



Recovery Roundup | November 2024

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

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



My Thanksgiving



a message from

Gary De Carolis



I wanted to take this opportunity to offer my thanks to all the readers of this newsletter and all those I've gotten to know over the past 12 plus years. In 2012, a good friend of mine Jane Helmstetter, who then sat on the board of the Turning Point Center of Chittenden County, called and asked if I could help them out for three months as they pursued the hiring of a new executive director. I was contemplating retirement and thought this would be a nice way to transition into my next phase of life. From the first day I walked through the doors of Chittenden County's recovery center I fell in love with the people and organization. The comradery, the creative talents in the room and the singular focus of everyone in the building to be in recovery from an alcohol and/or substance use disorder was amazingly beautiful.

I didn't apply for the job of executive director because I was a "normie" one of those people who did not have an issue with alcohol or substances (but I am wiser and healthier for abstaining all these years and I've become a proud family member since then!!). After the board went through their hiring process, they came to me and asked if I would be willing to stay as the executive director. I quickly accepted and, in many ways, these were some of the best years of my wonderful career. Time flew, we bought our forever home on 179 South Winooski Avenue, Burlington and in 2020 it seemed like a good time to pass the baton on to a new generation of leadership. After a short period of transition, it was really great to see Cam Lauf take over as the new leader of the TPCCC.

So, I retired again!!!! Well, not so fast Mr. De Carolis!!!! About 9 months into my retirement Eric Maguire, President, Board of Directors for the VT Recovery Network, calls (July 1, 2021) and asks if I would help the VRN out since the executive director had left and they were in tough financial straits. Sound familiar!!!! I said if the recovery center directors wanted the organization to continue to move forward, I would gladly help them out. Well as before time flies. Here it is November 2024. Recovery Partners of Vermont is a healthy dynamic organization supporting 14 recovery organizations, and we are working to find a new executive director for Recovery Partners of Vermont.

Both gigs have been nothing but pure joy for me. Career highlights for sure. I prepare to leave soon with many friends, total admiration for everyone in recovery for your courage, determination and deep souls. Thank you for the opportunity to serve. It has meant the world to me. Happy Thanksgiving.

Gary De Carolis
gary@vtrecoverynetwork.org



Joyful Recovery: Holiday Gifting Auction

This auction features a delightful selection of unique items perfect for holiday gifting, including handcrafted goods, local services, and exclusive experiences.



Online Auction Runs: November 5-30, 2024

Place Your Bids Today!

3rd Annual Recovery is the Answer! Peer Support is the Way Conference Pictures



*2nd Annual Recovery Stars Benefit
Dinner & Auction Pictures*





Navigating the Holidays

By: Liza Ryan, MSW, CRC

As we approach the end of the calendar year that means it's time for the Holidays. Celebrating the Holidays is a different experience for everyone and it may even change for you year after year, especially for those in recovery, those who have loved ones in recovery or still engaging in substance use and for those of us that work in the recovery field. Below are some tips and helpful reminders about supporting individuals through the Holiday season.

1. Meet people where they're at while celebrating the Holidays!
For yourself, specific Holidays might be filled with family tradition, fun memories and joyous get togethers. You may think, how could anyone not LOVE the Holidays? You're experience and fond memories towards the Holiday are valid, nothing should take away from that, AND it is important to recognize that others may have vastly different experiences with their memories from the Holidays.....

Continue reading.....

[Read Liza's Column](#)

Career Opportunities

- **Vermont Foundation of Recovery** - Data and Systems Optimization Manager, learn more and apply **here**.
- **Jenna's Promise** - Finance Manager, apply **here**. Operations Assistant at Jenna's Promise Roasting, 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 three-year strategic plan and work with the team to update until final.

[Bid for RFP](#)

CEU Approved
Professional Development



Health Education & Training Institute

HETI Foundational Motivational Interviewing

January 2025 via Zoom | 1:00 - 4:00 PM

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

[Register for MI Training](#)



**CAREERS
OF SUBSTANCE**

Training December 2024

- Trauma-Informed Supervision: Using What We Know About Trauma to Better Supervise Staff
- Identifying and Addressing Youth Substance Use with the CRAFFT
- Check their calendar for a full list of workshops available.

[Learn More](#)

CCAR TRAINING

CCAR Training Schedule

Wednesday through Friday, December 4th through 6th

Ethical Considerations for Recovery Coaches©

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

Monday through Friday, December 9th through 13th

Recovery Coach Academy©

Member Events & Triumphs

Many of our members are hosting Thanksgiving Dinner! All are welcome! Bring your families, friends and neighbors!



The flyer features a warm, autumnal design with a background of soft, light-colored watercolor washes. It is decorated with various seasonal elements: orange and yellow maple leaves at the top and bottom, clusters of red and orange berries on the sides, and several pumpkins in shades of orange, yellow, and green at the bottom. In the center, there are two circular logos: one with a cross and the text 'HOLY FAMILY PARISH' and another with a globe and the text 'TURNING POINT RECOVERY'. The text is arranged in a clear, hierarchical manner, with the event title in a large, elegant script font.

**HOLY FAMILY PARISH & TURNING POINT RECOVERY
CENTER OF SPRINGFIELD, VT INVITES YOU TO**

2ND ANNUAL
Thanksgiving Dinner

THURSDAY, NOV. 28TH, 2024
12:00 PM- 1:30 PM

Nolin-Murray Center
38 Pleasant Street
Springfield, VT 05156

FREE & OPEN TO THE COMMUNITY
NO RSVP REQUIRED

Questions? (802) 885-4668



Kingdom
Recovery
CENTER



THANKSGIVING MEAL

November 28th 12pm - 2pm
or until the food is gone

Wishing you a harvest of blessings, good times, and
happiness on this Thanksgiving Day

Please call or stop by to let us know how many will
be joining us

297 Summer St. St.
Johnsbury VT 05819

802 -751 -8520
@krcstj.org

Thanksgiving Dinner



Thursday, November

28th

Starts at 1pm,
Turning Point Center

Generously provided by:



Let's Eat and Be Thankful Together!



Thanksgiving Dinner

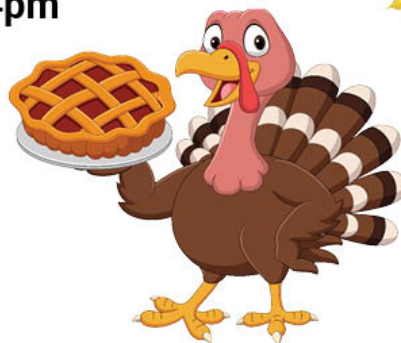
A Gathering of Gratitude, Food, and Fellowship

Potluck! We will provide the bird and potatoes!

Thursday, November 28th

1:30pm-4pm

Upper Valley Turning Point
200 Occott Drive
White River Jct., VT 05001
802.295.5206



Opinion - Danielle Wallace: The slow burn of alcohol abuse may be less dramatic than other drugs, but it's equally destructive

The toll alcohol misuse takes on an individual and our communities may take longer to materialize, but it is happening all the time. Opioid use continues to fill headlines nationally and here at home, but what about the substances we don't read about every day?

Read
More

Other Professional Development



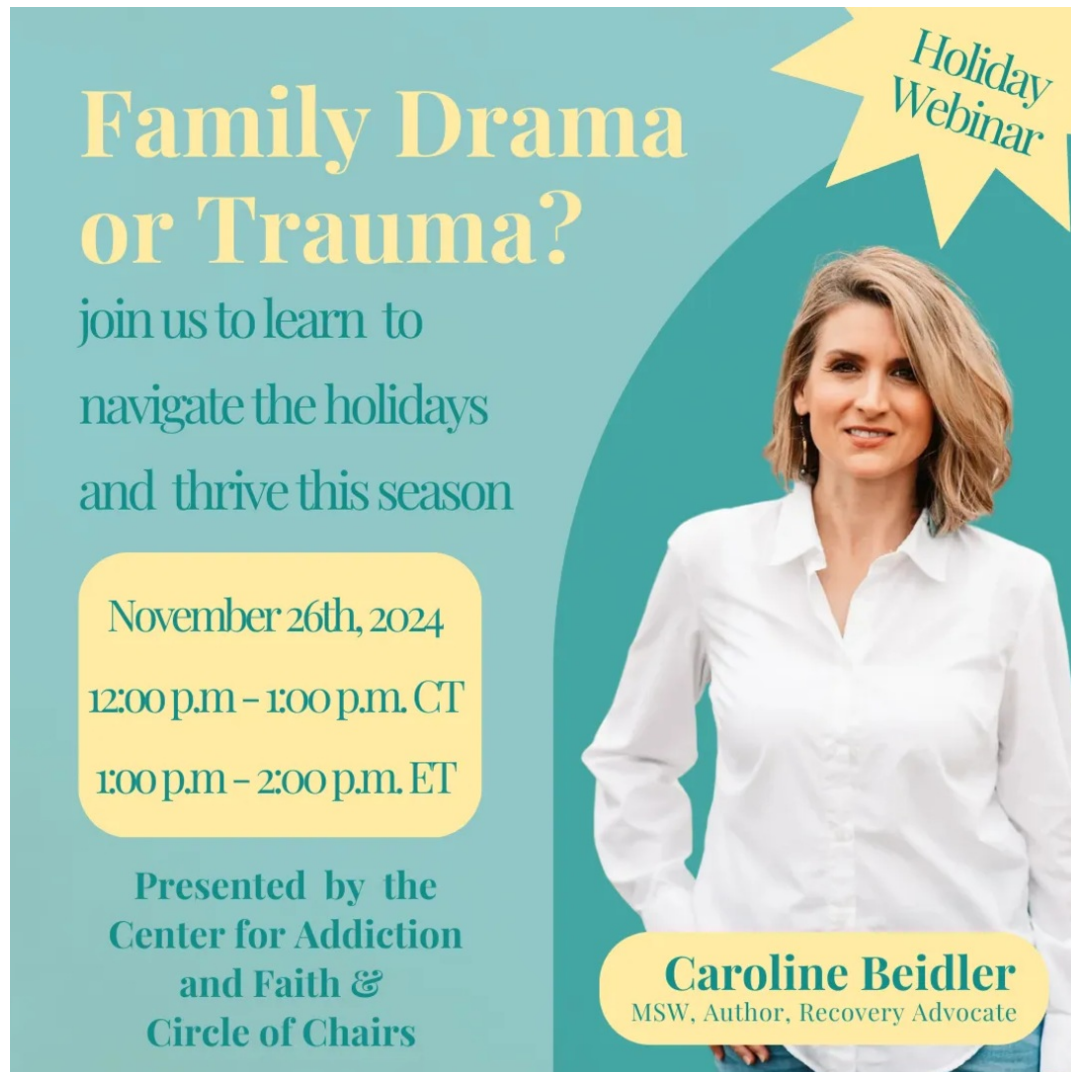
Grayken Center for Addiction
Training & Technical Assistance
Boston Medical Center

Zeroing in on Xylazine

This training provides knowledge on xylazine, a CNS depressant, linked

to an increasing number of overdose deaths in the US. This describes the physiologic effects of xylazine, manifestations of xylazine intoxication, overdose, communicable infections associated with xylazine use, and wound care for persons injecting xylazine.

Register for Xylazine Training



**Family Drama
or Trauma?**

join us to learn to
navigate the holidays
and thrive this season

November 26th, 2024
12:00 p.m. - 1:00 p.m. CT
1:00 p.m. - 2:00 p.m. ET

Presented by the
Center for Addiction
and Faith &
Circle of Chairs

Caroline Beidler
MSW, Author, Recovery Advocate

Holiday Webinar

Register Here



Strategic Planning in Nonprofits

Is strategic planning on your radar? Do you need to clarify the strategic direction of your organization and the strategies that will be used to achieve your vision while also ensuring organizational health and sustainability? If you answered yes, join this three-part webinar series that will set you on the path to developing a plan that does not sit on a shelf collecting dust! Strategic planning aligns your people and resources

around a plan to achieve your mission.

Register for Strategic Planning

Reenergize Your Board

Do you have a board that is tired, non-functional, and/or members have been around too long to be effective? If so, how do you revamp and re-energize it? This workshop will go through a series of different considerations and approaches to bring life back to your board. Different approaches to be discussed through this interactive webinar.

Board Training
Registration

Resources

November 2024

Live Well, Work Well



Fall Into Mindfulness

The changing seasons can help you prioritize your physical, emotional and mental health by presenting the opportunity to start new routines or cut out unhealthy habits. Autumn is a great time to embrace the concept of mindfulness, the practice of being fully present in the moment.



Making the Most of the Season

Fall is a season of transition, making it a good time for building resilience and practicing mindfulness. Trees shed their leaves, and the days grow shorter; this natural process may mirror personal lives, where change is inevitable. Consider the following ways to work with the energy of fall to amplify your mindfulness practice:

- **Start each day with an intention.** People often set goals and intentions seasonally, making fall the perfect time to refocus your time and energy. Setting intentions can help align your values with your purpose.
- **Keep a gratitude journal.** Make a daily habit of noting what you're grateful for during the fall. Reflecting on these moments of gratitude can help you appreciate the season more deeply.

- **Practice meditation.** Take a moment each day to meditate and practice deep, mindful breathing. This exercise can help you stay grounded and calm during the busyness of the season.
- **Take a nature walk.** Take hikes or leisurely walks through parks, forests or your neighborhood to soak in the beauty of fall. Instead of listening to music or a podcast, try a "quiet walk" and leave your phone at home, or set the volume to silent so you can stay focused on the experience.
- **Go photowalking.** Alternatively, take your phone or camera along during a nature walk to capture the season's sights. Not only will you get movement in, but you can also unleash your creativity and connect with your surroundings.
- **Cook a seasonal recipe.** Savor the seasonal flavors and cook a delicious homemade meal or bake a sweet treat. Fall flavors (e.g., apple, pumpkin, maple, ginger, cinnamon and sage) can add a comforting touch to your cooking.

Like with any exercise, regular practice builds mindfulness, so find ways to incorporate mindful activities or insert them into an existing daily or weekly routine. Contact a doctor for more information on improving your mindfulness.

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*The Wilson House presents
a special online*

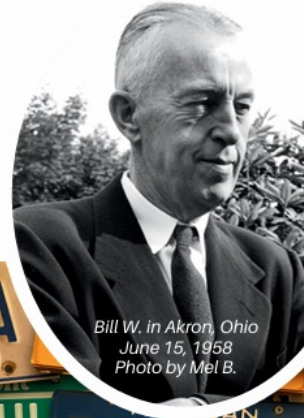


Gratitude Meeting

Saturday, November 30, 2024

12pm (ET) • 11am (CT) • 10am (MT) • 9am (PT)

Celebrate Bill Wilson's 129th birthday with the organization that preserves his birthplace & childhood home. Join us live from The Wilson House for a gathering of gratitude and fellowship.



*Bill W. in Akron, Ohio
June 15, 1958
Photo by Mel B.*



Join us for a brief virtual tour of The Wilson House, followed by a story of experience, strength, and hope by a special speaker: Allen Berger, PhD, author of "12 Essential Insights for Emotional Sobriety"



Space is limited! Register online: t.ly/XTpYm

*The Wilson House of East Dorset is a 501(c)3 non-profit organization.
(802) 362-5524 • wilsonhouse.org • PO Box 46, E. Dorset, VT 05253*

**Register for The Wilson House
Event**

CELEBRATE THE NEW YEAR WITH A CLEAN RECORD!



Free Expungement Clinic

Is your old criminal record standing in the way of a better job, housing, or other opportunities? We may be able to help you seal or expunge certain old charges.

For more information, and to make an appointment, call 802-828-3171

SAMARITAN HOUSE
20 KINGMAN STREET
ST. ALBANS, VT

THURSDAY, DECEMBER 12



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

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