



Recovery Roundup | October 2025

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

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## Recovery: The Wonder Years!



a message from  
**Suzie Walker**



*The sense of wonder, that is our sixth sense.*

– D.H. Lawrence

*One of the most precious gifts my recovery has given me is a sense of wonder, being open to what life presents to me instead of clinging to my ideas of what life should be. I was waking up each day with a sense of anticipation and curiosity rather than apprehension and dread. I was open to where life would take me, instead of clumsily navigating the day, feeling ill-equipped and unworthy. I discovered talents and gifts and friends who shared my adventures to wondrous places, both physical and spiritual! Serendipity—an unplanned fortunate discovery—became my favorite word!*

*I tell people that I'm an accidental nonprofit director—it sure wasn't my plan! But circumstances conspired to open my mind and my heart; helping people find hope and happiness, and flourish in their lives, is such a precious gift. My annual GalPal trip is another found gift, which led in turn to the magic of quilting!*

*Eighteen years ago, my friend shared that it had been five years since her bipolar diagnosis, when she began the process of healing and learning how to manage that part of her life. She mused that people in recovery from substance use got to celebrate their milestones with tokens and anniversaries. I said I'd celebrate her! We invited two friends to join us on a trip to our college town. It was such a fun, meaningful event, we invited a few others to join us each year. Our renewed bonds let us into each other's lives between trips, sharing the good news and sad news that come with a life well lived. We speak our own language of the heart, communicating daily through our WhatsApp chats (both silly and serious). We've accompanied each other through job and relationship changes, illnesses (including substance use and cancer) and deaths, grandchildren, retirement, and more!*

*Another blessing came along in 2020 during COVID, the one year we weren't able to meet in person. After sewing a few hundred face masks during shutdown, I joked that I should make a quilt from the extra fabric and become a crazy quilter like my friends. I made one quilt, and then never stopped! Working with color and fabric is such a freeing act of expression! It's the one pursuit I can simply lose myself in. I'll design and sew for hours, and suddenly "come to." I'm fully present in the moment, and it's such a gift.*

Continuing Reading....

[Continue Reading](#)

# Whole Person Wellness & Recovery

By: Liza Ryan, LICSW, CRC



Recovery from substance use disorder is more than stopping the use of a substance—it's a journey of healing our whole person: body, mind, and spirit. Whole person wellness recognizes that our substance use and recovery often affects every area of life, and recovery can involve nurturing all of them in balance.

## Physical Wellness

Recovery begins with caring for the body. Ongoing substance use can disrupt sleep, strain our nervous system and disrupt our body's natural rhythm. Restoring physical health through mindful nutrition, regular exercise, and adequate rest helps rebuild strength and resilience. Maybe introducing a small habit such as a daily walk or meal planning can become a powerful tool in your own recovery.

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

Thank you to all our sponsors, guests, members, community partners, and auction donors for making our 4th Annual Recovery is the Answer! Peer Support is the Way Conference & 3rd Annual Recovery Stars Benefit Dinner & Auction such a beautiful success!! You ALL make this event possible! What a great couple of days of networking!

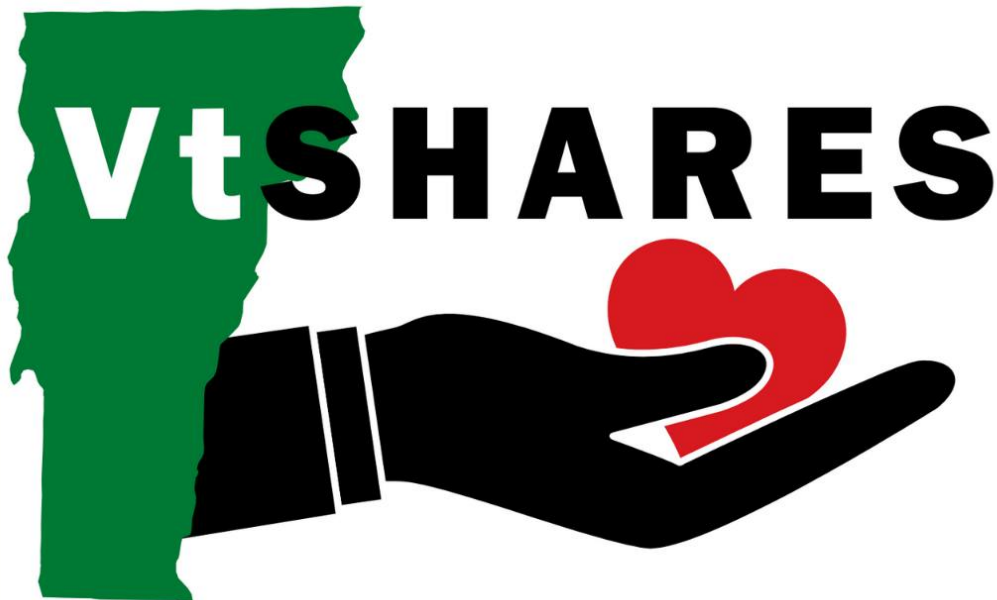


[Recovery Partners of Vermont hold annual conference at Killington Resort](#)

KILLINGTON, Vt. — Recovery Partners of Vermont is connecting staff from across the state at their fourth annual conference. The yearly conference gives recovery professionals the opportunity to learn from each other and bring back new methods to support their own local communities.

Read More

We're grateful to be participating in  
VTShares 2025!



Annual Fundraising Campaign with Vermont  
State Employees

OCTOBER 27 THROUGH NOVEMBER 7, 2025

Learn more and donate at <https://vtshares.vermont.gov/>



Donate Today!

## Member Staff Achievements

**Turning Point Center of Central VT** - We're excited to announce we are proud owners of our new building and construction will begin soon! Our Executive Director, Rosemary Rosa, is now a Certified HOPE Facilitator.

**Vermont Foundation of Recovery** - Celebrating a Staff Milestone: It marks one year since Amanda Putvain joined

*Vermont Foundation of Recovery as our Membership Manager! Amanda's compassion for those in recovery comes from witnessing loved one's face addiction and mental health challenges. She channels that experience into her work every day.*

*Recovery Coaches are stepping into a new phase, join us in celebrating our member's staff who are now **Licensed Peer Recovery Support Specialist!***

- **Turning Point Recovery Center of Bennington** - Jennifer Burt

## Career Opportunities

**Vermont Foundation of Recovery** - Peer Support & Recovery House Coordinator in Essex & St. Albans, learn more about these positions **here**.

**Turning Point Recovery Center of Bennington** - Executive Director, learn how to apply **here**.

## **CEU Approved** Professional Development



Health Education & Training Institut

### HETI The Power of Groups Using Motivational Interviewing

This six-hour virtual dynamic training explores the transformative potential of mutual aid support groups through the lens of Motivational Interviewing (MI). Designed for professionals and group leaders, it emphasizes the effectiveness of MI techniques in breaking isolation, fostering personal growth, and addressing the unique needs of various populations. By understanding the principles of MI within group settings, participants will gain insights into creating supportive environments that inspire change and resilience.

Learn How to Register

### Foundational Motivational Interviewing

Realizing that attention spans are not the same on a screen as they are in person, we have adapted our trainings to allow for a highly interactive, effective learning to our current logistical circumstances.

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.

[Register for Foundational MI Training](#)

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### Supporting Families, Supporting Recovery: Overcoming Stigma in LGBTQIA2S+ SUD Treatment

This webinar explores the complex impact of stigma and family rejection on LGBTQIA2S+ individuals facing substance use disorder, while also examining the challenges families may experience in understanding, accepting, and supporting their loved ones. Addiction professionals will gain tools to navigate these dynamics with empathy, promote healing on both sides, and foster inclusive, affirming environments that support recovery and reconciliation.

[Register Here](#)

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Online November 3, 2025 through November 7, 2025

# Recovery Coach Academy for Vermonters



**Cost is waived for participants sponsored by Recovery Centers or other recovery service providers**

Starting November 3, 2025, from 4:00 PM to 8:30 PM, this program runs Monday through Friday.

**Sponsored by Fair Chance Alliance**

**CEU's meet Vermont Recovery Coaching Certification Board Requirement**

Contact [Mickey@fairchance-alliance.org](mailto:Mickey@fairchance-alliance.org) for additional information

Register at <https://www.fairchance-alliance.org/recovery-coach-academy>



# CCAR TRAINING

Full Training Schedule

# Member Events & Triumphs



## [Jenna's Promise, Obama Foundation leaders meet to discuss substance abuse recovery programs](#)

MONTPELIER, Vt. — Local organizers and nonprofit leaders from across the country were in Montpelier on Friday to discuss recovery program support.

Jenna's Promise co-founder Gregory Tatro helped organize the visit for the Obama Foundation leaders program alumni. Visitors were given a tour of the statehouse. They met with state representatives and talked about future partnerships to expand support services.

[Read More](#)

# NCVRC Annual Fundraiser

Door Prizes

Silent Auction

DJ

Catering by: Sweet and Savory

Interested in purchasing a  
ticket, sponsorship, or donating  
an item for our silent auction?

Scan the QR code or  
Email: [recovery@ncvrc.com](mailto:recovery@ncvrc.com)

**Tickets: \$50**

SATURDAY

NOVEMBER **8** 5-8 PM

LOCATED AT RIVER ARTS,  
74 PLEASANT ST. MORRISVILLE

North Central Vermont  
**RECOVERY  
CENTER**

A judgement-free zone supporting all paths to recovery  
275 Brooklyn St. #2, Morrisville, VT • 802-851-9120 • [ncvrc.com](http://ncvrc.com)



Buy Tickets

# RETIREMENT PARTY



Honoring **Mike Johnson** & his service to the recovery community.

SATURDAY | 8 | NOVEMBER  
1-3 PM | 2025

**Turning Point Recovery Center**  
7 Morgan Street, Springfield, VT 05156

Come help us celebrate! Open to the community.  
Food & drinks served

## Other Professional Development



### Leadership Reboot: Reset, Recharge & Rise Workshop

Two-day intensive (professional development) workshop for women leading addiction recovery and health nonprofits, presented by Stefani Capizzi — former nonprofit leader, nurse, and lifelong advocate for

recovery, health, and wellness.

During this workshop, you'll:

- Clear the mental clutter that fuels self-doubt and overwhelm
- Identify limiting beliefs and map out new, empowered ones
- Activate your inner coach so you can lead from grounded confidence
- Design simple energy rituals that keep you balanced while you make a difference

Join this live two-day workshop - designed specifically for women leading in mission-driven organizations, on November 19-20, 2025, from 10 AM - 2 PM, to reset how you lead and how you feel.

Learn How to Register



### From Insight to Impact: Lessons for Vermont's Nonprofits as We Prepare for 2026

In an era of rapid changes and uncertainty, how should board members respond? What's the board's role prioritizing and realigning programs, building strategic partnerships, and re-thinking your organization's revenue model? How can the board help to ensure success and sustainability?

Register [HERE](#).

### The 3-Step Blueprint for Nonprofit Leaders: Build a Thriving Team Without Overworking

Growing uncertainty has many nonprofits now asking themselves about digital privacy and security. Should we be taking extra precautions online? This question can feel overwhelming, especially to small organizations without a dedicated IT department.

This webinar is intended as an introduction to "operational security." It will cover the first steps individuals and nonprofits can take to enhance the privacy and security of their daily digital presence. We'll cover ways to improve the physical security of devices, options for encrypted communication, and tools to enhance privacy. It will also introduce the concepts of "threat modeling" and "risk management," or how to best prioritize what steps to take first.

Register [HERE](#).

## Resources

### **Great Opportunity for Recovery Coaches in Vermont!**

You Are Invited to Take Part in a Research Study

This study is being led by Nathaniel Roeder, a medical student at the University of Vermont. To take part, you must:

- Be working as a recovery coach in Vermont
- Be 18 years old or older

***What is the study about?***

The goal of this study is to learn how recovery coaches see their role in suicide prevention and what they think about contingency management. Contingency management is a way to support people in recovery by offering small rewards when they meet goals, like staying substance-free or going to support meetings.

***What will I be asked to do?***

You will have a one-on-one interview by Zoom. The conversation will take about 30 minutes. Some topics, like suicide prevention, may be sensitive and could bring up difficult emotions. You will not be asked to share anything you are uncomfortable with. The focus is on your thoughts and opinions, not your personal story. You can skip any question or stop the interview at any time.

***What will I receive?***

You will receive a one-time \$30 Amazon gift card for taking part.

Interested or have questions?

Please contact Nathaniel Roeder at [nathaniel.roeder@med.uvm.edu](mailto:nathaniel.roeder@med.uvm.edu) or 603-803-1207.

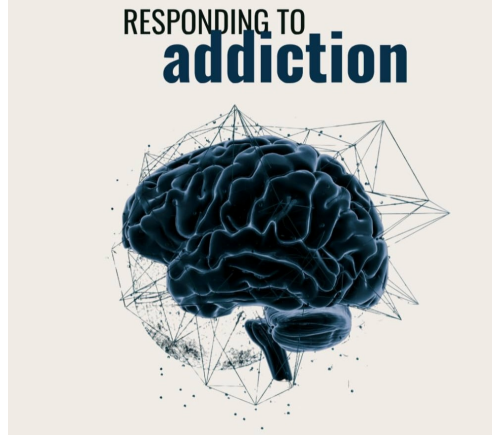


Training Topics Survey

As part of our work with the Vermont Department of Health Division of Substance Use Programs, Adept Educational Institute will be offering a training series running through September 30, 2026. This brief survey is designed to gather input on training needs among Vermont professionals. Please click the link to participate in a brief, 5-minute survey designed to gather input on training needs among Vermont professionals. Your input will help us design this series. To stay up to date on events in this series, **[sign up for our email list](#)**.

Take Survey

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## [Responding to Addiction Workbook Available](#)

The *Responding to Addiction* Participant Manual—the official companion to our instructor-led Responding to Addiction training—is now available for purchase on Amazon!

This accessible guide reinforces and expands on training content with science-backed information about substance use disorders, including:

- How addiction impacts the brain
- Recognizing signs and symptoms
- Evidence-based treatment approaches, including medication for addiction treatment
- Practical guidance on how to have supportive conversations about substance use

[Learn How to Order Workbook](#)



## [Relief or reward: Do women and men drink for different reasons?](#)

Alcohol problems have long been more common in men, but rates in women are rising, and women tend to develop complications faster than men. It has been suggested also that women and men may drink for different reasons, with women more likely to drink to relieve negative emotional states and men for pleasurable, rewarding effects. The researchers used a well-controlled laboratory paradigm to explore these potential differences.

[Read More](#)










## [What is driving the “russ” bus? Individual, school, and neighborhood-level factors of adolescent cocaine use](#)

School party culture, especially around high school graduation, may be uniquely connected to adolescent cocaine use. There are many

contributing factors at individual, school, and neighborhood levels. This study explored whether and how school party culture, neighborhood factors, and individual characteristics were connected to use among high school students.

[Read More](#)

## MORPHINE VS HEROIN VS FENTANYL

Type		
<b>Natural opioid</b> (from opium poppy)	<b>Semi-synthetic opioid</b> (made from morphine)	<b>Synthetic opioid</b> (lab-made)
Medical Use		
<b>Yes:</b> for moderate to severe pain	<b>No legal medical use in the U.S.</b>	<b>Yes:</b> for extreme pain (surgery, cancer)
Strength (compared to morphine)		
 Baseline (1x)	 2 - 3x stronger	 50 - 100x stronger
Addictiveness		
 High	 Very High	 Extremely High
Potentially Lethal Amount (approx.)		
 About the size of a <b>small pill</b> (tens of milligrams)	 About the size of a <b>pinhead</b> (a few milligrams)	 Just a <b>few grains of salt</b> (about 2 milligrams)

Be in the Know  
What is Medetomidine?

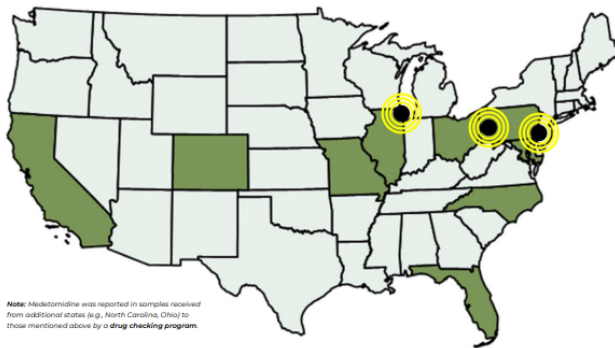
## MEDETOMIDINE RAPIDLY PROLIFERATING ACROSS USA — IMPLICATED IN RECREATIONAL OPIOID DRUG SUPPLY & CAUSING OVERDOSE OUTBREAKS

**PURPOSE:** The objective of this announcement is to notify public health, harm reduction, first responders, clinicians, medical examiners and coroners, forensic and clinical laboratories, and all other related communities about new information surrounding the emergent adulterant **medetomidine** (also referred to as dexmedetomidine).

**BACKGROUND:** Medetomidine is an alpha-2 agonist, belonging to the same family of drugs as xylazine and clonidine. Medetomidine is synthetically manufactured and exists in two enantiomeric forms: **dexmedetomidine** and levomedetomidine, the former being active and potent. Dexmedetomidine is approved for use in humans and is administered in hospital, while differing forms of medetomidine are available for use in veterinary medicine. The effects of **medetomidine** can include sedation, analgesia, muscle relaxation, anxiolysis, bradycardia, hypotension, hyperglycemia, and hallucinations. Duration of action is noted to be longer for medetomidine relative to xylazine.

**SUMMARY:** Medetomidine is the latest CNS depressant to appear as an adulterant alongside fentanyl in the recreational drug supply. Recent mass overdose outbreaks in Philadelphia, Pittsburgh, and Chicago have all been associated with fentanyl or heroin drug products containing medetomidine, as well xylazine and/or other substances. In cases where medetomidine ingestion is suspected or confirmed, severe adverse effects have been noted, including **heightened sedation and profound bradycardia**.

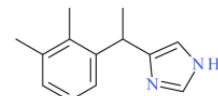
TIMEFRAME	DESCRIPTION OF MEDETOMIDINE IDENTIFICATIONS AND OVERDOSE EVENTS
Late 2022	Medetomidine begins appearing more regularly in the <b>Maryland</b> drug supply, following its first detection in July 2022. Medetomidine is commonly identified alongside fentanyl, xylazine, and other substances.
Mid-to-Late 2023	Medetomidine is sporadically identified in toxicology specimens collected from patients presenting to emergency departments after suspected opioid overdose (confirmed to not be administered). Overdose events originated from <b>Missouri, Colorado, Pennsylvania, California, and Maryland</b> . Medetomidine is commonly detected with fentanyl.
January 2024	An <b>alert</b> is issued out of <b>Toronto, ON</b> , about the emergence of medetomidine in the drug supply. This is followed by increased positivity in subsequent weeks and months, as medetomidine is found alongside fentanyl in suspected opioid products and commonly in combination with xylazine and other substances.
Early 2024	Medetomidine detections increase in drug materials and toxicology specimens originating from western Canada, including <b>Vancouver, BC</b> , commonly alongside fentanyl and other opioids.
Late April 2024	Medetomidine first appears in drug products in <b>Philadelphia, PA</b> , causing a large scale outbreak of overdoses and adverse events. Medetomidine is identified alongside fentanyl and xylazine.
Early May 2024	Medetomidine first appears in drug products in <b>Pittsburgh, PA</b> , causing a large scale outbreak of overdoses and adverse events. Medetomidine is identified alongside fentanyl and xylazine.
Early May 2024	Medetomidine first appears in drug products in <b>Chicago, IL</b> , causing a large scale outbreak of overdoses and adverse events. Medetomidine is identified alongside fentanyl and xylazine, or alongside heroin without xylazine.



Note: Medetomidine was reported in sample received from additional states (e.g., North Carolina, Ohio) to those mentioned above by a drug checking program.

### ◀ GEOGRAPHICAL DISTRIBUTION OF MEDETOMIDINE EMERGENCE

Medetomidine has been identified across several states in the U.S. and Canada, and is recently being observed in severe overdose outbreaks in major metropolitan areas (as marked).



**ACKNOWLEDGMENTS** This report was prepared by Alex Mittleman, Jen Stronach, Chris Howard, Taylor Wood, Gary Walker, Sam DeBora, Alex Davis, Adam Quinlan, and Barry Logan at the Center for Forensic Science Research and Education (CFSRE) at the Federal Reserve Bank of Philadelphia. The authors acknowledge assistance and staff for their investigations and contributions, as well as our many collaborators in public health agencies, clinical practitioners, harm reduction organizations, and support for their engagement in addressing drug outbreaks.

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## Additional Resources on Medetomidine

- [CDC - Overdoses Involving Medetomidine Mixed with Opioids — Chicago, Illinois, May 2024](#)
- [AVMA - Health officials finding different illicit veterinary sedative in US drug supply](#)
- [Substance Use Philly - Medetomidine](#)
- [NIH - Classics in Chemical Neuroscience: Medetomidine](#)

# 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...

Advocating

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& Wages

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Conference

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Increasing  
access to  
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