



Recovery Roundup | August 2024

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

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Time to Grow & Stretch



a message from
Gary De Carolis



As we bid farewell to the hot days of summer, planning is in high gear for our 3rd Annual Recovery is the Answer! Peer Support is the Way! Conference and 2nd Annual Recovery Stars Benefit Dinner & Silent Auction. Fall always reminds me of a renewed sense of learning and growing. I guess with the resumption of school that is not too surprising. In our recovery work we also have adopted fall as our learning season.

When we started the Recovery is the Answer! Conference, the goal was to harness the collective knowledge and experience of staff across our recovery organizations. Each member organization has expertise in different aspects of our work that others can benefit from. Prior to our first conference, there had never been an opportunity for us all to come together, celebrate each other, and acknowledge our life-saving and life-changing efforts. Thus, the Recovery is the Answer! Conference was born. Three years later, it has become a highlight of the year for many.

Our 2nd Annual Recovery Stars Benefit Dinner & Silent Auction started a year later than the conference and provides an opportunity for the recovery community to come together on the evening of the first day of the conference. We'll share a meal, hear from one of our members about their recovery journey (this year featuring Danielle Wallace), and recognize outstanding work done on behalf of the recovery community. This year, we'll celebrate the tremendous effort by the Tatro Family on behalf of their daughter and sister, Jenna Tatro, whose life was tragically cut short by an overdose. Additionally, the Mark Helijas Recovery Pioneer Award will be presented to Lila Bennett, who started a social detox bed program at the Journey to Recovery Community Center in Newport, VT. Mark Helijas, who founded the first recovery center in Vermont at White River Junction, will personally present the award to Lila.

To register for the conference and/or the dinner, please go to:
<https://givebutter.com/rpv2024conferencedinner>

Both events will be held at the Killington Grand Hotel on Tuesday, October 22, and Wednesday, October 23. We hope to see you there. We extend our heartfelt thanks to our amazing sponsors, including our lead sponsors: Community Health Administration of Rutland, M&T Bank, and Valley Vista. Thank you.



3rd Annual

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 is Open!!



Or visit:

givebutter.com/rpv2024conferencedinner

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 Helijas 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!



Vicarious Trauma is Direct Trauma

By: Liza Ryan, MSW, CRC


As discussed in the previous columns related to wellness in the field of peer recovery work, there are many different ways to prioritize self-care, promote healthy workplaces and create boundaries in your personal life and work life. In this column, we will address some myths and also realities of burn out and how it relates to trauma.

In the mental health field there is a term called "vicarious trauma" and it has commonly been used to describe the negative reactions that affect people who work with indirect trauma. Indirect trauma may include working with trauma survivors or those witnessing ones fear, pain, terror and retelling about someone else's trauma. In recent years, professionals have moved towards no longer identifying this as indirect trauma but rather direct trauma. Why this shift? Those who regular work with trauma survivors or are responding regularly to those in crisis, are developing trauma symptoms of their own. People who regularly interact in these environments include first responders, medical personnel, harm reduction specialists, mental health practitioners, social workers and peer recovery workers. This is an important shift to recognize because it means that professionals in those fields need to work extra hard to prioritize their own wellness. See below for some strategies to help prevent a build of chronic stress and promote your health!




Read Liza's Column

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| Women's Regional Manager | Community Relations, learn more and apply **here**.
- **North Central Vermont Recovery Center** - Recovery Coach in the Emergency Department, apply **here**.
- **Jenna's Promise** - Executive Director, learn more **here**.

CEU Approved Professional Development



Health Education & Training Institute

HETI Maine - Motivational Interviewing: Deepening the Practice

Free Training!

September 10 & 17, 2024 | 12PM - 3PM

Instructor: Stephen Andrew LCSW, LADC, CCS

Motivational Interviewing is a client-centered, evidence-based, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. After orientation to the underlying spirit, structure, and principles of Motivational Interviewing, practical exercises will help participants strengthen empathy skills, recognize and elicit patient change talk, and roll with resistance.

[Register Here](#)



Recovery-Oriented Transformational Leadership

Registration deadline: 10/25/24

Virtual Trainer: Samson Teklemariam, LPC, CPTM

According to the Department of Employment and Development, indicators show that over 15% of mental health and substance use counselors are predicted to leave their profession in the next year. "Quiet quitting," a workforce disruptor, has recently impacted the addiction profession. Now more than ever, effective leadership can be the difference-maker of a successful or failing program. Existing and emerging leaders need a recovery-oriented leadership model that is ideal for the workforce and patients we serve. This presentation will identify some of the challenges in creating a stable and healthy work culture for recovery organizations and provide a leadership framework that blends evidence-based leadership strategies that fit the addiction profession's primary leadership needs.

[Register Here](#)



Northwest (HHS Region 10)

ATTC

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

Stimulants 101: The 6-Hour Curriculum (Fall 2024)

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](#)



MI Center
for Change

Motivational Interviewing in Groups

September 12 | 2 - 3:30PM

Join Motivational Interviewing Network of Trainer (MINT) members and psychologists Dr. Karen Ingersoll and Dr. Chris Wagner, co-authors of *Motivational Interviewing in Groups*, to explore the applications of MI in groups. We are going to explore MI-based group structuring techniques, as well as the three processes of MI in groups. This will be an engaging conversation & learning opportunity about the applications of MI in group work! Register **HERE**.

Motivational Interviewing Intro Masterclass

September 26th | 1 - 2PM

FREE live Intro Masterclass with Motivational Interviewing Network of Trainers (MINT) member Hillary Logan, LCSW, LCAS. Register **HERE**.

[Entire Events Calendar](#)



CCAR Training Schedule

Wednesday through Friday, September 4th through 6th

Ethical Considerations for Recovery Coaches©

This training will be held 5 pm to 9 pm EST.

Full CCAR Training Schedule

Member Events & Triumphs

In the News!!



[A mother turns grief over her daughter's overdose death into a movement to save others struggling with addiction | CNN](#)

Dawn Tatro and her husband purchased the abandoned church they once attended and where they held their daughter Jenna's funeral. Today, it's the center of their nonprofit, Jenna's Promise, where they are fulfilling her wish to help other women struggling to stay sober and thrive.

Read More About CNN's Hero - Dawn Tatro



[Federal funding boosts Barre recovery center](#)

Community members in Barre are celebrating a boost for treatment and recovery in Central Vermont. Turning Point of Central Vermont is moving into a new location and will revamp a historic building with help from a

\$400,000 congressional earmark. They say it will allow them to expand addiction and recovery coaching services with a focus on families and youth to try to break the cycle of opioid and alcohol addiction. Congresswoman Becca Balint says having a public-facing space will also help break the stigma.


[Read More](#)

Overdose Awareness Day Events

Overdose Awareness Day

Candle Light Vigil

Saturday 08/31/2024 from 5 PM to 8 PM.



Join Us at Depot Park to honor those we have lost to overdose with a candle light vigil & a drum beat for each life lost in 2023, as well as information on overdose prevention, support, & education.

Turning Point Center of Rutland
(802)773-6010

JOIN US FOR OUR

OVERDOSE AWARENESS WALK



Addiction is not a character flaw, or a moral failing, or something you could have “fixed.” It’s an illness just like any other, and it impacted your loved one’s brain and body.

Please join us for an evening of support, true stories, empathy, & resources as we walk through town and then gather at the green at 6pm to honor and support family and friends impacted by addiction.

When: August 31st @4:30pm

Where: Meet at

147 Main Street (Old Firehouse)

Windsor VT 05089

www.cvarinc.org (802)674-9400

Candle Lighting Vigil

Join us

Aug 30th 3:00-4:00PM



Kingdom Recovery Center

297 Summer Street
St. Johnsbury, VT 05819
802-751-8520

Fundraisers & Celebrations

CELEBRATE
CNN HERO
DAWN TATRO!

FREE



4TH ANNUAL JENNA'S PROMISE

OPEN HOUSE & COMMUNITY CONCERT

August, 24th 2024



Free food, live music, games, face painting & more!
(Food trucks and raffles are available at additional costs)

EVENT DETAILS:

Doors Open: 11:30 am
Ceremony: Noon
Live music/Concert: 2 pm

Jenna's House
117 St. Johns Street, Johnson

Contact:
Info@jennaspromise.org

Live Music by: THEM



SoberFest

Brought to you by,

Turning Point Center of Bennington

Saturday, September 7 | 12PM

Lower Willow Park, Bennington

Donations are appreciated but not expected

All are welcome!

FREE Wilcox Ice Cream!!

Live music starts at 1PM

Headliner - Reed Foehl

☀️ John Dillon ☀️ Laura Leigh ☀️ Dave Pettigrew
☀️ Alli & Adam ☀️ Stateline ☀️ & Others!

- Vendor Village
- Family Village
- Wellness Village
- Fly Fishing, Putt Putt Golf, Tie Dye, Photo Ops, Yoga & more!
- Hand Drumming with Otha Day

All Recovery Meeting at 12:30PM

Community Dinner at 5:15PM

Our Sponsors: *Candle Lighting at Dusk*



"Hope Starts Here"



20th



ANNIVERSARY & SPAGHETTI DINNER FRIDAY, SEPT. 13 FROM 3:00-6:00 PM

All are welcome.

3 pm Socializing & Community Partners tables

with music by : Randy & Gino

3:30 pm Speeches, Readings, and Awards

Spaghetti Dinner following

Menu:

Meatball & spaghetti dinner

includes salad, garlic bread, and dessert.

Food will be served as long as it lasts.

5:45 Art Raffle Drawing will take place.

Art Raffle for \$2.00 a ticket.

Check out our Facebook for

Artwork

This is a free community dinner. Donations of any amount will gladly be accepted.

802-751-8520
297 SUMMER ST, ST JOHNSBURY VT
802-751-8520

STEVE
MCNAULTY/
BEANTOWN'S
MEATBALL
RECIPE





When: Sep 7, 2024 Time 10 AM to 3 PM

Where: Meadow Street Park, Rutland VT

Speakers: *Louis N., Dawn Tatro, Michael Daly* 12 PM - 1 PM

Music: *Johnny Widell Live 10 AM-11 AM , TPCR DJ Alex 11 AM - 1 PM ,
Broanna Elaine Live 1 PM -3 PM*

Contest: **CHILI COOK-OFF** **Entree Fee: \$25.00 or \$40.00 for 2**

Grand Prize: **Koy Honda 5 Star Complete Detailing \$299.99 Value**

Free Food: Hotdogs, Chips and Water

*Face painting, Corn Hole, Dunk Tank, Circus Bounce, Kid Friendly,
Recovery Merchandise and so much more.

50/50 Raffle 1 for \$5.00 or 5 for \$20.00

Sponsor By Casella,

*Please join us in raising awareness and reducing stigma while we celebrate our recovery
community and all those who have supported us along the way.

*If your organization would like to show support and join the celebration and would like a spot to
put your booth please contact Michael Daly at mdaly@tpcrutland.org or call (802)773-6010





20
YEAR

Anniversary
CELEBRATION

SATURDAY, SEPTEMBER 21ST, 2024
1:00 PM - 4:00 PM

FOOD • RESOURCES • GAMES • MUSIC

TURNING POINT RECOVERY CENTER

**7 Morgan Street,
Springfield, VT 05156**

Questions? (802) 885-4668

LIVE MUSIC BY: **RUSTED
BONES**

5K JOURNEY TO RECOVERY
RUN/WALK

SEPTEMBER 7, 2024

Located at NCUHS
Registration 7:30-8:45 AM
Event from 9 AM - 1 PM

Stop By, Visit Us on or Scan QR code to Pre-register

\$35.00 PER ENTRANT

For More Info: jtr-cc.org

FREE T-SHIRT TO THE FIRST 50 ENTRANTS

JOURNEY TO RECOVERY COMMUNITY CENTER
VALLEY VISTA
TIVOLY

Come join us for a fun-filled day of running and walking to support recovery! Our 5k event is open to all fitness levels, so whether you're a seasoned runner or just looking for a leisurely stroll, this event is for you. Lace up your sneakers and hit the pavement with us as we raise awareness for mental health and addiction recovery. Let's journey together towards a healthier, happier future. See you at the starting line!

Other Professional Development



On-Demand Nonprofit Training

Common Good Vermont is excited to offer discounted access to e-

learning courses through a partnership with MindEdge. These courses complement Common Good Vermont's offering and provide nonprofit professionals with on-demand learning opportunities when it's needed. This is a great option for busy nonprofit professionals looking to gain the skills they need on their own time, at their own pace, and from any location.

[Register Here](#)



[Contingency Management - Center on Rural Addiction UVM](#)

UVM CORA has developed educational resources on the use of CM for treatment providers, policymakers, health departments, health services, and clinicians.

Our *UVM CORA Contingency Management Provider Training*

Video highlights:

- Basic elements of the CM treatment approach
- Why providers should consider CM for their patients who struggle with substance use
- Evidence supporting the use of CM
- Important steps and considerations for using CM
- Resources available through UVM CORA to help support these efforts

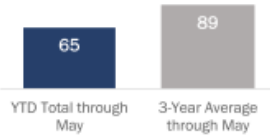
[Read More](#)

Resources

Summary of 2024 Opioid Deaths (to date):

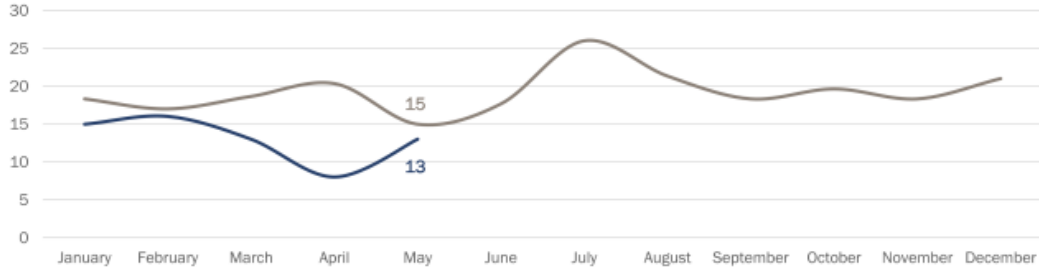
August 14, 2024

As of the end of May, there have been 65 opioid-related accidental and undetermined deaths among Vermont residents. The number of opioid deaths is lower than the three-year average through May. Orange County currently has the highest rate of opioid deaths (16.8 per 100,000 residents); this rate is statistically similar to Vermont overall (10.0 per 100,000 residents).



The number of Vermonters dying by opioid overdose is lower this year than in previous years.

Opioid deaths in 2024 and 3-year averages by month among Vermont residents*



Source: Vermont Vital Statistics, 2021-2024. All data from 2023 and 2024 are considered preliminary.

*3-year averages are calculated using the years 2021 to 2023.

Please note there is an 8-week lag in reporting opioid overdose deaths. An 8-week lag minimizes the changes in numbers posted. Opioid deaths through the end of May are included in this report. There are 4 pending death certificates in January 2024, 4 pending death certificates in February 2024, 7 pending death certificates in March 2024, 5 pending death certificates in April 2024, and 10 pending death certificates in May 2024.



FEBRUARY 2024

ADDICTION TECHNOLOGY TRANSFER CENTER (ATTC)
CONTINGENCY MANAGEMENT TASK FORCE

SAMHSA GUIDANCE FOR IMPLEMENTATION OF CONTINGENCY MANAGEMENT TRAINING AND TECHNICAL ASSISTANCE



ATTC

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



August 2024

Live Well, Work Well



The Health Benefits of Camping

OneDigital Newsletter



Safe and Stable Housing Is a Foundation of Successful Recovery | The Daily Yonder

Amy Drum has a new grandbaby she's eager to get home to see. Drum, who lives in the town of Lincolnton, in North Carolina's Piedmont region, had been free of heroin and methamphetamine for a good while before relapsing. It was pretty rough going for a time. She eventually got into 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/



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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802.738.8998 | info@vtrecoverynetwork.org

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