



Recovery Roundup | October 2024

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

Editor in Chief: Allie Mullin | allie@vtrecoverynetwork.org



A Place Called Community (Recovery Community)



a message from
Gary De Carolis



In just a few days, we will gather at the Killington Grand Hotel to kick off two wonderful events: the 2nd Annual Recovery Stars Benefit Dinner & Silent Auction and the 3rd Annual Recovery is the Answer! Peer Support is the Way! Conference. To make these events possible, many pieces had to come together to create a special time for recovery in Vermont.

First of all, I want to acknowledge my amazing staff of professionals who have dedicated themselves to this effort for nearly 10 months. Cielo Phillips has single-handedly gathered over 90 items for our Silent Auction, along with securing more than 60 sponsors! This tremendous effort allows us to offer the conference at no cost to member staff, board members, and community partners. Allie Mullin has been instrumental in putting together the program for both events, handling all of our event marketing, and assisting wherever needed. Amanda Nevius has taken on the role of Conference/Dinner organizer, serving as our GiveButter Guru, badge maker, and so much more to ensure this event is world-class.

I also want to recognize our Conference Committee: Michael Johnson, Lila Bennett, Peter Edwards, Astrid Bradish-Hoyt, Ariel Beaulac, and Christine Allen. Together, they help us make important decisions, such as selecting the recipients of the Recovery Stars Award and the Mark Helijas Recovery Pioneer Award.

I mentioned our 60+ sponsors, and we are incredibly grateful for their support. Special thanks to our Lead Sponsor, Rutland Community Health, and our two Gold Corporate Sponsors, Valley Vista and M&T Bank. Thank you, thank you, thank you!!!

Equally important are the 200+ recovery community staff, board members, and community partners who will attend both events. Without all of you, there would be no Conference and Benefit Dinner. These two events are our way of expressing gratitude for all you do for Vermonters in recovery from Alcohol and/or Substance Use Disorders. So, let's celebrate fellowship, knowledge dissemination through workshops, recognition of outstanding work, and the support of our mission: A Place Called Community!

With gratitude,

*Gary De Carolis
Executive Director, Recovery Partners of Vermont
gary@vtrecoverynetwork.org*



We look forward to seeing you all, next week, at our
3rd Annual Recovery is the Answer! Peer Support is the Way
Conference, 2nd Annual Recovery Stars Benefit Dinner & Auction

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."



Navigating the Change of Seasons

By: Liza Ryan, MSW, CRC

For many individuals living in Vermont, spending time outdoors is a way to practice self-care, spend time with loved ones and engage with recreational hobbies. For those with chronically stressful workplace environments it is important to have outlets to process symptoms of compassion fatigue, burnout or personal stressors and if the change of seasons means an impact to how you practice self-care it is important to monitor that! They say Vermont has something for everyone but not everyone loves the long, dark winters we have. As we approach the change in seasons, and temperature, spend time reflecting on what your needs are and how to ensure that your self-care doesn't dip...even though the temperature will!

Continue reading for winter self-care tips...



[Read Liza's Column](#)

We're honored to have been chosen for VtShares 2024!

VtSHARES 2024

VtSHARES – Employees Care

Monday, October 21, 2024 to Monday November 4, 2024

Vermont State Employees Workplace Giving Campaign



128 Nonprofits



GOAL: 1,045

Employees



GOAL:

\$289,956 Raised

VtSHARES is the State of Vermont employee workplace giving campaign. Green Mountain United Way works with a committee of State employees to organize this fundraising campaign each year. The campaign offers employees with the State of Vermont the opportunity to designate payroll deduction donations to nonprofit organizations serving Vermonters, including United Ways around the state and their partners.

Since 1978, **State of Vermont employees have given nearly \$11 million to Vermont's nonprofits** working in the areas of food access, housing, outdoor recreation, arts, healthcare, conservation, human services, and more.



Green Mountain
United Way



Career Opportunities

- **Vermont Foundation of Recovery** - Human Resources Manager, Membership Manager, learn more and apply **here**.
- **Journey to Recovery Community Center** - School-based Recovery Coach, learn more **here**.
- **Jenna's Promise** - Finance Manager, apply **here**.
- **Kingdom Recovery Center** - Assistant Director, learn how to apply **here**.

Vermont Foundation of Recovery - Strategic Planning RFP

Vermont Foundation of Recovery invites proposals to lead the design and facilitation of board and staff engagement resulting in the development of a three-year strategic plan to take effect in Fiscal Year 2026, starting July, 2025. The selected party will partner with the Officer's Committee of the board and Executive Director to design an effective process to gather staff and board input. The successful bidder will then draft a

Bid for RFP

CEU Approved Professional Development



ETHICAL CONSIDERATIONS FOR RECOVERY COACHES

*Authorized by Connecticut Community
for Addiction Recovery (CCAR)*



**THREE DAYS:
NOVEMBER 6-8**



Course Details

-  **Virtual**
Class will be on Zoom
-  **Schedule**
Class will run from 10am-2pm Wed & Thurs and 10am-12pm on Fri with about 4 hours of course pre-work.
-  **Sponsorship Requirement**
Participants must be sponsored by a host organization, e.g. any organization that has a structure to support recovery coaches

This course takes a close look at the ethical considerations involved in recovery coaching.

Apply for the Course!
Get starting by emailing:
Mickey@JustWork.org



JustWork.org



Training Calendar - Choice Recovery Coaching

CHOICE Recovery Coaching offers training programs to foster Recovery Oriented Systems, enhancing recovery and wellness services in diverse communities and professional settings.

[See Calendar](#)



**CAREERS
OF SUBSTANCE**

Training & Events

Search for Trainings and Events on topics relevant to working in addiction prevention, intervention, treatment and recovery.

[Learn More](#)



**MI Center
for Change**

[View Training Calendar](#)

**CCAR
TRAINING**

CCAR Training Schedule

Monday and Tuesday, November 25th and 26th

Recovery Coaching in Justice Settings©

This training will be held from 10AM to 2PM EST.

Monday through Friday, December 9th through 13th

Recovery Coach Academy©

This training will be held from 5PM to 9PM EST

Full CCAR Training Schedule

Member Events & Triumphs



Free Narcan handed out on 'Save A Life Day'

BRATTLEBORO - The rain didn't stop members of Turning Point of Windham County from handing out free Narcan to members of the public on Thursday afternoon. The Community Substance Use Response (CSUR) hosted "Save A Life Day East" at several locations throughout Windham County. The goal is to have the largest distribution of Narcan in one day in all states East of the Mississippi.

Read More



Parents in Recovery



HALLOWEEN PARTY!

PUMPKIN CARVING!

FACE PAINTING

MUSIC

DRESS UP AND TRICK OR TREAT!

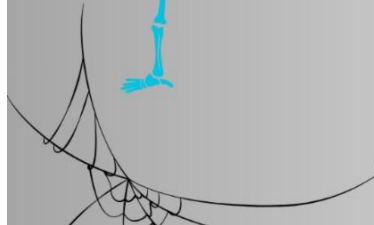


**OCTOBER 31, 2024
11 AM-2 PM**

**LOCATION:
275 BROOKLYN, ST.
MORRISVILLE**

**FOR INFORMATION:
802-851-8120
ALIAH.MONTGOMERY@NCVRC.COM
NCVRC.COM**

**North Central Vermont
RECOVERY
CENTER**





Narcan vending machine up and running in Bennington

The fight against drug overdoses took a big step forward last Friday with the arrival of Bennington's first no-cost Narcan vending machine outside the GBICS facility on Depot Street.

[Read More](#)



**Kingdom
Recovery Center
Sunday Social
Halloween Decoration
& Pumpkin Party
Sunday October 27th
4-6 pm
Call or stop by to sign up
(802) 751-8520
297 Summer St. St. Johnsbury**

Other Professional Development

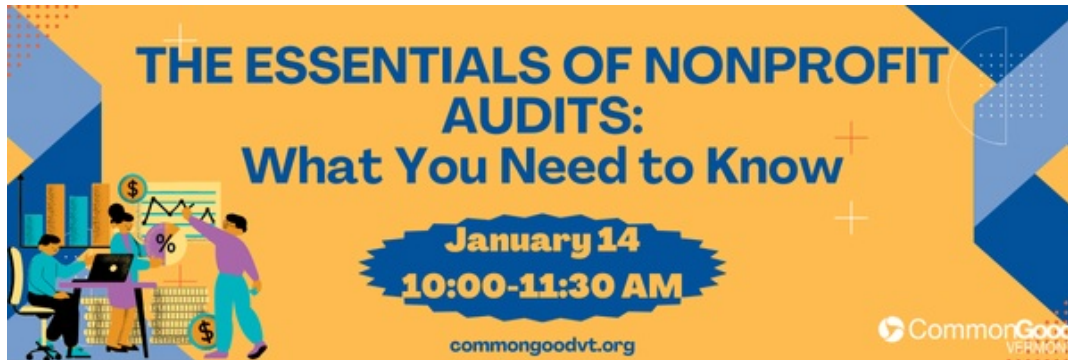


Care, Connections, and Community: Supporting Behavioral Health of Pregnant and Postpartum People

This event is part of a webinar series that includes the September 2022 New England Maternal Health Summit and the April 2024 webinar titled Progress Through Policy: Advancing Birth Equity and Maternal Health in New England.

This webinar will highlight programs, resources, and innovative approaches that improve behavioral health of pregnant and postpartum people in Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont.

Register



The Essentials of Nonprofit Audits: What You Need to Know

In this session, you will learn about the various types of audits your organization may encounter and how to prepare for them effectively. We'll cover actionable steps to incorporate into your fiscal policies that will keep you "audit ready" year-round. Additionally, we'll emphasize the importance of fostering strong relationships with your auditors, ensuring that they become valuable partners in your mission.

Register Here

A video player interface for a video titled "XYLAZINE 101". The video thumbnail shows a white warning sign with a black triangle and exclamation point. The sign text reads: "XYLAZINE WARNING! Xylazine is an animal tranquilizer that is in our drug supply in Rhode Island. Drugs contaminated with xylazine do not appear any different. Xylazine can increase the risk of overdose and cause drowsiness, unresponsiveness, slow heart rate, decreased breathing, and severe..." A large white play button is overlaid on the video. Below the video, there is a "Watch Now" button. At the bottom of the player, there are logos for JCOIN (Justice Community Outreach and Intervention Network), CTC (Community Treatment Center), and ADDICTION POLICY FORUM.



Free Wellness Offer

As part of our mission, we connect with givers and leaders within our community to whom we are gifting free restorative individual and group sessions. They are our community's activists, advocates, service providers, and first responders. Together they help us heal, rise, and thrive! We were inspired by the work and dedication of people in these fields and designed these sessions to help them:

- Master work-life balance and find more joy and ease.
- Transform stress to feel lighter and more alive!
- Rediscover the passion and promise of the values-led work that they love.

[Register Here](#)

Resources



Rewriting The Story Of My Addiction
Jo Harvey Weatherford
TEDx University of Nevada

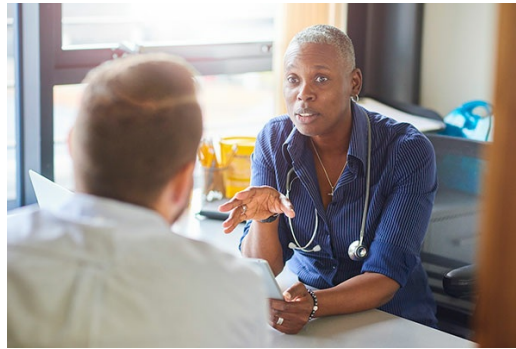


Online
**MFT
PROGRAMS**

[A Nurse's Comprehensive Guide to Gender-Affirming Care](#)

Transgender individuals and gender-nonconforming (GNC)/gender-diverse (GD) patients face a lot of challenges in life, especially when it comes to healthcare.

Read More



[Words Matter: Preferred Language for Talking About Addiction](#)

Learn what stigma is, how it affects people with SUD, and how you can help make a change.

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](#)

Did someone forward this to newsletter to you?

[Subscribe Here](#)

Recovery Partners of Vermont
P.O. Box 3042 | Burlington | VT | 05408-3042
802.738.8998 | info@vtrecoverynetwork.org

FOLLOW US



Recovery Partners of Vermont | P.O. Box 3042 | Burlington, VT 05408-3042 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!