



Recovery Roundup | December 2024

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

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



A Bow to our Donors



a message from

Gary De Carolis



As some of you may know, when I started in the position of Executive Director at the Vermont Recovery Network (now known as Recovery Partners of Vermont) in July 2021, the organization had just learned that it had lost all its state funding. For a healthy organization, that might have been tough—but bearable—because they likely would have had a variety of funding sources. However, in our case, we had been totally reliant on state funds, with just two exceptions. I noticed in our PayPal account that two individuals had been regular monthly contributors (and they still are to this day!). Somehow, some way, we needed to grow those two monthly contributors so that we could become a healthy nonprofit.

Fast forward three and a half years, and I'm happy to report that through a combination of becoming a dues-paying membership organization, hosting fundraising activities, receiving generous contributions from individual donors and foundations, and implementing prudent budgeting, we are becoming one of those "healthy nonprofits." We would not exist today if it weren't for the support of so many kind and generous donors who support our work. This month's column is dedicated to each of you.

As we enter the holiday season and 2025, we will renew our efforts to seek both large and small contributions. We want to expand our base of regular monthly donors from two to at least 25 individuals who believe our work is worthy of a monthly investment. Whether it is \$1 or a large contribution, each and every donor matters to us. I can assure you that every dollar we receive goes toward helping our fourteen-member recovery organizations be world-class nonprofits, offering peer support and programming to launch and sustain a life in recovery for the thousands of guests who use their services.

I can't think of a better investment. To all of you who have contributed to our work over the years: a huge THANK YOU!



Gary De Carolis
gary@vtrecoverynetwork.org





Managing Family Systems During the Holidays

By: Liza Ryan, MSW, CRC

During last month's newsletter we highlighted managing the Holidays and substance use and this month we will discuss some helpful tips of prioritizing your wellness while navigating complex relationships. For some, the Holidays are a wonderful time for slowing down, catching up with loved ones and friends and spending time with family. For those that have complex, or high stress, family systems it can feel like you may want to do the opposite. Additionally, as peer recovery workers we are sure to meet with guests that may be feeling similarly and need additional support in navigating this time of the year with family members. It is important to remember that even in recovery, relationships with previous negative experiences can still impact you now.

1. *Be Mindful: Know your boundaries and what may get in the way of keeping them. Do you have family members that won't take no for an answer when making plans? Maybe family that members that seem to bring up the past or ask intrusive questions to yourself or others. Building awareness before entering a situation can help you plan to keep yourself well.*

Continue reading.....

Read Liza's Column

Career Opportunities

- **Vermont Foundation of Recovery** - Men's Regional Manager, Women's Regional Manager, and Essex Women's House Coordinator, learn more and apply **here**.
- **Jenna's Promise** - Finance Manager, apply **here**.
- **Turning Point Center of Windham County** - Recovery Coaching in the Emergency Department, learn how to apply **here**.
- **VT HelpLink** - Community Outreach & Engagement Associate, learn more **here**.

CEU Approved Professional Development



Health Education & Training Institute

[HETI Foundational Motivational Interviewing through the Lens of Poverty](#)

In this unique workshop, we'll be exploring Motivational Interviewing through the lens of poverty. Join us for this exciting opportunity with Stephen Andrew and special guest trainer Linda Riddell, founder of Health Economy LLC and the experiential poverty game "Gettin' By" that puts your brain through the same changes that happen to a person living in poverty.

Register for MI Training



Supporting Perinatal People in Recovery: A Window of Opportunity

Providers working in the field of substance use treatment will gain knowledge on the unique and complex perinatal period. This training will explore and provide increased clarity on intersecting factors impacting pregnant and postpartum people such as stigma, medication assisted treatment, and harm reduction strategies.

Register Here



Understanding Employee Burnout and the Ethics of Self-Care

The concepts of burnout, compassion fatigue, and vicarious trauma are not novel to those in the addiction profession, but many still report an inability to prevent or rebound from burnout. Building resilience for all helping professionals must include professional empathic skills turned inward – learning how to love and care for oneself is part of the job. In this training, participants will begin with an evidence-based tool to assess burnout potential and presence of vicarious trauma and incorporate professional development goals within 8 domains of self-care. Register **HERE**.

Trauma-Informed Care

In this engaging 6-hour training, attendees will explore the intentional application and integration of trauma-informed care approaches into measurably successful and sustainable programs for practitioners and organizations. We will make meaning of the complex terminology and theory around trauma and define the problem in ways that are relevant to you and your work. Register **HERE**.



Professionalism: Applied Coaching & Supervision 2CEs - Choice Recovery Coaching

As the workforce develops, recovery coaches are collaborating with professionals across a multitude of roles. Professionalism becomes integral in order to diminish hierarchical disparities, reducing stigma within the field, bolstering the value of peers across our society and modeling recovery for all. This workshop will support participants in recognizing what this looks like within their environments and explore how they will continue to grow into their roles as Peer Professionals.

[Register Here](#)

CCAR TRAINING

CCAR Training

Tuesday and Wednesday, January 21st and 22nd

Spirituality and Recovery Coaching©

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

Wednesday through Friday, January 8th through 10th

Ethical Considerations for Recovery Coaches©

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

[Full CCAR Training Schedule](#)

Member Events & Triumphs



Barre Town gives opioid settlement funds to Turning Point Center of Central Vermont

BARRE TOWN — Local officials have agreed to give the town's share thus far of opioid settlement funds to the Turning Point Center of Central Vermont and received an update on the center's effort to build a new facility.

[Read More](#)



Vt. Corrections expanding substance use recovery coach programs

A substance use recovery coaching program that's been successful in the Rutland area is now expanding to inmates in other parts of the state. Rutland's Turning Point Center has had recovery coaches visit inmates since 2016 but this year the program has sent coaches behind bars in South Burlington. A coach has been meeting with as many as five inmates a day working to cultivate a system of connection, hoping to keep up the relationships after release.

[Read More](#)



Project CARE

Through Project CARE, we offer the following support for those suffering from substance use disorder and their families:

- Access to Recovery Coaches
- Assistance with transportation to inpatient and outpatient treatment facilities
- Assistance with identification and other barriers to treatment
- Overdose follow-up and community outreach
- Support for family members

For assistance or more info, contact any member of BRAT (Brattleboro Resource Assistance Team) or Justin Johnston, Community Resource Specialist, **802-490-0344** or justin.johnston@vermont.gov



Turning Point Center offers sober holiday celebrations

Burlington, Vt – For those looking to stay sober and maintain their recovery, the holidays can be a triggering time of year – and it’s even harder when you don’t have a home or family you can go to. That’s why staff at the Turning Point Center of Chittenden County make a point to show up for those on the road to recovery.

“Having a holiday event, having an opportunity to connect and find home when you really need it most, that’s why we prioritize staying open,” says executive director Cam Lauf.

[Read More](#)



Turning Point Center acquires new Middlebury HQ - Addison Independent

The Turning Point Center of Addison County (TPCAC) on Dec. 3 closed on a deal to buy a building at 79 Court St. that will soon serve as its new Middlebury headquarters.

[Read More](#)

Other Professional Development



Grayken Center for Addiction TTA | Boston Medical Center

Boston Medical Center (BMC) Grayken Center for Addiction Training and Technical Assistance (TTA) provides education, support and capacity building to community health centers and other health care and social service providers on best practices caring for patients with substance use disorders.

[Learn More](#)

Example Interventions to Combat Xylazine Harm



1. **Create community awareness about the potential effects of xylazine**
2. **Map local resources for wound care** – investigate appropriate referrals to those programs
3. **Adapt overdose response protocols for fentanyl / xylazine co-exposure** to include rescue breathing in between doses of naloxone and discontinuation of naloxone when breathing is restored to ~10 breaths per minute
4. **Create updated protocols** to observe individuals experiencing extended, profound sedation due to xylazine exposure
5. **Collect and send local drug samples to drug checking programs**
6. **Monitor skin ulcerations and amputation statistics** at local emergency departments
7. **Provide safer drug use materials** (naloxone, syringe exchange, use of hotlines when injecting)
8. **Provide wound care education for people who use drugs (PWUD)**
9. **Provide additional training to police officers and other first responders on:**
 - Compassionate care for people who use drugs and use of non-stigmatizing language
 - Low risk of harm from skin/airborne fentanyl exposure for police officers and other first responders, if needed
10. **Assemble and distribute Wound Care Kits (WCK)** that agencies can distribute to PWUDs, family members, and collaborators as part of their outreach activities
 - Communities are encouraged to tailor kit content to community needs. WCK content could include: gauze and tape, bandages of assorted sizes, sterile gloves, triple antibiotic ointment, health salves, Fentanyl Test Strips and Xylazine Test Kits once research provides best practices to obtain valid results
 - Given the expense (and possible size) of kits, communities might decide that direct distribution to PWUD who are homeless is not feasible and identify one or several local agencies with community health workers or nurses that are appropriate care sites for out-of-treatment PWUD at high risk of infections
 - PAARI will prepare a card with the name and phone number of a Police Department, community agency recovery coach or social worker and brief written educational literature for distribution during outreach visits. In the One2One project, similar such cards were printed with both English and Spanish. To see an example, [click here](#)
11. **Identify local health care programs and professionals** that have expertise in fentanyl withdrawal protocols and medication treatments for opioids (buprenorphine/methadone). **Encourage that they seek training** on xylazine withdrawal and treatment, including by sharing Penn Medicine's Best Practices for Management Withdrawal Management and Xylazine-related Overdose



WORDS MATTER.

What we say and how we say it makes a difference to the people and communities we serve.

At the Massachusetts Department of Public Health (DPH), one of our core values is **compassion and positive regard** for others in all our efforts. It is at the foundation of the mission to support accessible, effective, and culturally responsive prevention, intervention, treatment, harm reduction, and recovery support principles, programs and practices. This core value should be reflected in the language we use to communicate about the people and communities we serve.

Our words have impact. Language frames what the public thinks about substance use and recovery. It can also affect how individuals, groups, and families think about themselves and intentionally or unintentionally propagate stigma.

Massachusetts is recognized as a leader in the field of public health services. Innovative resources are available across the Commonwealth, supported by DPH staff who demonstrate commitment to our shared vision of health and wellness for every individual, family, and community.

One way we can all commit to the DPH mission and continue to lead this work is by being **mindful about the words we use** about substance use, both formally through messaging and policies, and informally in conversations with colleagues, providers, and community. This means staying aware of evolving language shifts to model appropriate and accurate terminology and supporting efforts to educate and change the negative attitudes and beliefs that lead to stigma and discrimination. It also means recognizing that while people may use different terms depending on their surroundings or reclaim language, as public servants we are responsible for modeling this culture shift.

Why is this so important? Stigmatizing language discourages people from reaching out for help, which can have fatal consequences. People struggling with problematic relationships with substances and their loved ones face discrimination and barriers to getting support.

Stigma can:

- Lead a person to avoid getting help because they are afraid of judgment or negative consequences with work, their loved ones, parental rights, social services, or the law.
- Cause a person to hide their alcohol or drug use, or to use alone.
- Affect a person's ability to access or maintain housing, employment, or education, which impacts their health, wellness, and quality of life.
- Contribute to people who use substances receiving a lower quality of healthcare and experiencing challenges accessing services.

Stigma is not only experienced by those using substances. It has a lasting impact on individuals in recovery, families, and those who support them, both internalized and through continued experiences of discrimination and devaluing attitudes.

When we use non-stigmatizing language in our policies and interactions it serves as a model for others, ensures alignment and accuracy in communicating our goals, and positively changes health-related public norms. We can make it easier to get support by letting people know they are not being judged and that substance use does not define who they are.



Navigating Through Trauma and Grief in Recovery: Strategies to Prevent Relapse

Learn essential strategies for coping with trauma and grief during addiction recovery and beyond without relapsing. Discover how Savida Health's comprehensive approach supports individuals through these challenging times.

[Read More](#)



Resource Center

The SAMHSA Program to Advance Recovery Knowledge (SPARK) supports transformational, recovery-oriented change for every state, tribal, and territorial behavioral health system and promotes equitable access to recovery supports in the United States. This resource center includes current information focused on equitable recovery supports including recovery-oriented care, recovery supports and services, and recovery-oriented systems for people with mental health/substance use disorders and co-occurring disorders.

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!