



Recovery Roundup | June 2025

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

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Community, Connection, and Hope!



a message from
Suzie Walker



I often think of what Johann Hari says in his TED Talk: Everything we think we know about addiction is wrong; the opposite of addiction is not sobriety, it's connection. "Human beings have a natural and innate need to bond," Hari says. "And when we're happy and healthy we'll bond and connect with each other. But if you can't do that—because you're traumatized or isolated or beaten down by life—you will bond with something that will give you some sense of relief." Substances may provide that relief, at least until people find other sources of connection.

The "Rat Park" study teaches us a lot about addiction and connection. Canadian psychologist Bruce Alexander challenged earlier studies asserting that drugs caused addiction; the apparent addiction seen in laboratory rats, he said, was due to their distressing living conditions, not due to the drug itself. When rats were left alone in an empty cage and given the option of plain water or drugged water, rats drank the drugged water until they died. When living in "Rat Park," where they had plenty of food, play, and companionship, they didn't seek the drugs; they thrived. A healthy, positive environment and community made the difference. What if addiction is about a person's "cage," not a drug?

Another study by Curt Richter shows the importance of hope. Richter used a swimming and endurance study with rats. When the rats were tested in extreme endurance situations, but removed after a while, given food and rest, and then returned to the situation, they would swim for hours rather than struggle or give up. The brief "rescue" offered them enough hope to continue. (Trigger warning: If you research this study, know that some details are disturbing.)

Recovery services provide safety and rescue. People thrive in the hope and community they find at Vermont's recovery centers and residences, places where people can connect with others who have lived experience with substance use and the life changes involved with a recovery process. This connection fuels them while they build a new life and gain wellness and purpose.

The Recovery Partners of Vermont just wrapped up our annual standards audits for member recovery centers, and I just finished my first six months with RPV after returning to Vermont's peer recovery system in January. I've been buoyed by the sense of community among the RPV members, and the audit process and surveys are a reminder of the impact recovery services have on our communities.

Vermont's recovery centers have conducted peer standards audits since 2012, when the network responded to a legislative request to develop program standards. These standards led to increased funding based on the promising practices the member organizations provided. Recovery organizations continued to develop standards and infrastructure, forming the basis of a statewide recovery system, rather than a loose affiliation of similar organizations.

.....continue reading.....



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Summer Workplace Wellness

By: Liza Ryan, MSW, CRC

Summer has finally arrived in Vermont, and we know that the change of seasons come ever too quickly here! For those that prioritize time outdoors as part of your wellness plan, the summer may feel challenging to maximize time outdoors while also maintaining professional or personal responsibilities. See below for some tips and tricks related to embracing time outdoors and staying on track!

Workplace Tips:

- We are all Zoom professionals by now but what about taking a “walking meeting”? Walking meetings can be great for brainstorming with community partners, talking through challenging situations and staying active!
- Remote Day? Take your work to the outdoors and consider working outside with some fresh air and natural light. Not only does this maximize your time outdoors but it even promotes better focus and mood!

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](#)

We're incredibly proud to announce our 2025 Recovery is the Answer Conference Awardees!

4th Annual **Recovery is the Answer!**

Peer Support is the Way Conference

3rd Annual

Recovery Stars

Benefit Dinner & Auction



Recovery Partners
of Vermont

10.21-22.25 | Killington Grand Hotel | Killington, VT

"Shared knowledge, shared wisdom & a celebration of the diversity of services & supports in Vermont's Recovery Organizations."

**Keynote
Speaker**



Wendy Jones
Executive Director
Minnesota Alliance of
Recovery Community
Organizations

**Lifetime
Achievement Award**



2025 Recipient
Michael Johnson
Chief Executive Officer
Turning Point Recovery
Center of Springfield, VT

**Mark Heljias Recovery
Pioneer Award**



2025 Recipient
Margae Diamond
Executive Director
Turning Point Center of
Bennington, VT

**Recovery
Stars Award**



2025 Recipient
Astrid Bradish-Hoyt
Chief Operating Office
Turning Point Recovery
Center of Springfield, VT

Thank you, Milton Hannaford, for choosing Recovery Partners of VT as the recipient of June's Community Bag Program!

TURTLE FRIENDLY TOTES!



Say yes to sustainability this month! This **June**, head over to our selected Hannaford store and pick up your own reusable \$2.50 Community Bag. Every bag purchased this month will send our organization a \$1 donation!

hannaford.2givelocal.com
Community Bag Program

259 US Rt 7 South
Milton VT



Recovery Partners
of Vermont

Membership Staff Achievements

Vermont Foundation of Recovery - We'd love to introduce Cali Griswold, our new Regional Manager for Women's Homes, and announce that we are currently hiring for a Regional Manager for our Men's Homes.

Career Opportunities

- **Vermont Foundation of Recovery** - Regional Manager supporting men's homes (FT); Learn how to apply [here](#).
- **North Central VT Recovery Center** - Volunteer Program Coordinator, learn more [here](#).

CEU Approved Professional Development

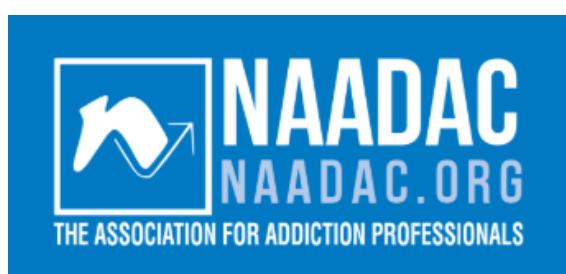


Health Education & Training Institut

HETI Foundational Motivational Interviewing

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.

[Read More](#)



Breaking the Cycle: Interrupting Intergenerational Trauma in Substance Use Disorders

Studies continue to support a direct connection between trauma and SUD, with at least 2/3 of those with SUD having a history of childhood trauma or abuse. Toxic stress in childhood from trauma, abuse, neglect, losses, and other adversities has been shown in research to be linked with an increased risk for SUD in adults. Newer research points to biochemical evidence that the effects of trauma can be passed from one generation to future generations, leading to generation after generation

experiencing SUD or other mental health issues. While in treatment, clients in trauma-informed programs can identify and begin to heal their traumatic pasts; few focus on helping families and future generations heal and / or interrupt the cycle in future generations. This webinar will offer case histories that demonstrate how to interrupt the cycle of trauma and prevent it from being passed on to future generations.

[Learn How to Register](#)



[Infinite Pathways of Recovery](#)

With social media and prime time shows highlighting recovery as a possibility, recovery is slowly becoming a household word. Yet the most commonly championed path of going to "meetings" continues to be frequently suggested and recommended as a single pathway for individuals to get everything they need for their recovery.

[Register Here](#)



[Full Training Schedule](#)

Member Events & Triumphs



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**



*Registration
closes Thursday,
August 7th, 2025

Register here





AGES
2-17



FREE LUNCH



We have free bagged lunches for children 2-17. They are available daily from 9-5, Monday thru Friday. Each lunch will have a sandwich, snack, fruit/ veggie, & a drink box. No registration needed. Stop into the center for your meal



141 State St. Rutland, VT 05701
802-773-6010



RUN FOR HOPE

NCVRC'S 1ST ANNUAL 5K RUN/WALK



LACE UP TO SUPPORT NCVRC!

THE COURSE WILL BE AN OUT BACK, STARTING AT OXBOW PARK AND HEADING SOUTH ON THE LAMOILLE VALLEY RAIL TRAIL. THE TURN AROUND WILL BE AT THE 1.5 MILE MARK WHERE THERE WILL BE AN AID STATION. RUNNERS WILL FINISH THE COURSE AT THE OXBOW PARK WHERE THEY WILL FIND REFRESHMENTS!

OXBOW PARK, MORRISVILLE VT

9:00 AM

**\$15 PRE-REGISTRATION
\$20 DAY OFF REGISTRATION
REGISTER W/ THE QR
CODE BELOW**



13
SEPTEMBER

north central vermont
RECOVERY CENTER



Narcan, first aid, hygiene kits free and accessible 24/7 in new vending machine in Addison County

A new resource is being unveiled Tuesday in Addison County, and it's got a design we're all familiar with, but what's inside could save someone's life.

[Read More](#)

Other Professional Development



Nonprofit Fundraising: Frenetic to Focused

Fundraising is the engine that powers your cause and can't be left to chance. With so many competing priorities, it's easy for your strategy to slip through the cracks. Join us to take a macro look at your fundraising program to uncover what's working and zero in on the most impactful, actionable strategies and opportunities.

Register [HERE](#).

Building a Resilient Revenue Model for Sustainable Growth

If your nonprofit's funding feels unpredictable or overly dependent on one source, you're not alone. Join this session to walk through how to create a revenue model that can support your mission through ups and downs without constantly scrambling for the next grant or donor. You'll learn how to assess what's working, spot the gaps, and explore smart ways to diversify your income without adding complexity. The goal? A stronger, more reliable financial foundation that gives you room to grow and the confidence to plan ahead.

Register [HERE](#).

Panel Discussion: Shared Services

This session will spotlight real-world examples of how and why these organizations chose to collaborate. You'll hear directly from peers about their journey, what worked, what challenges they faced, and how they structured their partnerships.

This panel was inspired by feedback from the VT Nonprofit Collaborative Survey, where many expressed interest in learning practical strategies for sharing services. There will be ample opportunity for Q&A, so bring your questions and ideas!

Register [HERE](#).

Implementing Communications Campaigns

WEBINAR

Part 2 of the Building Effective Public Health Communications Campaigns Webinar Series

July 10, 2025 | 1:00 PM ET

REGISTER TODAY

NIH HEAL INITIATIVE | HEALing Communities Study | ADDICTION POLICY FORUM



Webinar: Implementing Communications Campaigns

Join us for part two of a three-part webinar series that explores how to design and deliver effective public health communications campaigns related to addressing substance use disorders and overdose, drawing directly from the experiences of the HEALing Communities Study (HCS), a multi-state, community-driven effort to reduce overdose deaths in 66 communities across Kentucky, Massachusetts, New York, and Ohio.

[Learn How to Register](#)

Resources



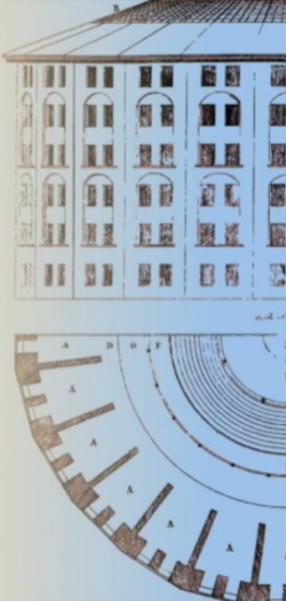
How Recovery Shapes Fatherhood: Dads in Recovery Tell Their Stories

Although many parents have substance use disorder, it's no secret that being a responsible, involved parent is infinitely harder with substance use disorder. Staying in recovery while being a father is also not an easy feat, but it's so important and rewarding. For these three fathers in recovery, the best Father's Day gift is the ability to be present for their children.

[Read More](#)

RECLAIMING OUR STORIES

Voices From the Marble Valley
Regional Correctional Facility



Doctors Say These 9 Hidden Drinking Patterns Are More Dangerous Than Binge Drinking

Ever notice how some routines sneak into your life, quietly shaping your days without much fanfare? When it comes to drinking, the spotlight usually falls on binge drinking-those nights that end in blurry memories and regret. But beneath the surface, there's a collection of drinking patterns that experts say might be even more concerning. These habits often blend into the background of daily life, making them easy to overlook but potentially more harmful in the long run.

[Read More](#)



RecoverMe: My Recovery, My Journey

Recovery is a process, a journey, and is about getting the support you need to keep living a life that feels authentically you. It's about your mental health, managing your relationship with drugs and/or alcohol, and finding joy and connection in the face of life's ups and downs.

[Learn More](#)



[Can 'Zebra Striping' Help You Drink Less? Here's What Doctors-and Bartenders-Think of the Viral Trend](#)

Zebra striping is a drinking trend where people alternate between alcoholic and non-alcoholic beverages while they're out. People do this to moderate their alcohol intake while still feeling like they're having fun and being social.

[Read More](#)



[Conversations in Compassion Podcast | HetiMaine](#)

Welcome to "Conversations in Compassion". This is not an interview, but an attempt to demonstrate conversations that are rooted in compassion and empathy. We will focus in on some of the most important issues of our time. Each conversation will be fresh and will focus on the individual and how to bring their story to life.

My hope is that through these conversations, we can help resolve the discord in our families, in ourselves, and in our communities; and focus on the most important need of our time, the need for compassion.

[Read More](#)



Young adult women in the US report more binge drinking than men

Alcohol use among women has been increasing for years. It is unclear if this trend in increased consumption also includes increases in intensive binge drinking. This study looked at sex-based differences in heavy alcohol use using recent US survey data.

Read more [HERE](#).

The potential economic benefits of recovery coaching

Peer recovery support services like recovery coaching are shown to play an important role in the substance use disorder continuing care and like many other recovery support services are likely to prove cost-effective, but this question hasn't been formally evaluated. This innovative study modeled the potential cost-effectiveness of providing recovery coaching for 1 year after receiving treatment.

Read more [HERE](#).



Prevention Works Vermont

What is prevention??

The Prevention Works!VT's Steering Committee has developed a "standardized" definition of substance misuse prevention to use when communicating with stakeholders who may be unfamiliar with how prevention integrates throughout systems and communities. This definition is one of many adopted by organizations throughout Vermont and nationally. Prevention organizations are welcome to use and share PW!VT's definition in whole or in part at their discretion.

"Substance Misuse Prevention is an arm of public health that works to delay the onset of substance use, and prevent substance misuse by reducing harms across the lifespan through

- partnerships
- education
- community engagement
- public policy and proven best practices.

Substance Misuse Prevention is based on strategies that increase individual, community, and cultural well-being and resilience.

[Learn More](#)

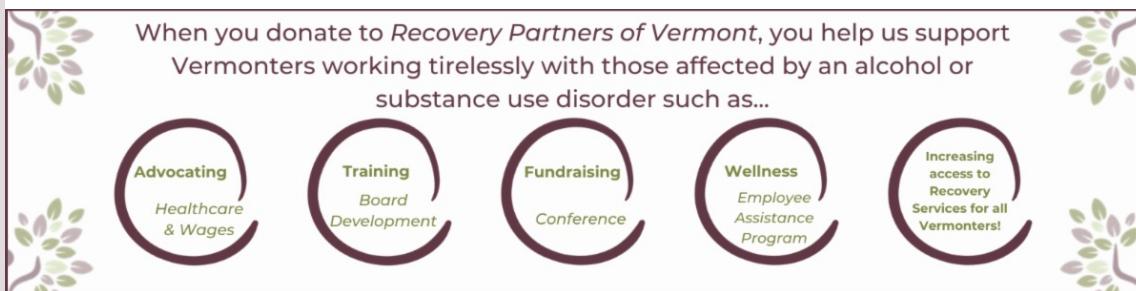
Have you visited our Memory Wall?



We will never forget the beautiful lives lost to alcohol or substance use disorders.



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...

A decorative border for the text block, featuring small green leaf icons in the corners and along the sides.

- 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

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