



Recovery Roundup | July 2024

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

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## Time for Fun





a message from  
*Gary De Carolis*



*There is no group of people who work harder than employees of Vermont's peer recovery organizations. Every day is filled with supporting guests who are often very new to recovery, clinging to the hope that this time can be different. I hear from staff around the state that there is no better work than what they do in our recovery organizations. That said, it is also extremely important that all our employees "work to live and not live to work." That can be easier said than done!!*

*This past Tuesday we had our first all-member staff and family gathering at Silver Lake State Park, Barnard, VT. We hope this will become an annual event for all member agencies and their staff and families. Allie Mullin, Information Specialist, Recovery Partners of VT, organized the event. Over 65 of us gathered for swimming, great food, conversation, bocce, and cornhole competitions. The weather was beautiful, the water was the perfect temperature, and it was a relaxing, fellowship-filled day. I overheard one person say, "We need to do this once a month back at our center." Self-care and community care are so important. One of the themes for this year's Recovery is the Answer! Peer Support is the Way! Conference is self-care. We hope to see many of you there on October 22 & 23, at the Killington Grand Hotel. It is shaping up to be an amazing event. Until next summer, keep taking good care of YOU!!*

*PS: The photo at the top of this column sits on a wall in my house as a reminder of the fullness of life.*





# Recovery is the Answer!

Peer Support is the Way Conference

## Recovery Stars Benefit Dinner & Auction



Recovery Partners  
of Vermont

10.22-23.24 | Killington Grand Hotel | Killington, VT

"Shared Knowledge, Shared Wisdom & a Celebration of the diversity of services & supports in Vermont's Recovery Organizations."

Registration  
Opens 8/1!

Keynote Speaker



Daryl McGraw,  
MA, CAC, CCJP  
Founder of Formerly, Inc.

Recovery Stars  
Award



2024 Recipients  
The Tatro Family  
Founders of Jenna's  
Promise

Mark Heljas  
Recovery Pioneer Award



2024 Recipient  
Lila Bennett  
Executive Director  
Journey to Recovery

13 Workshops including:

- From Trail to Transformation
- Emotional Sobriety
- Reducing Teen Substance Use and Increasing Teen Coping Skills
- Aiding Recovery through Trauma-Sensitive Yoga

New this year

- Seven-person panel on recovery coaching in the correctional system
- Dedicated time to visit the Sponsor Hall
- Psychological First-Aid Training

## Thank you to ALL our Sponsors!



## Together, We Can Make A Difference



Support your community and protect the planet with one purchase. For each \$2.50 reusable Community Bag purchased this month, our selected Hannaford will donate \$1 to our organization.



For the entire month of August when you buy a reusable bag at the Hannaford location listed below, \$1 will be donated to Recovery Partners of Vermont:

277 Swanton Road, Highgate Shopping Center, St. Albans, VT

Thank you,  
St. Albans  
Hannaford!



Recovery Partners  
of Vermont



# Self-Compassion

By: Liza Ryan, MSW, CRC



*In the world of recovery services, we are compelled to provide resources and offer support out of compassion towards others. The ability to offer this nonjudgemental and impartial feedback towards others may seem natural for some of us, but what may feel unnatural is turning that compassion inwards towards ourselves. When we turn that compassion inwards it is called self-compassion, and it means that we can be kind and understanding towards ourselves rather than being critical. When we can build self-compassion into a practice for ourselves, we increase our ability to cope and grow our resilience. In a work environment where our resilience can feel tested on daily, weekly or monthly basis, it is important to be able to have self-compassion tools to keep up our mental health and physical health. See below for some helpful tips on self-compassion and challenge yourself to grow your own practice. If you interested in learning more, visit the website of [Dr. Kristin Neff](#) for some great resources!*

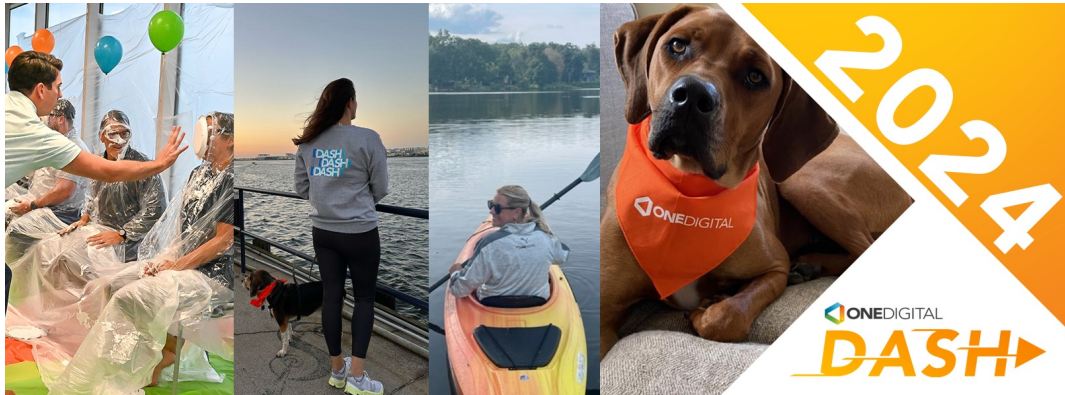
- *Develop a mindfulness routine and increase self-awareness*
- *Comfort your body (eat something healthy, get a massage, take a walk)*
- *Write a letter to yourself*
- *Give yourself encouragement*
- *Try saying "thank you" instead of "sorry", for example: "Thank you for your patience" vs "Sorry for being late"*
- *Practice a self-compassion themed meditation (Try the Calm app or Headspace app!)*
- *Keep a self-compassion journal, there are plenty of journal prompts online to start with!*

Dr. Kristen Neff Website



*Thank you, North Country Federal Credit Union for your generosity! With this incredible grant all of our member Recovery Centers now offer a **Parents in Recovery Program**!!*

*This wouldn't have been possible without your support.  
Thank you for investing in recovery and Vermonters!*



*We are extremely honored to have been chosen as a recipient of the OneDigital DASH! Thank You!*

OneDigital employees from all over the country come together to race virtually for 1 week to raise funds for organizations that are making a HUGE impact in communities all across America. 100% of funds raised will be donated to local organizations in your region, with 50% of the proceeds specifically slotted to support organizations that focus on DEI&B (Diversity, Equity, Inclusion & Belonging) efforts.

[Learn More About This Fundraiser](#)

# 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, Human Resources Manager| Learn more and apply **here**.
- **North Central Vermont Recovery Center** - Recovery Coach in the Emergency Department, apply **here**.
- **Turning Point Center of Addison County** - Recovery Coach Supervisor, apply **here**.
- **Jenna's Promise** - Executive Director, learn more **here**.

## CEU Approved Professional Development



New England (HHS Region 1)

**MHTTC**

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

### From Coworker to Supervisor: Tips to transition effectively

Navigating a transition from coworker or team member into a Supervisor or Manager position is not as simple as applying for and accepting the job. After all, you are now responsible for overseeing one or more staff members in their roles, handling administrative tasks, and managing new relationships.

[Register Here](#)



### Peer Recovery Support Specialists: Yours, Mine, or the System's; Who gets to Own Our Lived Experience?

In this community of practice, we'll discuss the impact of sharing our

lived experiences, particularly those that we share through an intersectional lens. We'll talk about strategies to avoid systemic co-optation of our lived experiences. We'll also discuss ways to identify our own boundaries in order to avoid exploitation.

[Register Here](#)



### The Addiction and Harm Reduction Potential of Kratom in Substance Use Disorders

Kratom (*Mitragyna speciosa*) products have gained both scientific and public interest in the US with increased reports of both adverse outcomes as well as potential deaths linked to its use. The scientific literature has reported on potential benefits of kratom as a harm reduction tool for opioid and stimulant use disorders but also reports on the limitations of its benefits by causing dependence, sometimes described as kratom use disorder.

[Register Here](#)



### CCAR Training Schedule

> Monday through Friday, August 12th through 16th

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

**Recovery Coach Academy©**

[Full CCAR Training Schedule](#)

## 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!**



SCAN ME



**For more info please contact**  
**Justin Johnston**  
**8024909525**  
**[jjohnston@turningpointwc.org](mailto:jjohnston@turningpointwc.org)**

[Learn More Here!!](#)

**Change of Date! The Annual Open House at Jenna's Promise is now on August 24th!**





ANNUAL OPEN HOUSE & COMMUNITY CONCERT

# CHANGE OF DATE!

The date of our annual Open House is now scheduled for

**August 24th**  
**Doors open 11:30 am - 4 pm!**

Join us for a community day filled with food, music, and free activities.  
More details to follow.

Members in the News!



## Program aims to help parents in recovery get back on track

A program aimed at helping parents suffering from substance use disorder continues to grow in Chittenden County. The goal of the Parents in Recovery program is to create a plan to help parents get back on track. Addiction specialists at the Turning Point Center of Chittenden County say participation has risen 40% since 2022.

[Read More](#)

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ADDISON COUNTY  
**INDEPENDENT**

## Vending machines to provide free overdose meds in Middlebury, Vergennes

Addison County is about to become only the third county in the state to host outdoor vending machines dispensing naloxone - a medication that rapidly reverses the effects of opioid overdose.

[Read More](#)

Come on out for some great music while also supporting Turning Point Center of Rutland at Merchants Hall on August 17!

BENEFIT CONCERT!

# Turning Point Center Rutland

Embracing Recovery

Half of Ticket sales & all profit from raffle will be donated to Turning Point Center Rutland

42 Merchants Row, Rutland, VT

## Breanna & The Boys

Celebrate song release "Where the snakes live" a tribute to a friend lost to addiction.



## Emma Jeanne Hoops

Flow Arts Performer

August  
17

DOORS AT 7,  
SHOW AT 7:30



Join Kingdom Recovery Center for Dr. Bob's Birthday Bash on August 8th starting at 12PM!

JOIN US FOR OUR



**DR. BOB'S BIRTHDAY  
BASH**

NEW & IMPROVED KRC

THURSDAY, AUGUST 8, 12 PM

**12 - 2 PM**

CELEBRATING DR. BOB'S BIRTHDAY AND THE  
NEW & IMPROVED KRC  
JOIN US FOR A COOKOUT AND CELEBRATION

BY DONATION

KINGDOM RECOVERY CENTER  
297 SUMMER ST., ST. JOHNSBURY, VT 05819  
802 751 8520  
[WWW.KRCSTJ.ORG](http://WWW.KRCSTJ.ORG)

Other Professional Development

NATIONAL COUNCIL  
for **Mental Wellbeing**

Creating a Trauma-Informed Recovery Oriented System of Care  
- Webinar #1

Research has demonstrated that people who have experienced multiple adverse childhood experiences (ACEs) are at greater risk for mental

health and substance use challenges; conversely, many of these individuals are also at greater risk for traumatic events.

[Register Here](#)



## Center on Rural Addiction

UNIVERSITY OF VERMONT

### Recovery Housing as a Bridge to Aligning Social and Medical Interventions

This presentation will discuss Recovery Housing as a model to bridge social and medical needs. The speakers will define the concept of a recovery ecosystem and how we can use holistic models to promote recovery. It will also address Recovery Housing in rural communities and share program case studies and successful blended funding strategies that promote the development of these programs.

[Register](#)



New England (HHS Region 1)

**PTTC**

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

### The Importance of Accessibility: 5 Simple Steps

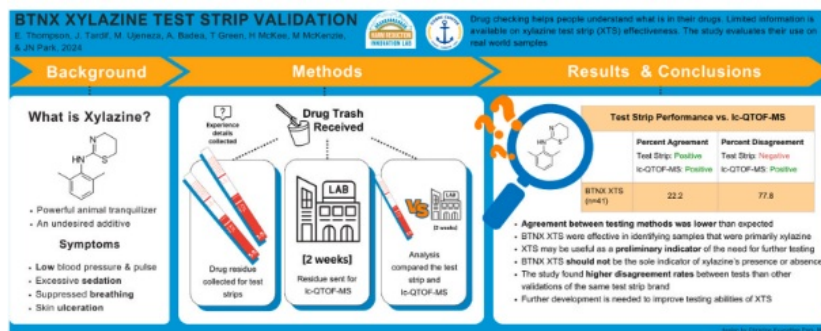
Accessibility is crucial for creating an inclusive environment where everyone, regardless of ability, can access and benefit from information and resources. Here's why accessibility matters:

- Everyone feels included and valued.
- It benefits all users, including those with temporary disabilities and non-native English speakers.
- It helps meet legal requirements and avoid issues.
- Accessible content reaches a wider audience.
- It shows commitment to equity and social responsibility.

[Learn How You Can be More Accessible](#)

## Resources

[Report: Pilot Findings of Xylazine Test Strips](#)



[Read Report](#)



[Medicaid Reimbursement for Peer Support Services: A Detailed Analysis of Rates, Processes, and Procedures](#)

As part of the PR CoE's supplemental funding provided in 2023 to increase the number of Recovery Community Organizations able to bill insurance and be reimbursed for peer recovery support services, this report was developed to provide a state-by-state analysis of Medicaid reimbursement specifically for peer support services, including peer recovery support services for substance use disorders and mental health peer support services.

[Read More](#)



[New Nitazene Data - Ongoing Evaluation of an Emerging Threat](#)

Nitazene analogs, a class of illicitly-manufactured opioids that are not approved for human use, are known for their high potency and ability to contribute to adverse events, such as overdose deaths.<sup>1</sup> While illicitly-

manufactured fentanyl remains the predominant driver of overdoses in the US, peer-reviewed publications and data reported by surveillance organizations continue to indicate that nitazenes are part of an ongoing public health threat.

Learn More



### Exploring diverse pathways to alcohol use disorder recovery

Alcohol use disorder causes many harms for individuals, families, and communities, though most eventually resolve their alcohol problem through many types of recovery pathways. This study examined recovery processes among individuals who never attended addiction treatment.

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/](http://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.*

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