



Recovery Roundup | January 2025

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

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

Farewell & Welcome



a message from

Gary De Carolis



This will be my last column as the Executive Director of Recovery Partners of Vermont. It has been an incredible honor to help lead this organization forward over the past 3.5 years, representing 14 amazing peer recovery organizations throughout the state of Vermont.

Throughout my time here, my internal guiding light has been three simple words: "dignity and respect." The work you all do every single day is nothing short of remarkable. That you've done this work with low wages and minimal benefits speaks volumes about the dedication and passion of people in recovery who are committed to helping others pursue their own recovery.

Your passion became my passion—to make it possible for you to receive a decent wage and proper benefits to support you in your work. We are on our way to ensuring that everyone working within Vermont's recovery system of care can finally know their work is honored and appreciated by those who control the purse strings. I must give endless kudos to our legislature, which in recent years has recognized this injustice and taken significant steps to address it. Our legislative "ask" this year continues to build on that progress. The stronger we are as a system, the better we can help those we serve.

As we look to the future, I am thrilled to introduce Suzie Walker as the new Executive Director of Recovery Partners of Vermont. Suzie brings a wealth of experience, having served as the Executive Director of the Turning Point of Windham County for 14 years. She is also in long-term recovery, and like many of us who have found our place in this field, she didn't necessarily aspire to lead a recovery center—but the role found her. And what a leader she has become!

After her time at Turning Point, Suzie joined Faces & Voices of Recovery, the national advocacy organization for all things recovery, where she worked as a curriculum developer and workshop/training leader. With Suzie's leadership and the incredible team at Recovery Partners of Vermont, I have no doubt the organization will move forward in new and exciting ways. I can't wait to see the continued growth in the months and years to come.

Thank you all again for your trust, your dedication, and the amazing work you do.

Much love,
Gary
gary@vtrecoverynetwork.org



Recovery Partners of Vermont Annual Report June 30, 2023 - July 1, 2024

Moving forward, together.

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



Read Our FY24 Annual
Report

Our 2025 Legislative Breakfast was held on January 14, we were recognized on the House Floor, check it out **here**.



Read Our FY26 Budget Request

RECOVERY DAY

Recovery Rooted in Community Connection

Join us in an annual advocacy celebration to honor the power of substance use recovery - a celebration of the many unique pathways of the recovery journey. **Recovery Day** is a day where we can listen to one another's experiences and honor powerful individual transformations. It is also an opportunity to advocate for better systems of care to ensure that recovery is not just possible but probable for all Vermonters.

WED. FEBRUARY 19th
9am - 12pm: Capitol Plaza Hotel
Followed by Events at the
Statehouse in the Afternoon

For more info and to register:



VAMHAR.ORG/RECOVERY-DAY

Vermont Association for
**Mental Health &
Addiction Recovery**



Recovery Partners
of Vermont

Building Long Lasting Habits

By: Liza Ryan, MSW, CRC



While there is never a bad time to start building healthier habits, many people chose to start off the New Year with a heightened focus and intention on resolutions and lifestyle changes. For those in recovery or working with those in recovery, the start of building new habits may feel especially challenging, or even triggering, as it can serve as a reminder of early recovery and the challenges that arise with that. There can also be potential hazards around being critical of yourself and crossing the line from pushing yourself to punishing yourself. Below are some tips and tricks around starting off the New Year with healthy habits and lifestyle changes that are hopefully long lasting and sustainable!

- **Habit Stacking:** habit stacking is when you add a new habit to something that is already existing in your daily or weekly routine. For example, if your intention is to journal in the evening before bedtime maybe you can plan to sit down for this activity after you turn the TV off, clean up some dishes, brush your teeth or whatever else you may do in the evening to help yourself wind down.

Continue reading.....

[Read Liza's Column](#)

Membership Staff Achievements

Jenna's Promise, Johnson, VT - We're happy to share that we have promoted Ashley Earle to the new role of Master Peer Support Specialist. In her new role as Jenna's Promise's Master Peer Support Specialist, Ashley will provide leadership and oversight to the Peer Recovery Support Specialists at Jenna's Promise Recovery Residences ensuring the support of individual and group successes for peer support staff, and quality control, while collaborating with the Jenna's Promise's Residential Director to enhance the recovery experience for all residents. Ashley will coach, mentor, and be a team lead to promote long-term recovery and maintain the ideals and values of Jenna's Promise. Please join us in congratulating Ashley Earle in this new role!

Career Opportunities

- **Vermont Foundation of Recovery** - Men's Regional Manager, Women's Regional Manager, Community Relations Manager, and Essex Women's House Coordinator, learn more and apply [here](#).
- **Turning Point Center of Windham County** - Recovery Coaching in the Emergency Department, learn how to apply [here](#).

CEU Approved
Professional Development



Health Education & Training Institut

Online Interactive Learning - Foundational Motivational Interviewing, March 2025

This training will consist of four three-hour sessions to learn the fundamental spirit, structure, and skills of Motivational Interviewing. Time will be given to practice and bring questions and issues that arise as you begin implementing Motivational Interviewing in your practice and life.

[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**.

CHOICE
Recovery Coaching
Because YOU CAN



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 All Offerings](#)

CCAR TRAINING

CCAR Training

Monday through Thursday, March 24th through 27th

Advanced Academy for Recovery Coaches©

This training will be held ONLINE from 9 AM to 4 PM EST.

Wednesday through Friday, March 5th through 7th

Ethical Considerations for Recovery Coaches©

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

Full CCAR Training Schedule

Member Events & Triumphs

VERMONT VIEWPOINT

Brad Ferland speaks with Lila Bennett

Lila Bennett, Executive Director of Journey to Recovery Community Center in Newport, VT talks with Brad Ferland about recovery and their new Sober Living Home, Ben's House.

Listen to the Interview



Johnson nonprofit marks MLK holiday with service work

A Johnson nonprofit group on Monday marked the real message behind the Martin Luther King Jr. holiday -- service to others. Jenna's Promise was one of the organizers of a food drive to support the efforts of the Johnson Community Food Shelf. Local residents dropped off non-perishable food items and other necessities. The event also featured activities for kids of all ages.

[Read More](#)



Save The Date!
Our 2nd Annual
SoberFest will be held
on September 13, 2025

Music | Wellness | Vendors
Food Trucks | Community

Entrance Fee: \$10
Kids 15 & under: Free

TURNING POINT
RECOVERY CENTER of BENNINGTON, VT

For donations by check mail to:

TR4R Health & Wellness Corp.
PO Box 193, Salisbury, VT 05769

Email: trailrun4recovery@outlook.com

TR4R



Trailrun4recovery.com

Helping others conquer addiction and conquer the trails.

Transforming lives through the power of trail running and recovery.

Chip Piper's 4th annual Trail Run 4 Recovery

TrailRun4Recovery.com

88K UltraMarathon

(54+ Miles)

May 24th, 2025



Help us support the recovery community by :

In memory of Michael Piper & Jenna Tatro

- Sponsoring
- Volunteering
- Donations
- Purchase Raffle Tickets
\$25 Each
- Pledge to run loop with Chip



Register for an event 9 miler to 888K

www.endurancesociety.org/infinity/

Purchase Raffle for E-Bike



Make a donation



LEGAL QUESTIONS?

The legal system can be complicated and overwhelming

A Lamoille County Public Defender's Office representative will be available at NCVRC to connect with guests who may have general questions about the criminal process and what to expect.

Thursday, January 2
Thursday, February 6
Thursday, March 6

2-4 PM

No sign-up is necessary, but giving prior notice may allow the representative to assist you more effectively.



Call for more information



Building Brighter Futures

...One Step
at a Time



At **Vermont Foundation of Recovery**, we know that recovery is a journey, and no one should walk it alone. Every individual who enters our recovery residences brings a unique story of resilience, courage, and the hope for something better. Your support makes this possible by creating spaces where people can heal and grow.

Recovery changes lives — and the data **proves** it. According to a recent cost-benefit analysis using the Fletcher Group Economic Calculator, **our program generates \$12 for every dollar invested.**

Over the next 15 years, this means **\$531 million** in total benefits.

Together, we can change lives and build brighter futures.

Thank you for believing in the power of recovery, and for standing with us in this important work.



Other Professional Development



[Amplifying Your Voice: Advocacy Skills for Nonprofit Professionals](#)

In an ever-evolving political landscape, nonprofits play a crucial role in shaping policy and driving community change. This workshop equips nonprofit professionals with the tools to become effective advocates. Learn how to build meaningful relationships with lawmakers, craft

compelling stories to amplify your mission, and navigate the advocacy process with confidence.
Register **HERE**.

Guide to Board Service: Make Your Time Matter (3-Part Series)

New to being on a board or working as a leader in a nonprofit? Set yourself (and your whole board) up for success by joining this three-part series covering all YOU need to know to be an effective, informed, and confident board member.

Register **HERE**.



Equipping Professionals to Tackle Synthetic Drug Challenges in Prevention - Prevention Technology Transfer Center (PTTC) Network

This workshop offers prevention professionals a comprehensive overview of synthetic drugs, also known as “new psychoactive substances” (NPS), and their unique risks and challenges.

Register Here



Not Being Jaded: Talking to Youth Who Might Be Getting Faded - Unpacking Youth Substance Use with Strategies to Support Care Teams

Grayken Center for Addiction TTA | Boston Medical Center

This training supports youth-facing providers and care teams. Utilizing didactic discussion, we will describe the prevalence of youth substance use (SU) and emerging trends, paying specific attention to common substances, such as nicotine, cannabis and alcohol. We will review youth-specific risks of SU, including acute and chronic harms; discuss overdose education and naloxone; and highlight communication tools that support working with youth who use substances.

[Learn More](#)

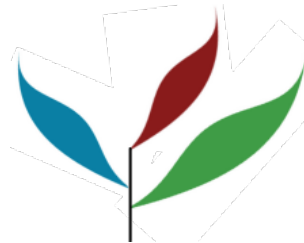


[Financing Strategies for Community-Based Organizations](#)

Community-based organizations (CBOs) are local public or private nonprofit organizations, peer-run organizations, or faith-based organizations that address the needs of their communities by providing substance use and/or mental health services. While CBOs are vital in addressing health care gaps, they face significant financial hurdles, particularly in securing recurring and unrestricted funding. This webinar will present findings from a survey of 133 CBOs across 33 states that contributed to a new SAMHSA report.

[Read More](#)

Resources



[National Center on Youth Prevention Treatment Recovery](#)

Time is of the essence. Substance use disorder is preventable, treatable, and responsive to early intervention. We need to focus our efforts on creating more innovative services that can attract and engage young people sooner, as well as prevent substance use to begin with.

[Read More](#)



[National Guidance on Essential Specialty Substance Use Disorder \(SUD\) Care](#)

SAMHSA's new National Guidance on Essential Specialty Substance Use

Disorder (SUD) Care articulates a core or essential set of services for adults with SUD that should be available at any specialty SUD treatment facility in the United States.

Read More

Collaboration. Coordination. Connection.

VT SUBSTANCE USE CONFERENCE 2025



Call for Proposals

Offer a training, present data, share stories, or start a conversation. Submit your proposal for a presentation, panel/roundtable, or workshop.

Due February 14.

Complete the online CFP form at
<https://form.jotform.com/vtcpi/vsuc25cfp>

Brought to you by:



Trauma Recovery Program - The Safety Team

The Safety Team is delighted to offer an innovative trauma treatment developed by psychologist and founding member of The Safety Team, Dr. Christine DiBlasio. This program, Therapeutic Empowerment Self-Defense (TESD™), is designed specifically for trauma survivors, and uses an integrated mind-body approach towards trauma recovery and risk reduction.

Read More



CENTER FOR ADDICTION RECOVERY SUPPORT

Center for Addiction Recovery Support - CARS

In collaboration with SAMHSA's Office of Recovery, the CARS program aims to expand access to culturally responsive training and technical assistance for addiction recovery support services nationwide. CARS is led by One World Recovery Network (OWRN), a Peer-Led Recovery Community Organization. CARS expands upon the previous work done by the Peer Recovery Center of Excellence (PRCOE); and is committed to expanding recovery support resources for all communities.

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!**

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Recovery!*



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Vermont Narcan Distributor

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