



Recovery Roundup | February 2025

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

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

Full Circle

a message from

Suzie Walker



I had evidence of recovery in my life long before I knew of my family's tendency toward alcoholism or the drinking problem that would disrupt my own life for many years. The first clue: Mom called us down to dinner one night, and we asked why we were starting without Dad. She said he knew when dinner was, and we were going to enjoy our meal. What? We were baffled! Usually, she'd call around to Dad's favorite afterwork haunts, and we'd have dinner whenever he got home. But no more!

Dinnertime was just the first of many changes that made our lives more manageable. I later learned that Mom was attending Al-Anon meetings. I've seen how she finds joy in her life, helps others, lives life on life's terms, and loves with detachment. She found hope, and she shared it with us. Recovery has held a special place in my heart ever since.

I eventually found my own recovery, trading apprehension for anticipation, and weariness for wonder! Having an open mind and an open heart led me to a role in the peer-recovery field as director of the Turning Point of Windham County and a leader with the Vermont Recovery Network. Imagine my delight to be writing this column as the new executive director for the Recovery Partners of Vermont! And to have kicked off this meaningful new role at Vermont's State House on Recovery Day, celebrating recovery in Vermont!

We heard from state leaders who championed our cause, and we presented awards to people who provide treatment and medical support, advocate for recovery, educate and create awareness of recovery and related issues, and more! What moved me the most, though, were the testimonies made to legislative committees by recovery peers who visit or work for Vermont's recovery centers or certified recovery residences. Hearing from participants whose lives have been transformed thanks to our recovery organizations and their work was transformative for the listeners, too; legislators were clearly moved.

Let me thank former executive director Gary De Carolis who led the Recovery Partners through a transformation of its own. During his 3.5-year tenure, Gary truly changed our network of recovery providers, with "dignity and respect" as his guiding light. Gary worked to ensure that people in the recovery workforce could earn a decent wage and benefits, and he nurtured and guided the Recovery Partners through its change to a membership organization.

Our membership is 14 members strong! And the Recovery Partners of Vermont staff is savvy, smart, and sensitive to the members' needs! Deputy Director Amanda Nevius, Information Specialist Allie Mullin, and Fundraising Manager Cielo Phillips work seamlessly together to support the membership and this new director. We're excited about our future together, and we look forward to supporting our members and our communities as we deliver a message of hope and become transformed by the promise of recovery!

With gratitude,
Suzie Walker
Executive Director, Recovery Partners of Vermont
suzie@vtrecoverynetwork.org



[Learn more about Suzie](#)

Recovery Day 2025 was such an incredible day! Many of our Members spent the afternoon in the State House testifying!



[Watch Testimonies Here](#)

Debriefing Events vs Reprocessing Events: Pros/Cons



By: Liza Ryan, MSW, CRC

In the field of Peer Recovery we see many successes, from individuals finding stable housing, celebrating a recovery milestone, starting a new job or rebuilding family connections, these are the milestones that are so important to celebrate and can help us moving forward on the difficult days. Unfortunately, in this line of work, we also see and experience some of the worst parts of someone's recovery or some of the worst moments of their life. Some of these moments can be defined as critical incidents and just as we want to draw attention to those positive celebrations, it is just as important to shed light on those difficult experiences in the ways of debriefing or reprocessing as a staff.

Continue reading.....

***As a reminder for all members of Recovery Partners of Vermont, the EAP services are free and have immediate openings for individual 1:1 therapy where brief reprocessing utilizing EMDR can be done!*

Read Liza's
Column



Thank you, Northfield Savings Bank, for your generous donation of \$1,000 for tablets and laptops for Peer Recovery Coaches in the Emergency Department for two of our members, Turning Point Center of Central Vermont & Kingdom Recovery Center.

Membership Staff Achievements

North Central VT Recovery Center, Morrisville - Liza Ryan has been with NCVRC, serving as a Recovery Coach in the Emergency Department (RCED) at Copley Hospital, since 2021. In November of 2024, she transitioned into the role of NCVRC's Community Outreach Coordinator where she has been working on strengthening connections in the community with other partners and building more Recovery Friendly Workplaces with employers in the area.

Turning Point Center of Central VT, Barre - Rosemary Rosa has been named the new Executive Director as of March 1, 2025! Congratulations, Rosemary!

Career Opportunities

- **Vermont Foundation of Recovery** - Men's Regional Manager, Women's Regional Manager, PT Women's House Coordinator in Barre, PT Men's House Coordinator in St. Albans, Women's Regional Manager, learn more and apply **here**.
- **VT Department of Health** - Public Health Program Manager 1 - Limited Service, learn more **here**.

CEU Approved Professional Development

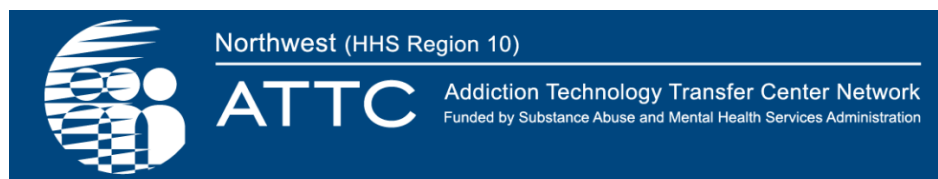


Health Education & Training Institute

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](#)



Take 10! Transforming Care for Women with Substance Use Disorders (SUDs) and Their Families, Topic 6 (Training Session): SUDs Treatment for Women with Children

The Take 10! Transforming Care for Women with Substance Use Disorders (SUDs) and their Families series discusses current issues and challenges confronted by women presenting with substance use, SUDs, and who are in recovery. Women experience SUD in ways that are distinct from men. Studies show that when women begin treatment for SUDs, they frequently arrive with more severe medical, behavioral, psychological, and social struggles compared to men. For these reasons, there is a need for different treatment methods.

[Register Here](#)



[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**

[Full Training Schedule](#)

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CONTINUOUSLY**



**Ethics &
Boundaries**



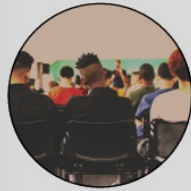
**Compassionate
Conversations**



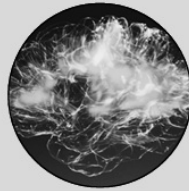
**Working with
2STLGBTQ+**



**Harm
Reduction**



**Supporting
Youth**



**Science of Drug
Dependency**



**Peer Support
Model**



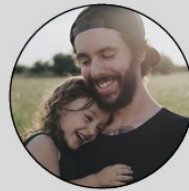
**Trauma
Responsive Care**



**Pharmacology
101**



**Job Skills
101**



**Parenting and
Recovery**



**Working with
Elders**



Scan to Enroll

- because education should be as diverse as the world we live in -

To access any of these trainings, join our RECOVERY UNIVERSITY!

Sign up here: <https://recoveryvermont.learnupon.com/>

CEUs are available for most of our courses!!!

Member Events & Triumphs

IMPORTANT ANNOUNCEMENT



We are thrilled to share that the Kingdom Recovery Center community room will now be open on Sundays from 8am–3pm.

Sunday Meetings:

- AA 8am
- NA 10am
- Parents in Recovery 11am



**Kingdom
Recovery
CENTER**

Lila Bennett, ED of Journey to Recovery Community Center in Newport, VT, speaks with Pam Ladds on NEK VT Rocks!





3rd Annual

JENNA'S PROMISE

SILENT & LIVE

Auction Fundraiser

**HELP SUPPORT THE VT
RECOVERY COMMUNITY!**



**APRIL 11TH, 2025
5 PM - 9 PM**



JENNA'S HOUSE
117 ST. JOHNS STREET, JOHNSON, VT 05656

About Our Event

Join us for a fun night to support Vermont's recovery community! All proceeds will go to non-profit Jenna's Promise. We are dedicated to breaking down barriers to treatment for substance use disorders. Our residential program offers, workforce development, health and wellness, and clinical treatment for people in recovery.



Event Highlights

Food & Live Entertainment

Enjoy a delicious catered dinner and live music by local Harpist, Marie Hamilton

Auction & Raffles

Bid on exciting items and participate in our raffles for a chance to win fantastic prizes.

Tickets \$65 Each

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HOLE SPONSOR	\$200

For more information, contact Tom Schaefer at
(802) 777-1420 or twschaef1067@yahoo.com

VFOR

Vermont Foundation of Recovery

ALL PROCEEDS BENEFIT THE VERMONT FOUNDATION OF RECOVERY

Other Professional Development



2025 Nonprofit Credential in Marketing and Communication

You know marketing is everything. Your audience is paying attention—but are you delivering the right message? Don't let your story go untold or unheard. Join us to unlock the power of marketing and communicate to drive change, inspire action, and achieve your vision. Register **HERE**.

Ask, Thank, Report, Repeat: Annual Plan Fundraising (3-Part Series)

Whether you're just stepping into your first fundraising role or you are a seasoned fundraising veteran, this 3-part webinar series will be useful for you. You need a fundraising plan and rhythm that encourages donor trust and raises more money. Come learn the secrets behind these four simple, yet powerful, words. By the end of this webinar series, you will know how to build an annual fundraising plan that is measurable, repeatable and successful.

Register **HERE**.

Practical Leadership 1.0: Cultivating Thriving Supervisory Relationships (3-day series)

Effectively carrying out a supervisor role is more "art" than science. Often, managers are left on their own to try and figure out how to implement their supervisor duties. Unskilled supervision can create organizational cultures that are ineffective at best, and "toxic" at worst. When supervisors understand the expectations of their role, they are able to supervise in a way that fosters healthy working relationships with each employee that reports to them. This, in turn, creates thriving, inclusive organizational cultures.

Register **HERE**.



enCompass: a Comprehensive Training on Navigating Addiction

enCompass: A Comprehensive Training on Navigating Addiction is a resource for family members who are trying to navigate the complex world of addiction and help loved ones achieve recovery. The training includes in-depth information about substance use disorders, treatment options, communication strategies, and self-care tips. This training was created by the Addiction Policy Forum.

Learn More



Sequential Intercept Model (SIM) of Peer Support in Criminal Justice

This presentation will explore the critical role of peer support in the criminal justice system, framed by the Sequential Intercept Model (SIM), which identifies points for effective intervention to prevent deeper system

involvement. Highlighting collaboration with judges, probation officers, and specialty courts, the session covers the benefits, challenges, and practical examples of peer support at each intercept. The goal is to demonstrate how peer support, driven by lived experience and empathy, fosters rehabilitation, reduces recidivism, and builds trust between the justice system and those it serves.

Register Here

Resources



Repeat Nonfatal Opioid Overdose Emergency Department Visits Among Vermont Residents

February 2025

A repeat overdose visit happens when the same person comes back to the same emergency department (ED) one or more times for a nonfatal opioid overdose, after their initial overdose visit. Understanding repeat nonfatal opioid overdose patterns is critical for guiding effective overdose prevention strategies. This knowledge supports public health teams, healthcare providers, and community organizations in targeting interventions and using resources more effectively to prevent overdoses, reduce costs to healthcare systems, and save lives.

This analysis uses ED data that is reported through the Electronic Surveillance System for the Early Notification of Community-based Epidemics (ESSENCE), a [syndromic surveillance](#) system that tracks real-time healthcare visit data.

KEY POINTS

- Between 2019 and 2023, about 1 in 6 people with a nonfatal opioid overdose ED visit had a repeat visit.
- 1 in 10 repeat nonfatal opioid ED visits happened within one week of the initial visit.

Vermont Data

Between 2019 and 2023, 2,389 people visited an ED for a nonfatal unintentional opioid overdose. Sixteen percent of people who went to the ED for a nonfatal opioid overdose had at least one repeat opioid overdose visit. Five percent had more than one repeat visit. For the remainder of this brief, data is focused only on the first repeat visit.



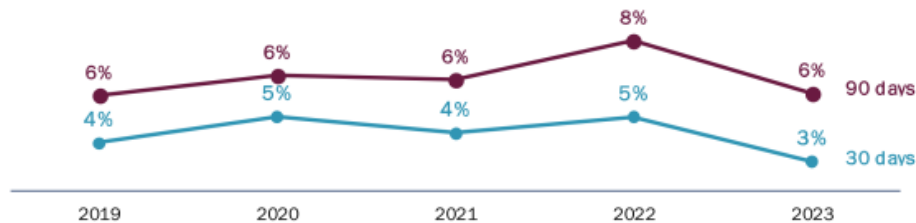
16% of people who went to the ED for a nonfatal opioid overdose had at least one repeat overdose visit.

Nonfatal Repeat Opioid Overdose ED Visit Rates Over Time

Between 2019 and 2023, repeat nonfatal overdose ED visits within 30 days and 90 days of an initial visit did not change significantly.

The occurrence of repeat opioid overdose ED visits has not changed significantly in the past five years.

Percent of repeat ED visits for an opioid overdose within 30 and 90 days in the same calendar year.



Does recovery coaching after an opioid-related emergency department visit help prevent overdose?

Peer recovery support service providers like recovery coaches are increasingly employed in hospital emergency departments (ED) to support people presenting with substance-related medical and psychiatric problems. This randomized trial compared recovery coaching during and after an ED visit with standard clinical support provided only during the ED stay for individuals experiencing opioid overdose.

[Read Study](#)

Reducing stigmatizing opioid use attitudes among healthcare providers: Which messaging strategies are most effective?

Encountering stigma in clinical settings is an obstacle to care for individuals with opioid use disorder, delaying help-seeking and resulting in suboptimal treatment. This study tested different approaches to a visual messaging campaign – both with and without personal narratives from a patient, clinician, or healthcare administrator – in reducing stigma among healthcare providers.

[Read Study](#)

Nurturing Program for Families in Substance Use Treatment & Recovery.



**Upcoming
start dates!**

Thursdays at 10am starting January 30th
Wednesdays at 5pm starting February 19th
Tuesdays at 5pm starting March 11th
Wednesdays at noon starting March 12th

SCAN
ME



Through the 14 week program, we learn about child development as well as making healthy choices for ourselves and our children. We learn how to become better role models for their children, who can then grow up in safe, nurturing, supportive and loving environments.

Free of charge and available through Zoom.



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familysupport@pcavt.org

www.pcavt.org



Gain essential tools and knowledge to support loved ones affected by substance use through the comprehensive ITC approach

Who is Invitation to Change for?

Anyone who is a support system to someone who is struggling with substance use

15 Week Group Sessions Start:
March 5, 2025

15 Week Group Sessions End:
July 2, 2025

Day & Time:
Wednesdays 11 AM – 12:30 PM

Location:
Zoom

[Register by clicking here](#)

After completing the registration, you will receive an email with the link to join the group sessions

The Mid-America ATTC is a partnership between University Health Behavioral Health and the University of Missouri-Kansas City School of Nursing and Health Studies in Kansas City, MO. We are funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) to support the behavioral health workforce in HHS Region 7: IA, KS, MO and NE

Visit our website at:

<https://attcnetwork.org/center/mid-america-attc/>

Have a Loved One Struggling with Substance Use?

Invitation to Change Support Group

What is Invitation to Change?

The Invitation to Change (ITC) is a holistic helping model for families affected by substance use. Participants will leave the group with a complete set of tools for empowering families to support their loved ones effectively.

Goals of the group include:

- Helping family members understand the behaviors associated with substance use
- Providing strategies that can help your loved one want to change and start to change
- Supporting the practices of self-awareness and self-compassion needed to sustain yourself on this challenging journey
- Creating a space of compassion and kindness, where family members can share their feelings and experiences with others who understand

Facilitators:

Kreasha Williams & DeAndrea Chatmon

Length of Group:

15 weeks

Cost:

Participation is free!

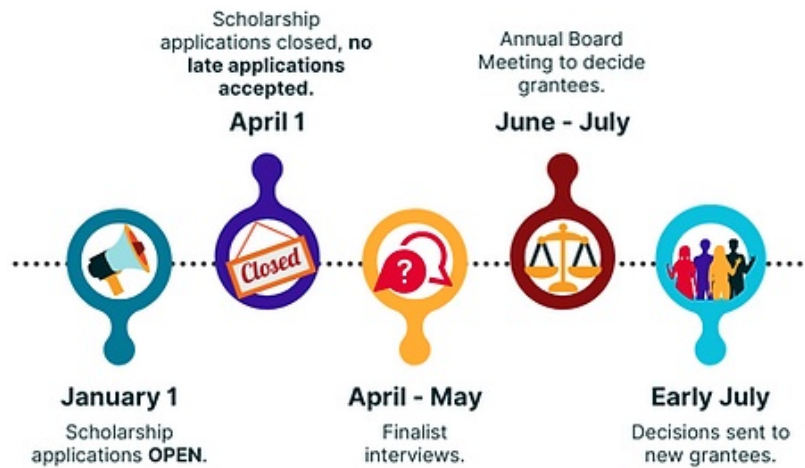
Questions?

For more information, contact

Amber.Takens@uhkc.org



Davis-Putter Scholarship Application Timeline



Davis-Putter Scholarship Fund

The Davis-Putter Scholarship Fund provides financial support for students who are active and emerging organizers in progressive movements for liberation, self-determination and social and economic justice in their communities. These need-based scholarships are awarded to students who are enrolled at a college or university or in a trade or technical program.

Apply Today!



Anti-Stigma Institute

The Spring 2025 Anti-Stigma Institute will be held in Washington, DC on April 7-8, 2025 at the Darcy Hotel.

To facilitate opportunities for meaningful interaction between and among Institute participants and faculty and networking opportunities, we keep the event intentionally small with a limited 75 spots. Register today!

Register Here

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...

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Healthcare
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