



Recovery Roundup | April 2025

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

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



Resilience



a message from *Suzie Walker*



Spring is so energizing and inspiring! It's such a time of renewal and reconnection, when we awaken from winter to find nature awakening all around us, too, bursting with vibrancy and beauty! My neighborhood is bustling with people interacting with each other and nature, embracing the seasonal changes—gardening, hiking, building, jogging, and more. The interconnectedness of nature and people gives me renewed hope. It reminds me of how connection is key to our recovery work and being a member of a community.

Earth Day made me think of a landscaping project the Turning Point of Windham County undertook when establishing their permanent downtown location. I was still the director then, and this landscaping and gardening project led to adopting a permaculture approach to stewarding and healing the land and participating in the neighborhood. Permaculture uses whole-systems thinking informed by ethics and design principles. It mimics the patterns and relationships found in nature—and its guiding principles parallel recovery principles. They include applying self-regulation and accepting feedback, restoration, valuing renewable resources, integrating rather than segregating, valuing diversity, and creatively using and responding to change. Recovery is holistic, transformative, community oriented, and has many pathways connecting and nourishing us.

Think about the connective systems in nature: We tromp through the woods, unaware that the mycelium, a fungal network, is beneath us, busily connecting individual plants to transfer water, nitrogen, carbon, and other minerals. We're unaware that the interstitium, a web of living spaces in the human body, is acting as an internal thoroughfare as we plant flowers, walk the dog, climb trees—and play!

Interstitial means occurring in or being an interval or intervening space or segment. It can also refer to connective tissue that supports the working parts of our body systems. Recovery support services are the connective tissue in our continuum of care. They happen at all points of the stages of change, with or without treatment or supportive housing, sometimes with legal involvement, in hospitals, homes, schools, and more. Peer-recovery workers provide additional connection by sharing their lived experience. People transform and heal as they navigate recovery pathways and the continuum of care, buoyed by the experience and hope of someone who can light the way.

Xiye Bastida is a 22-year-old climate justice activist, storyteller, and executive director of Re-Earth Initiative, a global youth-led organization making the climate movement more accessible and intersectional. In her words:

"We are on Earth to take care of life. We are on Earth to take care of each other."

The recovery community takes care of life, of each other. Thanks for all you do to share hope and promote healing!

With gratitude,

Suzie Walker
Executive Director, RPV
suzie@vtrecoverynetwork.org



Peer Support and Self-Disclosure

By: Liza Ryan, MSW, CRC



This month's newsletter will highlight the importance of ethical considerations related to the use of self-disclosure within the field of peer recovery support. When discussing self-disclosure in other human service fields, such as mental health professionals, licensed alcohol and drug counselors or clinical social workers there are much more robust guidelines and literature to review and consider. However, in the field of peer recovery, there is self-disclosure, even within the name of our role. For an emergency department peer recovery coach for example, self-disclosure is that you are a peer in recovery in some way shape or form. Self-disclosure and sharing some of our unique experiences is what makes pure work so special, as well as so successful! However, just because you appear in recovery, doesn't mean that you need to share every bit of your story or experience with those you are working with. After all, our lived experience is just that, it is our lived experience. Below are some ethical and professional considerations for self-disclosure while working as a peer.

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!*

Continue Reading Liza's Column

Membership Staff Achievements

Kingdom Recovery Center - Randy Devoid has been promoted from a volunteer to Recovery Coach; Angy Britt has been promoted to Staff Supervisor.

Turning Point Center of Chittenden County - Mars White has been promoted to Coordinator of Corrections Recovery Coaching Program.

Career Opportunities

- **Vermont Foundation of Recovery** - Regional Manager supporting men's homes (FT); House Coordinator supporting Barre home for women and women with children (PT); House Coordinator supporting St. Albans home for men (PT); House Coordinator supporting Essex homes for men (FT); Learn more apply **here**.
- **Upper Valley Turning Point** - DOC Recovery Coach, learn more **here**; Finance & Grant Manager, learn more **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.



Tuesday, May 20 & Wednesday, May 21

Tuesday Keynote Speaker



Dr. Haner Hernández
Ph.D., CPS, CADCI, LADCI

Wednesday Keynote Speaker



Jessica Lahey
Educator & Best-Selling Author

**Register
Today!**

[Register Here](#)



Redefining Recovery: Insights into Gambling and Substance Use Disorders

This webinar will offer addiction professionals an in-depth examination of recovery dynamics concerning gambling and substance use disorders. Through a blend of research findings and clinical perspectives, attendees will reevaluate conventional recovery frameworks to accommodate the relationship between gambling and substance use. We will analyze the parallels and distinctions in recovery trajectories, equipping participants with enhanced intervention strategies and support methodologies. Engaging discussions and case studies will illuminate the multifaceted obstacles encountered by individuals in recovery, including societal stigmatization, triggers, and concurrent mental health issues. The webinar will spotlight emergent trends and optimal practices in recovery-focused care, advocating for holistic approaches that address the diverse requirements of individuals affected by these disorders.

[Learn How to Register](#)



Health Education & Training Institute

Motivational Interviewing: Deepening the Practice

Monday, May 12, 2025

12:00PM- 4:00PM EST

Instructor: Sara Schieffelin LICSW, Member of MINT

Cost: Suggested donation to Agape of \$50.

[Register Here](#)



Breaking Intergenerational Patterns of Trauma, Addiction, And Dark Family Secrets - (ATTC) Network

Trauma and substance use disorders run in families across generations and are often fueled by dark family secrets. Topics covered in this presentation includes: The role of therapists, treatment and prevention specialists in breaking intergenerational patterns of trauma, substance use disorders and dark family secrets; breaking Intergenerational patterns by focusing on the unique needs of children of parents with substance use disorders and children on the FASD spectrum; the role of parents and persons in recovery in breaking intergenerational patterns; mobilizing the entire community to help break intergenerational patterns of trauma and substance use disorders.

Register



Full Training Schedule

Member Events & Triumphs



APRIL OPENING

A New Beginning for Men in Recovery

Paradise Recovery House is a safe, supportive, controlled, and substance-free living environment specifically for men transitioning from a treatment program to independent living. We are proud to be the first men's sober living home in Bennington County.

We are now accepting members!

If you or someone you know is in need of a structured and supportive sober living environment, contact us today.

TPCBENNINGTON.ORG




5K JOURNEY TO RECOVERY RUN/WALK

MAY 31, 2025

**Located at
Journey to Recovery
Registration 7:30-8:45 AM
Event from 9 AM - 1 PM**



Stop By, Visit Us on  or Scan QR code to Pre-register

**\$35.00 PER
ENTRANT**

For More Info:
jtr-cc.org



**FREE
T-SHIRT
TO THE FIRST
50 ENTRANTS**



Come join us for a fun-filled day of running and walking to support recovery! Our 5k event is open to all fitness levels, so whether you're a seasoned runner or just looking for a leisurely stroll, this event is for you. Lace up your sneakers and hit the pavement with us as we raise awareness for mental health and addiction recovery. Let's journey together towards a healthier, happier future. See you at the starting line!



6 OR 12 HOUR OPTION

The course consists of a 1.8 mile loop with 280' of elevation gain/loss per loop. The trails are a combination of single - and double-track and jeep trails. The run begins and ends at the Chester town park. Lover's Lane benefits both the Chester, VT Recreation Department & Turning Point Recovery Center of Springfield, VT.

**Saturday,
August 9th, 2025
8:00 AM**

**Lovers Lane Road
Chester Municipal Pool
Chester, VT**



Register here

*Registration
closes Thursday,
August 7th, 2025



Other Professional Development



De-Escalation Strategies for Front-Line and Office Staff: A Trauma-Informed Approach to Safer Workplaces

In today's workplaces, both front-line and office staff are increasingly encountering high-stress interactions that can quickly escalate. Whether dealing with upset clients, visitors or colleagues, having the tools to respond calmly and effectively is essential—not just for nonprofit staff but also their organization to compassionately and safely support folks in crisis.

Join us for an interactive and practical webinar designed to equip staff at

all levels with de-escalation techniques, trauma-informed care principles, and policy recommendations that support a safer, more compassionate workplace.

Register **HERE**.

From Survey to Solutions: Insights from the Ethical Storytelling Report

In 2023, the MemoryFox team identified a prominent pattern. At every speaking engagement, no matter the topic, style or audience, our team received a version of this thoughtful question: What do I do if the people I serve have sensitive stories that they might not want to share? And – truth be told – we didn't have an answer we felt certain about. We knew we had a lot to learn.

So, we embarked on a learning journey that led us to creating the 2023 Ethical Storytelling Report – a 74-page report jam-packed with insights from 20+ storytelling experts and boots-on-the-ground nonprofit professionals.

Register **HERE**.

Introduction to Individual Donor Development

It sounds easier to go after that One Big Grant to get the resources for your mission, but institutional givers can change priorities and sometimes require a lot of program restrictions. Individual donors rarely restrict gifts, and recurring donors can be the gift that keeps giving! Join Steve Boland, director of Next in Nonprofits, to learn about starting your work in individual donor support.

Register **HERE**.

Resources



Unintentional Drug Overdoses Take a Toll Across the U.S. Unequally

A new study by researchers at Columbia University Mailman School of Public Health reveals significant racial and sex disparities in drug overdose mortality rates. Both Black men and Black women have been disproportionately impacted by overdose deaths, with their mortality rates rising sharply compared to their White counterparts, the study finds.

Read More

Family Support Programs

Offered Virtually unless otherwise noted and FREE of charge.

Curriculum Programs duration 14 weeks

Nurturing Program for Families in Substance Use Treatment & Recovery

- Tuesdays at 5pm starting April 1st
- Wednesdays at noon starting April 16th
- Tuesdays at 9am starting May 6th
- Tuesdays at 5:30pm starting June 10th

Nurturing Skills™ for Families

- Mondays at 5pm starting April 7th
- Thursdays at 1pm starting May 8th
- Mondays at 6pm starting June 2nd
- Tuesdays at 5:30pm starting July 8th

Strengthening Families With Teens

- Tuesdays at 1pm starting August 12th

Circle of Parents® Support Groups

- Circle of Dads, Mondays at 8pm
- Circle of Parents of Children with Special Needs, Tuesdays at noon
- Circle of Parents for Single Moms, Thursdays at 5:15pm

For more information, Call 1-800-CHILDREN, email familysupport@pcavt.org, or scan QR code below.



Lama Tomas, Celtic Buddhist Monk - Brattleboro TV

Offering spiritual approaches to addiction and recovery, Lama Tomas is an ordained Celtic Buddhist Monk living a life of service. He talks about his own path to sobriety and his place in the Crazy Wisdom lineage.

Watch Here

Understanding *Alcohol Use Disorder*

What is Alcohol Use Disorder?

Alcohol Use Disorder (AUD) is a medical condition that is diagnosed by a health professional. The disease is characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational or health effects. To receive a diagnosis, a healthcare professional will consider an individual's patterns of alcohol use, whether it is problematic or leading to

The American Society of Addiction Medicine defines addiction as:

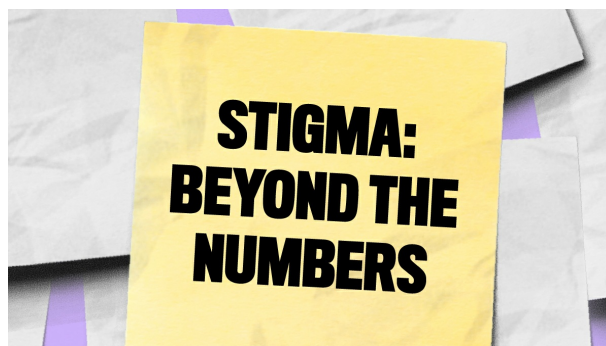
... a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences.

TIP SHEET: Understanding Alcohol Use Disorder

During this Alcohol Awareness Month, we're working to help journalists better understand alcohol use and misuse. When journalists understand key aspects of alcohol use—prevention, harm reduction, treatment, and recovery—they can report on alcohol issues more accurately and empathetically. This informed reporting directly benefits communities by helping to:

- Reduce the stigma associated with alcohol use disorder.
- Make the public more aware of available help and support services.
- Foster more productive community discussions and effective policies regarding alcohol.
- Ultimately improve overall community health and well-being.

[Read More](#)



Stigma: Beyond the Numbers

Substance use disorders (SUDs) affect people, families and communities in several ways. While SUDs create impairment or distress that can cause an individual to struggle at work, school, or home, this does not look the same for everyone. For many, SUDs are hidden struggles. For some, it can be a part of their daily lives, and through it they maintain personal and job commitments. For others, it may lead to loss of relationships, loss of employment, loss of housing, loss of parental rights, criminal convictions, or loss of life.

What is important to know is each person has their own life history and feelings about their experiences. Each faces unique barriers to recovery, and each deserves compassion, support, and access to recovery and treatment services.

[Read More](#)



A free health care clinic for the uninsured and underinsured has opened: What to know

Dr. Waqar Waheed, a neurologist at the University of Vermont Medical Center, has opened a free clinic in South Burlington to care for the uninsured...providing free health care for those who are uninsured or underinsured has opened in South Burlington, offering primary care as well as specialty consultations in dermatology, neurology, pulmonary disease, sleep medicine, infectious disease and cardiology.

[Read More](#)



10 Tips to Use a Recovery Perspective in Your Practice

When you use a recovery perspective, it transforms how you connect with individuals who have serious mental illness (SMI). It engages people in their care plans and helps them become an active part of their own recovery. This guide provides valuable tips and insights on how to embrace and use a recovery perspective. We talked with individuals who are in recovery and work in leadership roles in peer support across the country. We asked them to tell us the most vital things that clinicians should know about people who are in recovery.

Use this guide to enhance your practice and share it with all colleagues on the mental health care team.

"When people say a person is 'suffering' from a mental health disorder, it sounds as though they are a victim. I live a life of wellness and recovery and never describe myself as suffering."
Peer Support Administrator, Southeast

The language you use is an opportunity to instill positive expectations and hope. When you describe a person as "suffering from SMI," it focuses on their struggle rather than their recovery. Instead, use person-first language. For example, say that the person "has a history of SMI." This promotes optimism and supports their pursuit of healing, wellness, progress, and recovery goals.

"I wish clinicians would realize that community participation is a means of recovery, not that community participation requires recovery."
Peer Support Specialist, Northeast

It is key to involve people in mainstream community activities in a range of life domains. This helps them identify with valued social roles and align with "personhood" instead of "patient-hood." In this sense, we define community as relationships and social networks that offer love, hope, connection, support, and friendship. It is a critical dimension of a life in recovery.

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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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Increasing
access to
Recovery
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Recovery!*



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