



# Resilience



a message from  
*Suzie Walker*



*It's such a delicate balance to stay informed these days and not be overwhelmed. The news is full of good people losing their jobs, financial cuts to essential services, conflict and confusion, and more. It's hard to hold onto hope—but that's exactly why it's important to look for stories of people who are embracing change and supporting one another. I can't change these difficult circumstances, but I can change how I respond to them. I can "act as if." In other words, I can use recovery skills to navigate the current turmoil with some measure of serenity and grace.*

*A recovery organization I used to work for recently went through two rounds of layoffs in just a few months. I was part of the first round. It was a stunning shock to the system. It's heartbreaking to know the impact on these individuals and the organization itself, which does such urgent work in our field. But it's also been inspiring to witness how the people affected are choosing to respond. We've stayed connected. We've retained our sense of community. People have shown up with honesty and vulnerability, sharing what they're going through—but choosing not to be overwhelmed. To instead make a new start. And what a beautiful thing: we can still champion the organization as it continues doing the hard work to help communities heal, even with a smaller team.*

*Social media has its pitfalls, but it's also been a space where people are sharing their next steps—starting businesses, going back to school, deepening their volunteer work, and more. Recovery professionals have kept advocating for people in need because it's who they are, not just a job title. People have lifted each other up and celebrated small successes, even in their own tougher moments. They're sharing recovery wisdom and hope—not only to reassure others but to remind themselves, too.*

*Here are a few places where these recovery peers are continuing to shine a light and spread hope:*

[A Recovery Community Organization - The Happier Life Project](#)  
[Lioness - Lioness Justice Impacted Women's Alliance](#)  
[Recovery Support Services \(RSS\) ECHO - C-STAT by Be Well Texas](#)

*These people are resilient. They're beacons of hope. As journalist Amanda Ripley said: "Resilience is a precious skill. People who have it have three advantages: a belief they can influence life events, a tendency to find meaning and purpose in life's turmoil, and a conviction they can learn from positive and negative experiences."*

*Continued reading...*

Continue Reading Suzie's Column



## Benefits of Utilizing a Reprocessing Model for Critical Incidents

**By: Liza Ryan, MSW, CRC**

*In last month's newsletter, we discussed some of the key differences between utilizing a reprocessing model vs. a debriefing model in the face of critical events we may experience in the workplace. This month we will discuss the benefits of using a Reprocessing model, typically one that utilizes a form of Bi-lateral stimulation, known as BLS, and some of these practices can be integrate into your own organization.*

*As has been discussed in previous newsletters, working in the field of peer recovery can certainly have its hazards at times. At some point in our journey of working in peer recovery we may experience a guest in crisis with dysregulated behavior, the reversal of an overdose, the loss of someone active in the recovery community or we can experience critical incidents in our larger community affect our guests and our own recovery as well. When we are faced with these critical incidents, it can feel empowering to know that there is a plan of action and protocols we can utilize to ensure safety for ourselves, our guests and the community.*

*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

## Membership Staff Achievements

**Turning Point Recovery Center of Bennington** - We have many promotions to share! Laura Payne has been promoted to Assistant Director. Ralph Bennett has been promoted to Director of Recovery Housing and Corrections. Tiffanie Granger has been promoted to ED/Detox Manager. Danniell Amidon has been promoted to Recovery Housing & Corrections Manager. Donna Clifford has been promoted to Office Manager/HR!

**Turning Point Center of Central VT, Barre** - Katie Jones has been promoted to Recovery Coach Supervisor in the month of March. Moriah Haggett has been asked to present at the DSU Recovery Conference on the ROAD Program we have through our RCED Program!

## 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, learn more and apply [here](#).

**CEU Approved**  
Professional Development



## **Message from VDH-DSU: Certified Recovery Coach (CRC) Certification Updates**

*VDH-DSU is also working with Prevention WorksVT! through the International Certification and Reciprocity Consortium (IC&RC) application process to re-establish the Vermont Recovery Coach Certification Board. We are also committed to updating materials and providing robust technical assistance to smoothly transition the administrative ownership of the certification platform "Certemy". This effort aims to update the Certified Recovery Coach credentialing process.*

*>>Please direct questions regarding Certemy and "CRC" credentialing to Taysa Lynch at [taysa@preventionworksvermont.org](mailto:taysa@preventionworksvermont.org).*

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# **CAREERS OF SUBSTANCE**

## An Introduction to Trauma and Resilience: Recognizing and Responding to Trauma among People Who Use Substances

In this training we will discuss the experience of trauma and how it relates to substance use as a means of coping. We will discuss three factors that influence trauma and resilience. We will also discuss how to recognize trauma symptoms and identify trauma informed strategies that may be used to support recovery and resilience across the entire continuum of care.

[Register Here](#)

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**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](#)

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[Full Training Schedule](#)

## Member Events & Triumphs



Peer Recovery Coaching in VT Corrections: An Opportunity for

## Change

Tracie Hauck: When someone is incarcerated—if it has to do with substance use and the crimes they committed related to it—that's a low moment in their life, the family knows about it; it's also a great opportunity for change.....

Watch this short clip here!

# SHARING EXPERIENCES OF SUCCESS

A speaker event to inspire  
personal growth & leadership



This event features a diverse group of speakers who will share their personal stories of overcoming challenges and achieving success, particularly after incarceration.

**SAVE THE DATE!**

**04.25.2025**

**FRIDAY, APRIL 25TH, 2025**

12:00 PM - 3:00 PM

**TURNING POINT  
RECOVERY CENTER**

7 Morgan Street,  
Springfield, VT 05156

Questions? [Daniel@spfldtp.org](mailto:Daniel@spfldtp.org)

# OPEN JAM SESSION

Come groove with us for music, food, dancing, and fun!



April 5<sup>th</sup> at the Upper Valley Turning Point

200 Olcott Drive, WRJ VT

5PM – 7:45PM (AA meeting to follow at 8pm)



We can't wait to see you there!

Bring your instrument or dancing shoes, and a happy smiling face

We encourage people to bring a finger food/snack to share but it's not a necessity. We will provide drinks!

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# 2024



## Impact Report

**Real empathy.  
Real solutions.  
Real connections.**



**Turning Point Center**  
OF CHITTENDEN COUNTY



## Other Professional Development





Don't fret! Join data strategist Clinton Sears to learn how a data-driven approach can help your organization measure and communicate its impact effectively. Whether you are educating policymakers, reporting to funders, or appealing to donors, this session will guide you through the process of identifying and tracking the metrics that truly matter for your mission. You'll learn how to set practical boundaries that help prioritize your team's efforts while demonstrating real impact. Register **HERE**.

### Training & Facilitation for Community Leaders

Are you looking to improve your skills in fostering learning, communication, or community engagement? This in-person training is designed to help you master the foundational practices of adult learning and facilitation. Whether you are a nonprofit professional, independent consultant, or community builder, this workshop will enhance your ability to lead, train, and collaborate effectively. Register **HERE**.

### Managing through Difficult Times

In this interactive workshop, Amanda Silver will look at models and tools for navigating change and transition and explore how these can be used with teams as our sector continues to grapple with unprecedented challenges. Through individual reflection, presentation, and small and large group discussion, you will gain a deeper understanding of your own reactions to stress so that you can show up skillfully with your team. This webinar will also explore common group reactions to stress and identify strategies and tools for managing your team with empathy through difficult times. Register **HERE**.

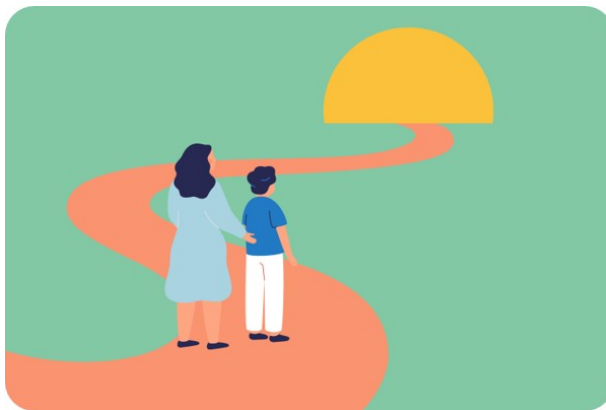
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### Understanding Addiction: A Guide for Families with author Jessica Hulsey

Join us on Friday, April 25, at 1 p.m. ET for a webinar featuring Addiction Policy Forum's Founder, Jessica Hulsey, as she discusses her new book, *Understanding Addiction: A Guide for Families*. Jessica will share insights from the book, reflecting on her own family's struggles with addiction and her decades of experience working in the field.

[Register Here](#)



### Newport Healthcare LGBTQ Community Content Hub

The LGBTQ+ community is impacted by mental health challenges and suicide risk at higher rates than their straight, cisgender peers. Research from The Trevor Project shows that 39% of LGBTQ+ young people seriously considered attempting suicide in the past year-including 46% of transgender and nonbinary young people.

[Read More](#)

## Resources



### Mindfulness-Based Therapy Reduces Opioid Craving by 67 Percent, Study Finds

A randomized clinical trial published in JAMA Network Open found that incorporating online group mindfulness sessions into buprenorphine treatment for opioid use disorder (OUD) significantly reduced opioid cravings compared to treatment as usual. The study, led by Dr. Zev Schuman-Olivier and colleagues from Cambridge Health Alliance and Harvard Medical School, examined the effectiveness of a 24-week virtual mindfulness-based program compared to a standard recovery support group using evidence-based practices. The trial included 196 participants across 16 U.S. states.

[Read More](#)

# NE NARR AFFILIATES REGIONAL

*Conference*



SOUTHERN NEW HAMPSHIRE  
UNIVERSITY CAMPUS  
2500 NORTH RIVER ROAD  
MANCHESTER, NH

**MAY | 15<sup>th</sup> | 2025**

8 - 4 FULL DAY EVENT

**PLEASE JOIN THE NE NARR AFFILIATES FOR THE SECOND  
ANNUAL REGIONAL CONFERENCE GEARED TOWARDS OPERATORS,  
FUTURE OPERATORS AND HOUSE LEADERS**

SPEAKERS  
INCLUDE

- DAVID SHERIDAN: Executive Director NARR
- MADISON ASHWORTH, PhD: Health Economist, Fletcher Group, Inc
- AUTUMN MCCRAW: PRSS, WVBACPP
- KAYT GAGNEUX: Resiliency Essentials Program Director, Makin' It Happen
- STACEY LEVIN: RICARES
- stay tuned for added speakers!



## **REGISTRATION**

Free Parking | \$35 registration fee



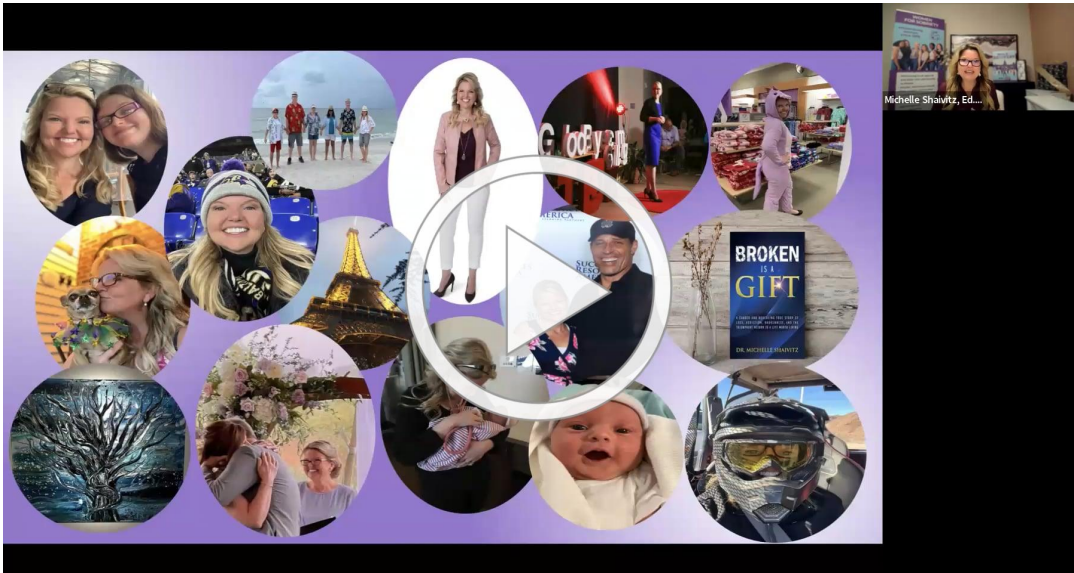
Alcohol-related harms continue to be common and deadly in patients treated for other primary drug problems

Despite the many risks related to alcohol in addiction patients, treatment providers may overlook it if patients enter treatment with a different primary substance, like opioids or stimulants. This study examined how self-reported alcohol use at treatment entry among patients entering treatment for another drug use disorder predicted long-term health risks and mortality, highlighting the urgent need for more comprehensive alcohol screening and broader intervention.

Vermonters like to hit the bottle, which leads to hundreds of premature deaths annually. As health concerns mount, new efforts aim to curb consumption.

- **61%** of adults in Vermont drink, compared to roughly 52 percent of U.S. adults
- **435** alcohol-related deaths were estimated to have occurred in Vermont in 2021, a 36 percent increase compared to 2017
- **100** fatal car crashes in Vermont over the past five years involved alcohol

Read More





PCAVT



# Nurturing Fathers Program

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Starting  
February  
25th

Tuesdays at 5:30 PM  
Virtual Classes



[www.pcavt.org](http://www.pcavt.org)



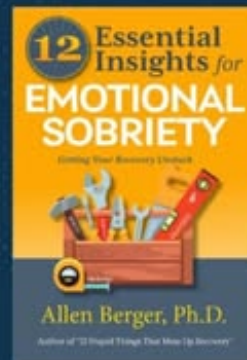


# EMOTIONAL SOBRIETY SPRING RETREAT

DIVING INTO BILL WILSON'S INSIGHTS ABOUT EMOTIONAL SOBRIETY  
IN THE BOOK *THE TWELVE STEPS AND TWELVE TRADITIONS*



**With Allen  
Berger, Ph.D.**



## WORKSHOP DETAILS:

**APRIL 4-6, 2025**

THE WILSON HOUSE,  
378 VILLAGE ST,  
EAST DORSET, VT 05253



*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/](http://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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& Wages

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Board  
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access to  
Recovery  
Services for all  
Vermonters!

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Recovery!*



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