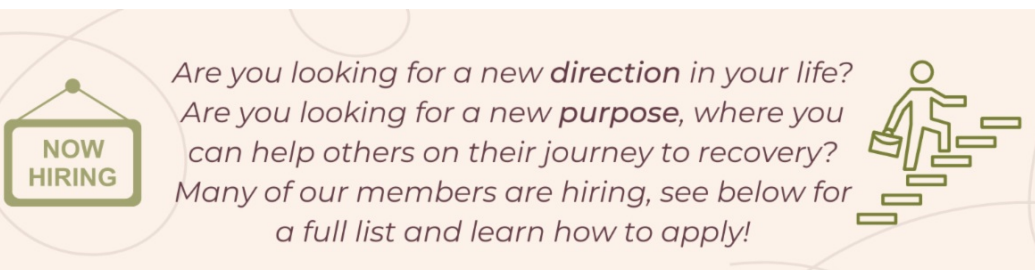
Beside a lamp post
Highlighted by glow in the dark green
And a sign that says "Bourbon Street"
But this is Nashville
A Nashville blues bar
And I'm 2,455 days sober
6 years and almost 9 months

I can hear the gasps of concern
"A bar is a very dangerous place
For someone like you"
Not necessarily
For the first few years, absolutely
But then
An unexpected tipping point
I no longer dreamed of its flavor
On my tongue
Of the numbing of my body
And waved inhibitions
Now, I enjoy remaining in full control
Drinks that warm me from their temperature
Not their percent proof

But most of all
I love remembering nights like tonight
Every single detail of the band and the art
Of my husband's face
As we watch our first live music
In more than two years
Yes, these are the things I want
Not a drink that made me feel good for a moment
And terrible for hours, days afterward
Why would I want that
When in forty years, I'll still remember his rapture
And that alligator
Encircled by piano keys
Behind him

*Pen name of Amanda Nevius, RPV's Deputy Director. She writes under her maiden name to honor her father who she lost to AUD.

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

CEU Eligible Professional Development



New England (HHS Region 1)

MHTTC

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

The Therapeutic Use of Humor in Treatment and Recovery

Humor is a part of daily living that has been shown to improve mental, physical, and emotional health. Laughter can bring us through some of the darkest times when hope seems glim. Despite the benefits and need for laughter and humor, helping professionals are taught very little about the therapeutic benefits of humor in treatment and recovery.

[Register Here](#)



Peer Recovery Support Specialists: How Much is Too Much? Determining When and How Much We Self-Disclose

In this community of practice, we'll focus on how to decide when and what to share when providing peer support services. We'll talk through the importance of centering mutuality and the relational aspect of peer support when deciding what to share. We'll also discuss how to effectively identify personal boundaries around sharing experiences.

[Register Here](#)



Providing Culturally Responsive Care to the LGBT Population

This training is intended for any provider who is caring for or in contact with LGBT individuals, including mental health and substance use disorder clinicians, HIV healthcare providers, government employees, primary care providers, public health practitioners, prevention specialists, community-based organizations, educators, and school-based care providers and staff.

[Register Here](#)



Health Education & Training Institute

Motivational Interviewing: Deepening the Practice

Free of Charge - HETI specializes in Motivational Interviewing training & coaching for individuals and agencies working in the criminal justice, health care, and social services.

Instructor: Stephen Andrew LCSW, LADC, CCS

Register for MI

Ethics, Law & Substance Use

Ethical decisions are often complex and multifaceted, as well as lacking simple solutions. There are many 'gray areas' that demand both reflection and the use of decision making skills. This class will provide you with the opportunity to evaluate boundaries when working with people, and to learn models of ethical decision making. We will explore exercises that help define and resolve ethical problems at work. We will also discuss the link between the quality of ethics and the quality of care.

Register for Ethics



CCAR Training Schedule

> Wednesday through Friday, June 5th through 7th
This training will be held 5 pm to 9 pm EST.

Ethical Considerations for Recovery Coaches©

> Monday through Friday, June 10th through 14th
This training will be held 5 pm to 9 pm EST.

Recovery Coach Academy©

See CCAR Training Schedule

Other Professional Development



PEER RECOVERY
CENTER OF EXCELLENCE

Optimizing Recovery Funding (ORF) - Peer Recovery Center of Excellence

In late 2021 the Substance Abuse and Mental Health Services Administration (SAMHSA) provided the Peer Recovery Center of Excellence (PR CoE) with supplemental funding for a special project to identify and recommend best practices and strategies to optimize funding for high-quality and effective recovery support services....

[Download PDF](#)

Member Events & Triumphs

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



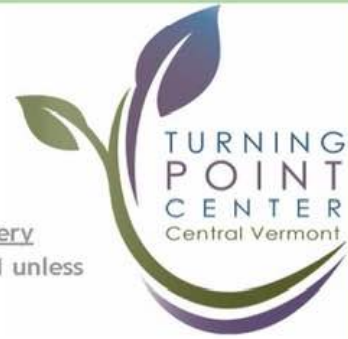
-  **Hike with us!**
-  **Donate!**
-  **Spread the word!**



[Learn More Here!!](#)

Excited news for the Recovery Community in
Central Vermont!!

MAY 2024 MEETINGS:



These meetings will take place at the NEW Recovery Community Center: 17 Ayers St. Barre, VT 05641 unless otherwise stated.

For more information please call 802-622-0251

All Recovery - Mondays & Fridays from 4pm to 5pm
And starting 5/28 Every Weekday from 9am to 10am

Making Recovery Easier - Wednesdays from 4pm to 5:30pm

SMART Group - Thursdays from 4pm to 5pm

Women's Group - Thursdays from 11:30am to 12:30pm
Located at the Episcopal Church-Good Shepherd, 39 Washington St, in Barre

Moving Forward (Grief Group) - Tuesday 5/14 and Tuesday 5/28
From 4pm to 5pm

****Please note that the Recovery Community Center will be closed all day for Memorial Day 5/27/24.****

Can you help Kingdom Recovery Center?

KINGDOM RECOVERY CENTER

EVERYDAY WE WORK TO CHANGE LIVES

TO SAVE LIVES

NOW, WE NEED YOUR HELP

We can't do this alone and we need your help. Providing this stability is critical for folks in recovery, those seeking recovery, and family members needing support.

Our goal is to raise \$50,000 that will allow us to:

- Keep our doors open
- Pay our staff
- Continue to help people.



KINGDOM
Recovery Center

CAN YOU DONATE TODAY?

297 Summer ST., St. Johnsbury, VT 05819

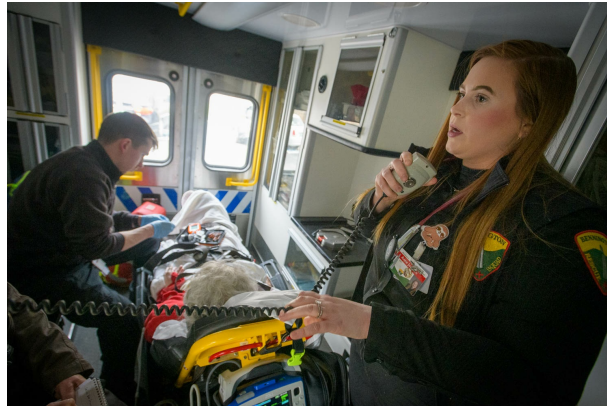
www.krcstj.org/donations

www.givebutter.com/krcstj



★ ★ We need your support today,
We appreciate any support. ★ ★

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



[A Pilot Program in Rural Vermont Hopes to Build a Blueprint for Substance Abuse Recovery | The Daily Yonder](#)

Tucked away on a quiet side street in downtown Bennington, Vermont, is the public library. It's an imposing brick building, remodeled in the 1930s to mirror a 19th century courthouse with huge arched windows that bathe the interior in natural light, even in the gloom of Vermont's long winter days. Recently, it's been troubled by a very 21st century problem.

[Read More](#)

Turning Point Center of Rutland celebrated 20 years of serving the community on April 30th!

20
Anniversary

*Thank you for all you've
done and continue to
do for all Vermonters!*



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

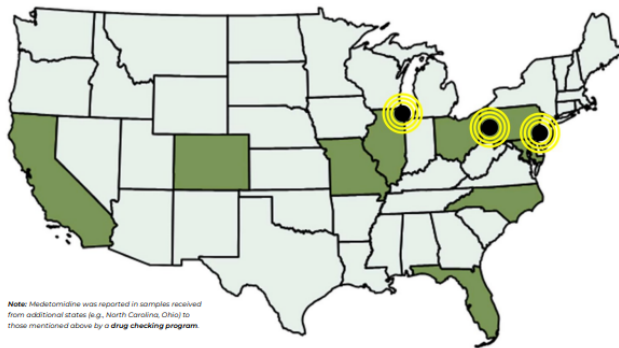
MEDETOMIDINE RAPIDLY PROLIFERATING ACROSS USA — IMPLICATED IN RECREATIONAL OPIOID DRUG SUPPLY & CAUSING OVERDOSE OUTBREAKS

PURPOSE: The objective of this announcement is to notify public health, harm reduction, first responders, clinicians, medical examiners and coroners, forensic and clinical laboratories, and all other related communities about new information surrounding the emergent adulterant **medetomidine** (also referred to as dexmedetomidine).

BACKGROUND: Medetomidine is an alpha-2 agonist, belonging to the same family of drugs as xylazine and clonidine. Medetomidine is synthetically manufactured and exists in two enantiomeric forms: **dexmedetomidine** and levomedetomidine, the former being active and potent. Dexmedetomidine is approved for use in humans and is administered in hospital, while differing forms of medetomidine are available for use in veterinary medicine. The effects of **medetomidine** can include sedation, analgesia, muscle relaxation, anxiolysis, bradycardia, hypotension, hyperglycemia, and hallucinations. Duration of action is noted to be longer for medetomidine relative to xylazine.

SUMMARY: Medetomidine is the latest CNS depressant to appear as an adulterant alongside fentanyl in the recreational drug supply. Recent mass overdose outbreaks in Philadelphia, Pittsburgh, and Chicago have all been associated with fentanyl or heroin drug products containing medetomidine, as well xylazine and/or other substances. In cases where medetomidine ingestion is suspected or confirmed, severe adverse effects have been noted, including **heightened sedation and profound bradycardia**.

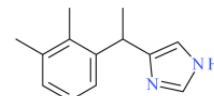
TIMEFRAME	DESCRIPTION OF MEDETOMIDINE IDENTIFICATIONS AND OVERDOSE EVENTS
Late 2022	Medetomidine begins appearing more regularly in the Maryland drug supply, following its first detection in July 2022. Medetomidine is commonly identified alongside fentanyl, xylazine, and other substances.
Mid-to-Late 2023	Medetomidine is sporadically identified in toxicology specimens collected from patients presenting to emergency departments after suspected opioid overdose (confirmed to not be administered). Overdose events originated from Missouri, Colorado, Pennsylvania, California, and Maryland . Medetomidine is commonly detected with fentanyl.
January 2024	An alert is issued out of Toronto, ON , about the emergence of medetomidine in the drug supply. This is followed by increased positivity in subsequent weeks and months, as medetomidine is found alongside fentanyl in suspected opioid products and commonly in combination with xylazine and other substances.
Early 2024	Medetomidine detections increase in drug materials and toxicology specimens originating from western Canada, including Vancouver, BC , commonly alongside fentanyl and other opioids.
Late April 2024	Medetomidine first appears in drug products in Philadelphia, PA , causing a large scale outbreak of overdoses and adverse events. Medetomidine is identified alongside fentanyl and xylazine.
Early May 2024	Medetomidine first appears in drug products in Pittsburgh, PA , causing a large scale outbreak of overdoses and adverse events. Medetomidine is identified alongside fentanyl and xylazine.
Early May 2024	Medetomidine first appears in drug products in Chicago, IL , causing a large scale outbreak of overdoses and adverse events. Medetomidine is identified alongside fentanyl and xylazine, or alongside heroin without xylazine.



Note: Medetomidine was reported in samples received from additional states (e.g., North Carolina, Ohio) to those mentioned above by a drug checking program.

◀ GEOGRAPHICAL DISTRIBUTION OF MEDETOMIDINE EMERGENCE

Medetomidine has been identified across several states in the U.S. and Canada, and is recently being observed in severe overdose outbreaks in major metropolitan areas (as marked).



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DISCLOSURE The authors declare no competing financial interests. The authors are not affiliated with any pharmaceutical or chemical industry. The authors are not affiliated with any pharmaceutical or chemical industry.

Resources



Can adolescents be "in recovery"? Findings from a large state-wide study

One in ten American adults have resolved a significant substance use

problem, and half of them identify as being in recovery, yet much less is known about adolescents in this regard. This study investigated the recovery status of adolescents.

[Read More](#)



[A Senior's Guide to Fentanyl](#)

What You'll Learn: An understanding of Fentanyl, the threat it poses and how to have conversations with adult children and grandchildren.

Stories of fentanyl have populated news outlets nationwide for years, but many individuals still are unclear about precisely what it is and why it is so dangerous. At ECDOL, we aim to inform aging adults about issues that may affect them or their loved ones. To help, we created a guide that explains in detail what fentanyl is, why it is so dangerous, and how individuals can talk to their loved ones about it.

[Read More](#)



[Key Points from the Opioid-Related Overdose Deaths Brief, 2023 Preliminary Data](#)

While this report is data-driven, it is important to note that each data point refers to someone who lost their life due to substance use. Therefore, these data should be viewed in the context of that humanity. The preliminary 2023 opioid-related accidental and undetermined fatal overdose data show a decrease in opioid-related overdose deaths.

[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!

*Give for
Recovery!*



You could save someone's life.

Find the nearest
Vermont Narcan Distributor

[CLICK HERE](#)

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