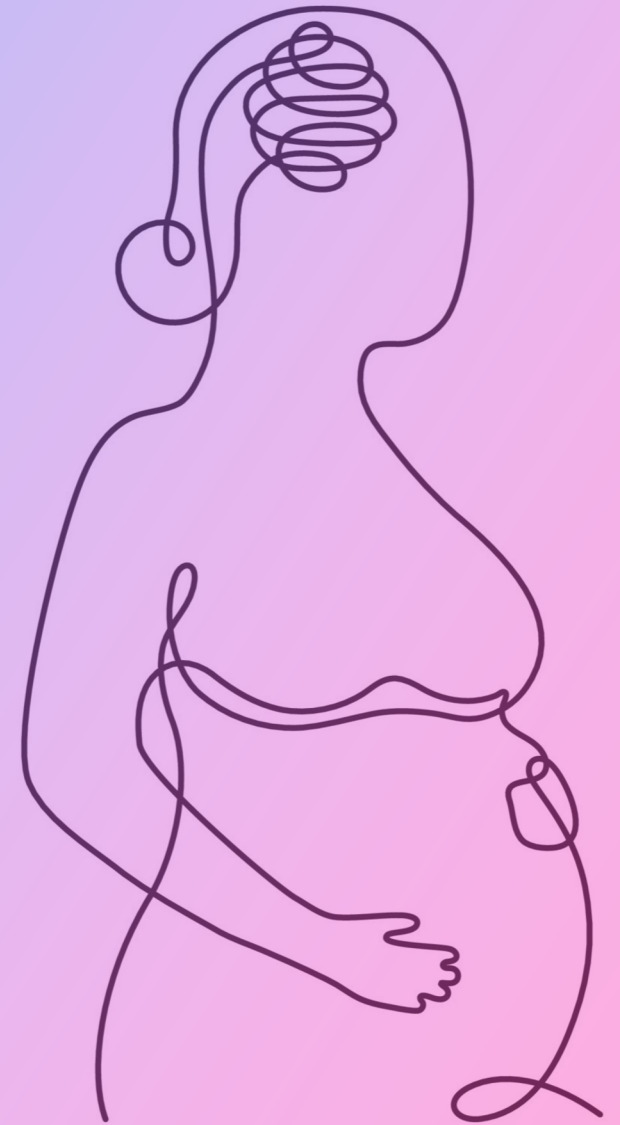


Parents in Recovery Programming

Rosemary Rosa, C.R.C.
Executive Director
Turning Point Center of Central Vermont

Ray Zott
Parents in Recovery Programs Coordinator
North Central Vermont Recovery Center



Turning Point Center of Central Vermont

Our mission is to help people find, maintain, and enhance their substance abuse recovery by providing peer-based recovery supports to individuals and families; conducting educational programs that aid in building and enriching a healthy life; and maintaining a safe haven for sober recreation and social activities.



North Central Vermont Recovery Center

Our Parents in Recovery program offers anyone in a parenting role the hope, help, and support needed to thrive in recovery. We help families flourish by building individualized support systems, bridging gaps between organizations, fostering positive relationships, and providing a safe, judgment-free space.





From experience to framework: A recovery journey

- Lived experience with substance use disorder:
 - Pregnant in early recovery
 - New parent in early recovery
- Built a network for parenting and personal recovery

Ray (she/her)

- Lived experience with substance use disorder
- Early childhood education
- Somatic approach to recovery work



Recovery Coaching with Perinatal Populations

- Evidence Based Practice
- Based in motivational interviewing
- Recovery coaches all have lived experience with SUD and a minimum of two years of abstinence-based recovery
- The opposite of addiction is connection





Recovery Coaching with Perinatal Populations

- **Barriers for our Perinatal population:** Transportation and childcare can be barriers to accessing consistent services
- **Our response:** connected with local doulas, childcare available on site, and knitting together existing community resources.

Vermont Perinatal SUD Trends

Data and Trend's from Vermont's Maternal Mortality Review Panel:

- **From 2020 to 2023**, the last year of full reviews, all deaths have been in the post partum period.
- **Since 2012, 43% of perinatal deaths** in Vermont were the result of accidental overdose. Substance misuse contributed to a significant majority of overall deaths.
- **Of the 8 maternal deaths reviewed by the panel since 2021**, all were related to opioid misuse – 7 were directly caused by overdose and one by endocarditis due to IV drug use.



TPCV and Central Vermont Community Response Collaboration

- Turning Point Central Vermont is embedded into the Central Vermont Community Response Team
- Central Vermont Community Response Team:
 - Follows the Charm team Model
 - We track pregnant or newly post-partum mothers who are current using substance or are in recovery and need additional support.



Parenting Classes & Education

Nurturing Parenting Curriculum

- Evidence-based, trauma-informed, and designed for families in recovery.
- Provides tools for positive communication, stress management, and breaking cycles of trauma.
- Tailored sessions for parents of young children to support both recovery and healthy family dynamics.

In addition to the parenting curriculum we offer, our recovery center hosts complementary groups like Seeking Safety. While not part of our program itself, it strengthens what we're able to provide by giving parents more tools for stability and healing.



The flyer for the Nurturing Parenting Program features a blue and yellow color scheme. At the top left, it displays the logos for the North Central Vermont Recovery Center and the Vermont Safe & Happy Childhoods initiative. Two circular images on the right show a woman reading to a child and a man lifting a child into the air. The program title 'NURTURING PARENTING PROGRAM' is prominently displayed in white and yellow text. Below the title, a paragraph describes the program's purpose for parents on a recovery journey. A list of three benefits is provided, each preceded by a checkmark icon. A QR code is placed next to the text 'Scan to register'. The dates 'SEPTEMBER 25 - DECEMBER 18' and the time '4 - 6 PM' are listed, along with the location 'At North Central Vermont Recovery Center'. At the bottom, a banner encourages contacting the center for transportation help, accompanied by icons for a hand, a phone, and a location pin, and the contact information: 'Call Us 802 851 8120' and 'Our Location 275 Brooklyn St, Morrisville, VT'.

north central vermont
RECOVERY
CENTER

VERMONT
Safe & Happy
Childhoods

**NURTURING PARENTING
PROGRAM**

Designed for parents and caregivers on a recovery journey, this program offers guidance and support to help you grow as a positive role model. Learn how to create a safe, loving, and nurturing environment for yourself and your children.

This program will help you:

- ✓ Understand Early Childhood Development
- ✓ Build Positive Parenting & Communication Skills
- ✓ Manage Stress & Find Support Resources

Scan to register

**SEPTEMBER 25
-
DECEMBER 18**

4 - 6 PM

At North Central
Vermont Recovery
Center

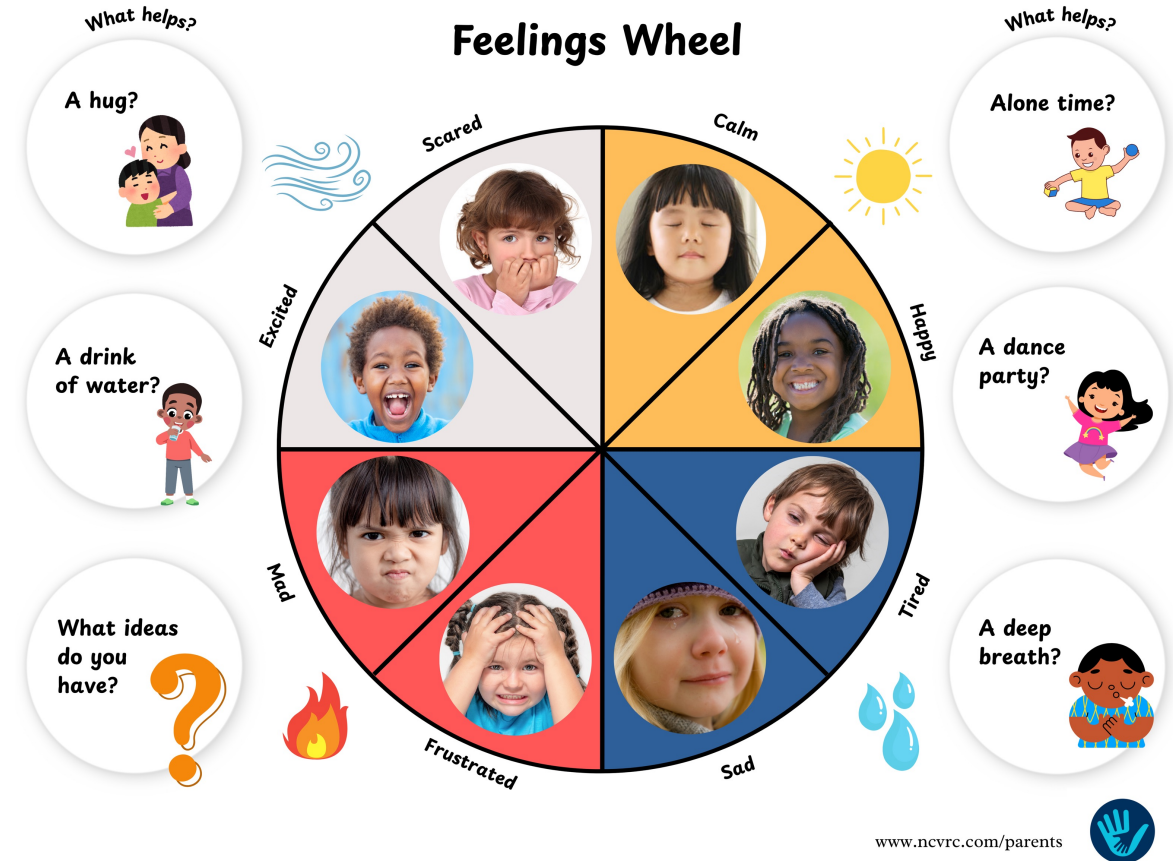
Need help with transportation? Contact us for accommodations!

  Call Us
802 851 8120  Our Location
275 Brooklyn St, Morrisville, VT

Parenting Classes & Education

Parent-Child Tools

- Simple, practical tools created for parents to co-regulate with their kids.
- Helps reduce stress, improve emotional connection, and build resilience.
- Supports both recovery and parenting goals by strengthening the parent-child bond.



Parents in Recovery Advocacy & Support

Walking alongside parents & caregivers

- Support with child custody, DCF involvement, and reunification efforts.
 - Collaboration with DCF: office hours, participation in care teams.
- Court accompaniment and emotional support during legal challenges.
- Connection to resources and community partners to strengthen family stability.



Parents in Recovery Community & Connection

Monthly Events & Family Engagement

- Regular family-centered events: Cooking Classes, shared meals, craft nights, etc.
- Creates community and reduces isolation.
- Gives kids positive experiences of recovery-friendly environments.



Parents in Recovery Free Event!

FAMILY FRIENDLY COOKING CLASS

With *Salvation Farms*

Wednesday, July 23
North Central Vermont Recovery Center
4PM - 5:30 PM
Outdoors, weather permitting

Cooking theme:
Pickling & Grilled foods
Call or stop in to sign up!
802 851 8120

275 Brooklyn Street, Morrisville

north central vermont
RECOVERY CENTER



Parents in Recovery Community & Connection

Monthly Events & Family Engagement



Parents in Recovery

MASK-DECORATING Masquerade Event



Are you a cat, a fairy, a dinosaur, or a butterfly? Get creative and decorate a mask that is uniquely you!

September 22, 4 - 5 PM

North Central Vermont Recovery Center
275 Brooklyn Street, Morrisville
802.651.8120

This is a FREE event, all masks & materials provided

north central vermont
**RECOVERY
CENTER**

Recovering Loudly

We partnered with Lund on a storytelling project for Moms in recovery to share their recovery stories.

We will continue to offer story telling coaching.

- <https://lundvt.org/recovering-loudly/>



Partners in the work

Referrals

Central Vermont Medical Center

- Taking referrals from Birthing Center
- Taking referrals for parents from E.D.

Staff Development

Prevent Child Abuse Vermont

- Our staff have been trained to be facilitators of the Nurturing Families trainings

Integrating Services

Good Beginnings

- Supporting newly post-partum families during co-visits- 'Visiting Angels Program'



**Central Vermont
Home Health & Hospice**



**Family Center
OF WASHINGTON COUNTY**

It's always about the family.



WCMHS

Washington County Mental Health Services, Inc.

Where Hope and Support Come Together

Partners in the work

Integrating
Services

Department of Children and Families

On-site two days a week
Co-Visits and Monthly Case Review

Integrating
Services

Family Center

- Co-Visits and Monthly Case Review
- Collaborating to offer a 'Women in Recovery' group

Future
Partner

The Doula Project

- A future collaboration partner: The Doula project based out of Washington County's Mental Health Services



Partners in the work

Integrating Services

Clarina Howard Nichols Center

- On-site visits
- Accepting Referrals
- Future collaboration partner on educational offerings

Referrals

Department for Children & Families

- Office Hours
- Collaboration on individual's case plans

Future Partner

Lamoille family Center

- A future collaboration partner on educational offerings & support groups

Funding and Project Sustainability

- Vermont's Department of Health provides us with CDC's Overdose Data to Action funds for this project
- Vermont Department of Health: MMRP data, conversations with multiple partners highlighted a need to integrate peer recovery supports into existing clinical and community supports for birthing people.
- Peer supports are in the process of getting Medicaid billing actualized so TPC's can provide the services for years to come.

**Overdose
Data To
Action**

**OVERDOSE
DATA2ACTION**



Thank you!



Rosemary Rosa, C.R.C.

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[Turning Point Center of Central
Vermont - Home \(tpccv.org\)](http://TurningPointCenterofCentralVermont.org)

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