



Recovery Roundup | May 2025

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



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

Yellow Balloon Groups and Hope!



a message from Suzie Walker

The woman in green overalls brandishing a clipboard smiled and told me I'd be tabling with the Yellow Balloon groups. I didn't know what that meant, but yellow is cheery and balloons are buoyant, so I liked the idea. I was tabling at the 2nd Annual Music on the Mountain event at Jackson Gore Village in Ludlow, hosted by Divided Sky and The Phoenix.

I spent the day surrounded by music, mountains, and an expansive sky—and dozens and dozens of people in recovery, their family members, and their allies. Children ran around the Stargazer Carpet, blew bubbles, and played games while adults swayed with the music and enjoyed the fellowship, undaunted by the intermittent rain. Rainbow colors and tie-dye outfits swirled everywhere! The Recovery Partners of Vermont were well represented, with peers from the Turning Point Center of Bennington and the Turning Point Recovery Center of Springfield. And the bands were amazing! What a celebration!

And there's news to celebrate. The Centers for Disease Control announced this month a 26.9% decrease in drug overdose deaths nationwide in 2024, 80,391, down from 110,037 in 2023. That means about 81 fewer overdose deaths each day. The Addiction Policy Forum reported that seven states—Louisiana, Michigan, New Hampshire, Ohio, Virginia, West Virginia, and Wisconsin—and Washington, D.C., experienced 35% or more reductions.

Vermont experienced a decline, too. According to the Vermont Digger, the latest opioid annual report from the Vermont Department of Health shows that Vermont's opioid overdose deaths fell for the second year in a row, hitting their lowest mark in four years—183 Vermonters died of opioid-related overdoses in 2024, down from 236 deaths in 2023. We can recognize this progress while still acknowledging that 183 is way too many people lost to the disease of addiction. The state's numbers are still higher than in 2015 when then-Governor Peter Shumlin raised alarms about the state's rising rate of overdoses.

Keeping people alive is an essential first step, but we measure success in other ways in the recovery field. The recovery journey from survival to thriving is a winding path that leads to wellness, contentment, purpose, community, and joy. People in recovery contribute to our communities in myriad ways because they have first survived and then built fulfilling lives—families, careers, and hope. Community and connection play an important part once they take that first step.

When I was in treatment some 27 years ago, our counselor led a circle where we each shared our weekend plans—our first weekend out of this safe environment. A girl from Louisiana said she was going to a Swamp Romp, a musical event, but she was worried about her recovery. The counselor gently suggested this plan might not be the best idea, but if she went and felt scared or tempted, there was something she could do: Go to an information booth and ask them to announce for "a friend of Bill" to come meet her at a designated place. She didn't have to be alone.

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

Continue Reading

Movement & Self-Care



By: Liza Ryan, MSW, CRC

In high stress environments, it's common practice to override our bodies. We do this by working longer hours, pushing harder, sitting at our desks for prolonged times or simply not taking the break, we need. Maybe we identify the need for a break, but we figure we'll squeeze that in after the distress or crisis is over. What if we took that "break" when our bodies actually needed it though? The connection between movement, self-care, and managing chronic stress is deeply physiological, psychological, and behavioral. Chronic stress isn't just about feeling overwhelmed—it's a long-term disruption of our body's equilibrium. Movement can serve as a biological message to our nervous system that we are safe, capable and grounded in the moment. Even with a simple stretch, walk or roll of the shoulders, we can interrupt the loop of chronic stress and give our nervous system a welcomed interruption.

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



4th Annual Recovery is the Answer!
Peer Support is the Way Conference &
3rd Annual Recovery Stars
Benefit Dinner & Auction!

October 21-22, 2025

Killington Grand Hotel | Killington, VT

Keynote Speaker

Wendy Jones

*Executive Director,
Minnesota Alliance of Recovery
Community Organizations*

Wendy is a person in long-term recovery from substance use disorder and a co-founder of MARCO. From 2018 to 2023 she was Executive Director of Minnesota Recovery Connection (MRC), the state's first Recovery Community Organization (established in 2007), where she helped to expand MRC's programs and infrastructure and advocate for the development of peer-led, community-based recovery support services across Minnesota. She joined Minnesota Recovery Connection after a long career with the Minnesota Historical Society, where she was the Director of Education.



Wendy has a Master of Public Affairs degree from the Humphrey School of Public Affairs, is a former Humphrey Policy Fellow, and is the Chair of the Governor's Advisory Council on Opioids, Substance Use, and Addiction.



**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.2give.local.com
Community Bag Program

259 US Rt 7 South
Milton VT



Recovery Partners
of Vermont

Membership Staff Achievements

Journey to Recovery Community Center - Our entire staff has completed a two-part, 5-hour HIPAA & 42CFR training. Coach Supervisor Meagan Blake has completed her second semester of her bachelor's degree, at CCV, in human services with a focus on substance use; she has maintained a 4.0GPA!

North Central VT Recovery Center - We would like to take a moment to recognize Ray Zott, who has quickly become an invaluable asset to our NCVRC team and recovery community at large. Ray began her journey with us as a Recovery Coach, generously sharing her passion for wellness by leading weekly yoga and meditation sessions for our guests.

Her dedication to our community soon became even more evident when she stepped up to represent NCVRC at the United Community Church of Morrisville. There, she helped staff the church to ensure it could open once a week as a warming shelter, a vital service during the colder months.

Bringing with her not only professional commitment but also a deep love for people, the outdoors, yoga, meditation, and gardening. Her energy and positivity have made her a true bright spot within our organization. We are thrilled to share that Ray has recently accepted the role of *Parents in Recovery Coordinator*. Please join us in congratulating her on this well-deserved opportunity! CONGRATULATIONS Ray!!

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.



matter[®]

**SUICIDE PREVENTION
AWARENESS AND SKILLS
TRAINING**
FOR RECOVERY STAFF

CEUS Approved by:

The Vermont Recovery Education Committee
The Vermont Office of Professional Regulation



CHOOSE FROM TWO DATES:

June 3rd, 9:30-11:30 am

REGISTER

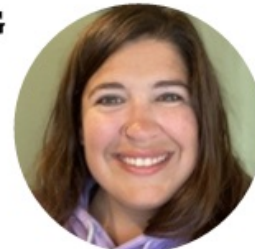
June 12th, 1:00-3:00 pm

REGISTER

ABOUT THIS NO-COST, VIRTUAL TRAINING

Participants will learn basic knowledge and skills of suicide prevention including:

- societal myths and attitudes
- sensitive language
- risk factors, protective factors and warning signs
- considerations for populations at risk
- how to respond comfortably and confidently to real-life scenarios, and
- local and national resources for help



Cristina Maddocks, M.S. (she/her)
Suicide Prevention and
Umatter[®] Program Specialist
Center for Health and Learning (CHL)



This training is supported by the Centers for Disease Control and Prevention (CDC) through the Vermont Department of Health (VDH).



Unveiling ADHD's Complex Relationship with Substance Use and Young Adults

Attention-deficit/hyperactivity disorder (ADHD) is often misunderstood and stigmatized, with 60-80% of individuals having additional mental health conditions. This overlap complicates ADHD management and is linked to increased substance use risks. Key factors include impulsivity and sensation seeking, self-medication for symptom relief, neurobiological differences in brain function, and co-occurring disorders

like conduct and mood disorders. This presentation will examine these connections and offer strategies for managing ADHD and substance use disorders in young adults within behavioral health settings.

[Learn How to Register](#)



Mountain Plains ATTC (HHS Region 8)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

[An Introduction to Perinatal Substance Use Disorders](#)

Substance use and substance use disorders (SUDs) play a significant role in adverse perinatal outcomes including neonatal withdrawal and maternal mortality. It is important to understand the impacts of substance use in pregnancy, and to identify best practices for perinatal care professionals for reducing the risk of complications.

[Register Here](#)

**CCAR
TRAINING**

[Full Training Schedule](#)

Member Events & Triumphs

The Turning Point Center of Addison County is hosting a Run for Recovery 5K this September - and they're looking for a standout T-shirt design to bring it to life!

Here's how to get involved:

- Submit your original design by June 30
- Email your artwork to info@tpvt.org
- Community voting kicks off in July
- Winner receives a special prize from TPCAC

Hope in Motion
5K Run

Turning Point Center
of Addison County

Questions? Email info@tpvt.org.

T-SHIRT
DESIGN
CONTEST



SEND US YOUR
DESIGNS BY JUNE 30



Voting begins in July



Winner will receive a special prize

One
CREDIT UNION



SUMMER KICK-OFF BBQ

SPONSERED BY: **ONE CREDIT UNION**

SATURDAY, JUNE 28TH, 2025

12:00 PM - 2:00 PM

TURNING POINT RECOVERY CENTER

7 Morgan Street,
Springfield, VT
05156

QUESTIONS? (802) 885-4668



Honoring **Father Figures**

Join us for crafts and card making for Fathers Day with
snacks and drinks available

Sunday June 15th
12-2 PM



Kingdom Recovery Center
297 Summer Street
St. Johnsbury, VT 05819



**Kingdom
Recovery
CENTER**



**Northeast
Prevention
Coalition**



VERMONT FOUNDATION OF RECOVERY

Operating Safe, Affordable Recovery Homes Statewide



WHO WE ARE

Our mission is to create a network of recovery homes to help people suffering from substance use disorder(s) re-assimilate into society by supporting the transitions from active use, to recovery, to independent living. We strive to create a family-like atmosphere in our homes, one where our members are nurtured and energized by others who share common experiences, struggles, values, and goals. We structure our homes to provide varying degrees of supervision and autonomy, offering a variety of residences to meet individuals at all stages and pathways of their recovery journey.

WHAT WE DO

We operate certified recovery homes throughout Vermont, offering:



SAFE & SOBER LIVING ENVIRONMENTS

Our homes provide a structured, substance-free setting conducive to recovery



COMMUNITY SUPPORT

Members live with peers who share similar recovery goals, fostering connection and mutual encouragement. VFOR connects members to services and resources outside of the recovery homes.



ACCOUNTABILITY

Members adhere to house rules, attend regular recovery meetings, and engage in work, volunteering, or education for at least 20 hours per week.



MEDICATION-ASSISTED TREATMENT (MAT) FRIENDLY

We accept members on any medications prescribed by a licensed medical professional, including MAT, supporting a comprehensive recovery approach.



AFFORDABILITY LIVING

Each member contributes \$400 as a non-refundable initial membership fee, and weekly dues of either \$150 or \$160 thereafter. Fees cover housing, utilities, group activities, and more.



FLEXIBLE LENGTH OF STAY

Members typically stay between one to 12 months, with options to transition into VFOR's transitional apartments as they progress.

OUR LOCATIONS

VFOR currently operates nine recovery homes in Barre, Bennington, Essex Junction, Morrisville, Rutland, St. Albans, and St. Johnsbury.

Each home is designed to serve specific populations, including men, women, and women with children and is centrally located for easy access to community resources, support services, and employment opportunities.



TO LEARN MORE:

Visit www.vfor.org or call 802-735-4340

Other Professional Development



Scenario and Action Planning in Times of Crisis

Nonprofits are slowly learning how the current administration's actions will impact their services, funding, and ability to achieve their mission. Navigating this uncertainty can be challenging, but utilizing scenario planning allows organizations to build resilience by identifying potential responses and adapting strategically as federal policies evolve. In this training, participants will learn basic steps in scenario planning and will explore how to use the planning process in a hands-on activity. 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**.

Getting to Action: Implementing Your Strategic Plan Amidst Uncertainty

A strategic plan is a helpful tool – but only if it's being used. Join A17 Consulting to learn practical approaches for nonprofits of any size to put their strategic plan into action, with consideration of the increased uncertainty many organizations are facing. Topics will include recognizing what is currently actionable, prioritizing strategies, implementation planning, action planning, and determining when it's time to change course. Leave with tools, templates, and a better understanding of how to make progress on your strategic objectives despite the uncertainty.

Register **HERE**.

WEBINAR

Planning a Communications Campaign

Part 1 of the Building Effective Public Health Communications Campaigns Webinar Series

June 5, 2025
1:00 PM ET

REGISTER TODAY

NIH HEAL INITIATIVE | HEALing Communities Study | ADDICTION POLICY FORUM

Webinar Series: Building Effective Public Health Communications Campaigns on Substance Use Treatment and Overdose Prevention

Join us for 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



Grayken Center for Addiction Training & Technical Assistance Boston Medical Center

Contingency Management

This training provides a foundational overview of contingency management (CM) as an evidence-based intervention for substance use disorders. Participants will learn to recognize the seven core principles of CM, identify at least two effective implementation strategies, and understand the critical role of monitoring and auditing to prevent waste, fraud, and abuse. The session will also highlight at least three substance use disorders for which CM is a proven treatment approach. Designed for clinicians, program managers, and support staff, this training equips participants with practical tools to apply CM with fidelity and accountability in diverse treatment settings.


Two training dates available: May 28 & June 24

May 28 Registration

June 24 Registration

Resources

**Educational Series
for Affected Family Members**
Held virtually every 6 weeks

 The Family Restored
thefamilyrestored.org

Educational Series: Mother Daughter Makeover

Educational Series: "Healing for Mothers and Daughters, ps. It works for all family relationships..." Getting along isn't always easy for mothers and daughters, and sometimes it can be absolutely heart wrenching. There

are many pitfalls in this relationship, and even more so when one or both have struggled with alcoholism, addiction or mental health issues.

[Register Here](#)



Who is most likely to use a harm reduction vending machine?

People who use drugs and live in rural communities may lack access to harm reduction services. Harm reduction vending machines that offer 24/7 access to resources may help address this need. This study examined who in particular may be more or less likely to use a harm reduction vending machine in a sample of people using drugs in Appalachia.

[Read Vending Machine Study](#)

Sports gambling and heavy drinking strongly linked

Sports gambling is legal in many US states and has become increasingly common. Because heavy drinking is part of sports gambling culture, this study examined whether changes in alcohol use are linked with sports gambling in a representative sample of US adults.

[Read Gambling Study](#)

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 5:30pm starting June 10th
- Tuesdays at 5:30pm starting August 5th

Nurturing Skills™ for Families

- Mondays at 6pm starting June 2nd
- Tuesdays at 5:30pm starting July 8th

Nurturing Fathers Program

- Mondays at 5:30 pm starting June 2nd

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 in Recovery **in person** at Turning Point of Franklin County, Wednesdays at 3pm
- 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.



Once drug dependent and desperate, this Vermonter had a problem. Now he's part of the solution. - VTDigger

"Not selling dope, selling hope," says Justin Johnston, a Brattleboro police arrestee turned assistance team staffer who's helping others escape the hard knocks of substance use and the streets.

Read More

What is Addiction? Addiction Policy Forum



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!

*Give for
Recovery!*



You could save someone's life.

Find the nearest
Vermont Narcan Distributor

[CLICK HERE](#)

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Recovery Partners of Vermont
P.O. Box 3042 | Burlington | VT | 05408-3042
802.738.8998 | info@vtrecoverynetwork.org

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