



Recovery: The Wonder Years!



a message from
Suzie Walker



"In dealing with those who are undergoing great suffering, if you feel 'burnout' setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself. The point is to have a long-term perspective."

— Dalai Lama

"Burnout is what happens when you try to avoid being human for too long."

— Michael Gungor

Thanksgiving reminds us to reflect on the people and things we're grateful for. It's a timely reminder—the holiday season is an especially busy time with lots of distractions and demands, and burnout can intrude. Embracing gratitude can promote well-being and overcome burnout.

Working in the recovery field is immensely rewarding, but it can also be demanding. The holiday season can provoke a gamut of emotions, both for people in recovery and recovery peers supporting those people. Some may be conflicted about spending time with loved ones due to substance issues or family stressors, and some may be despondent about not being able to spend time with loved ones for similar reasons. Recovery peers support people in all these situations, perhaps compounding their own history and feelings about the holidays or family dynamics. If recovery peers are managing burnout, or are unaware that burnout is setting in, they may be susceptible to additional stress.

Recovery peers who place a priority on self-care, relying on colleagues and supervisors to help stay balanced, are better equipped to avoid burnout or overcome it when it happens. Gratitude and stress-management tools can help. Remaining present and managing time well can help, too.

Psychology professor David W. Chan writes, "the burnout components (emotional exhaustion, depersonalization, and a reduced sense of personal accomplishment) are diametrically opposite views of the good life (pleasant, engaged, and meaningful life), suggesting promoting the good life or well-being could be an effective positive approach to combating burnout." If gratitude becomes a routine way of thinking, benefits include: 1) feeling like you have more social support, 2) being able to minimize stressors and stressful circumstances, 3) experiencing less repetitive negative thinking (RNT), and 4) having less negative self-talk.

Being present in each moment, and remembering to reset when demands become too big to handle, can help you avoid burnout and conjure a spirit of gratitude.

Continuing Reading....

[Continue Reading](#)



Navigating the Holidays

By: Liza Ryan, LICSW, CRC

The holiday season can be a beautiful time of connection, tradition, and celebration. It can also bring some challenges that may feel unique for individuals in recovery and those supporting others in recovery, especially when it comes to navigating relationships. Whether you're new in recovery, have been in recovery for years or are supporting others in their journey, it's normal to feel a mix of emotions and uncertainty as the holidays approach.

For some, gatherings can stir memories or dynamics that may feel complicated, complex and unsafe. You may feel pressure to attend events where substances are present or where triggers are common. Friends and loved ones may not fully understand your recovery. And on the other hand, the season can also offer opportunities to strengthen relationships and create new, healthy traditions.

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](#)

Click for 2025 Conference Workshop Slides*!



Recovery Partners
of Vermont

*If you do not see the slides you are looking for, we have not received them yet.

Member Staff Achievements

Turning Point Center of Rutland - We're excited to announce we've hired a new PT employee, Tim Farr. Please join us in welcoming Tim to the team!

North Central VT Recovery Center - Alicia Crosby with NCVRC is the first employee to take and pass the PRSS exam in November! Go Alicia, paving the way for our team!

Turning Point Center of Central VT - We're proud to announce two more staff members, Katie Jones and Mallory Richardson, are now Certified Recovery Coaches!

Jenna's Promise - We're pleased to announce that Renee Duarte has been promoted to the position of Master Recovery Support Specialist. In this role, Renee will provide leadership and oversight to the Recovery Support Specialists within our Recovery Residences, supporting both individual and team success. She will help ensure quality standards are

met while working closely with our Residential Directors to enrich the recovery experience for all residents.

Recovery Coaches are stepping into a new phase, join us in celebrating the recent statistics in Vermont!

- *21 coaches have been renewed*
- *Maintaining a **100% pass rate, compared to the national average of 82%.***
- *An additional 43 individuals are currently registered to take the exam.*

Career Opportunities

Vermont Foundation of Recovery - Peer Support & Recovery House Coordinator in Essex, learn more about this position **here**. This full-time role focuses on peer support, helping members navigate recovery, and creating safe and supportive spaces where growth is possible. If you are passionate about recovery and want to make a difference, we would love to hear from you.

Turning Point Center of Addison County - Recovery Coach, learn how to apply **here**.

Turning Point of Windham County - Operations & Development Manager, learn how to apply **here**.

CEU Approved Professional Development



Health Education & Training Institute

Motivational Interviewing: Deepening the Practice

Deepening the Practice is for learners who are well-versed in Motivational Interviewing, have an ongoing practice, and are interested in "scuba diving" down further into their exploration of their MI practice. This workshop is great for folks who attend Learning Communities regularly or haven't been able to attend Learning Communities recently and would like an opportunity to spend a few hours diving back in. All are welcome.

Learn How to Register

A Gratitude Circle: Motivational Interviewing 2025 - 2026

Please join us virtually or in-person on Tuesday, December 30th, from 12 PM - 4 PM Eastern Time for a Gratitude Circle to close out 2025 and welcome in 2026.

In this gratitude circle for training and coaching Motivational Interviewing, we'll focus on the spirit of Motivational Interviewing, the structure of MI, and catching the hopes and dreams of the people we serve. We'll bring in the new year with our own whispers of hopes and dreams.

We want to thank you all for being a part of our lives. We are excited to extend our gratitude to our community for making our year so brilliantly successful, as we couldn't have done it without you and this beautiful community. This is our thank you! Please come and invite a friend. We also want to use this time to honor our dear friend and colleague Rodney Mashia.

*This does offer CEU's.

[Register Today!](#)



The Peer Model: The Ethics in Efficacy

Statistics show that when peer services are delivered with adherence to the peer model and within recovery-oriented systems, they are highly effective for the participants and the systems employing them (SAMHSA). While the knowledge and experience brought into organizations and their systems by peers are extremely important, there are also great challenges as most of these systems operate in paradigms that differ greatly from the recovery-oriented environments peers are most effective in, leading to poor outcomes when appropriate support is lacking. We must ask: What are the ethical considerations in hiring, training, supervising, and retaining people with lived-living experience in existing organizations? This workshop provides ethically informed, policy-driven, equitable, and inclusive approaches that can be intentionally implemented within organizations of all kinds.

[Register Here](#)



[Full Training Schedule](#)

Member Events & Triumphs



Recovery First in Burlington Community Forum

Recovery touches every part of what makes a community function: public health, safety, economic opportunity, and housing. But too often, we talk about these issues separately instead of seeing how they're interconnected.

Former Mayor Peter Clavelle will moderate a conversation with:

- Cam Lauf, Executive Director of the Turning Point Center
- Dan Hall, Director of Outpatient Services at the Howard Center
- Daniel Wolfson, MD, University of Vermont Medical Center
- Candace Gale, Director of Community Relations of the Vermont Foundation for Recovery

[Listen to the Forum Here](#)



Free Thanksgiving Dinner!



Thursday, November

27th

Starts at 1 pm,
Turning Point Center

Generously provided by:



Let's Eat and Be Thankful Together!

THANK YOU TO
 The Alchemist
Foundation
FOR BEING ONE OF
OUR SPONSORS!



JENNA'S PROMISE
Benefit for Jenna's Promise
DECEMBER 5th
6:30 PM
JENNA'S HOUSE

RUSTY DEWEES
THE LOGGER



GET YOUR
TICKETS TODAY!

A photograph of Rusty Dewees, a man with a beard and a green beanie, smiling and holding a white jug with a black logo. He is wearing a denim shirt. The background is a wooden wall.



Other Professional Development



ADOLESCENT SCREENING TOOLS FOR SUBSTANCE USE & MENTAL HEALTH ISSUES IN SCHOOLS

with Ken Winters, Ph.D

REGISTER NOW

<https://cvent.me/mWLnqr>

WORKSHOP DESCRIPTION:


This free, 90-minute webinar will offer an introductory overview of screening tools for use with adolescents suspected of a substance use problem and at risk for suicide. Two general types of substance use tools will be discussed: brief screeners (e.g., S2BI, CRAFFT, AUDIT) and larger-sized screeners that include screens for co-occurring disorders (e.g., GAIN, YSBIRT). Tools that assist in screening for suicide risk to be discussed include the C-SSRS, ASQ and the PHQ-9. Administration formats, maximizing accuracy of self-report, and implementation issues will also be covered.

AUDIENCE:

School-based personnel such as student assistant program coordinators, prevention specialists, social workers, counselors, and others who may do brief screening.

TWO OPTIONS TO ATTEND:

OPTION 1:

 Date & Time:
November 17, 2025
3:30 PM - 5:00 PM

OPTION 2:

 Date & Time:
December 10, 2025
11:00 AM - 12:30 PM



Defining Nonprofit Vitality: A Framework for Organizational Sustainability and Impact

What makes a nonprofit truly thrive?

In this interactive session, we'll go beyond theory to unpack the core structural and operational elements that drive a high-performing organization. You'll work directly with a practical framework for assessing organizational health—identifying strengths, spotting gaps, and prioritizing actions for greater impact and long-term sustainability.

Register [**HERE**](#).

Practical Leadership 1.0: Cultivating Thriving Supervisory Relationships

Effectively carrying out a supervisor role is more “art” than science. Often, people leaders are left on their own to try and figure out how to implement their supervisor duties. Unskilled supervision can create organizational cultures that are ineffective at best, and causing harm at worst. When people leaders understand the expectations of their role, they are able to supervise in a way that fosters healthy working relationships with each employee that reports to them. This, in turn, builds psychological safety and creates thriving, inclusive organizational cultures.

Register [**HERE**](#).

Navigate Your Team through Change: Tools for Courageous, Resilient Leadership

Does leading your team through change feel harder than you thought it would? Change is constant—but that doesn't make it easy. Whether it's a new direction, shifting structures, funding cuts, evolving roles....leading others through transition can be messy and unpredictable.

Join leadership expert Amanda Silver for a live interactive workshop focused on increasing your ability to lead with clarity, confidence, and empathy in times of change. This workshop is a great learning opportunity for anyone involved in working collaboratively with others.

Register [HERE](#).



New England (HHS Region 1)

PTTC

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

Introduction to Trauma-Informed Care

This introductory-level training provides a general overview about the concept of trauma and its impact on development, as well as a basic overview of principles of trauma-informed practice. In this training, you will learn what trauma is, different types of traumas, the connection between traumatic experience and mental and physical health, as well as the neurobiology of trauma. Moreover, we will discuss the concept of resiliency and importance of attachment in supporting children who have experienced traumatic events.

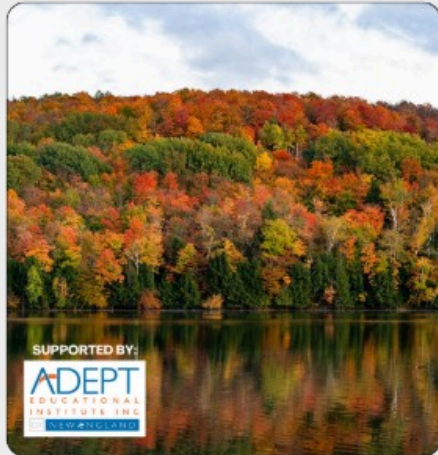
[Register Here](#)

WEBINAR: UNDERSTANDING HOW TRAUMA AFFECTS PEOPLE IN RECOVERY



VERMONT
DEPARTMENT OF HEALTH

This free webinar overviews a trauma-informed approach to recovery. Participants will learn about the effects of trauma on the body, mind, and spirit, and gain understanding of the relationship between trauma and substance use. The webinar covers principles of trauma-informed care and provides strategies for fostering healing.



**DECEMBER 16, 2026
1:00 - 2:30 PM**

DR. JENNIFER A. BURNS,
(SHE/HER/HERS)
LADC I, MLADC, MA, RCP, RCPF

LEARN MORE & REGISTER NOW:



[HTTPS://CVENT.ME/YO02M5](https://cvent.me/yo02m5)

Resources



Project C.A.R.E. Recovery Spotlight: Taylor Benjamin

Recovery Spotlight, a program of Project C.A.R.E., periodically recognizes someone in the community who has achieved active recovery from substance

use. Recovery Spotlight is sponsored by the Marina and Great Eastern Radio (WEEI, 93.5).

For our third Recovery Spotlight, we recognize the recovery and accomplishments of Taylor Benjamin. Throughout Taylor's journey to recovery, she overcame many challenges on her way to achieving 10 years of sobriety from opiates, including incarceration, probation, relationship issues, and struggles with identity. In Taylor's heart, she knew the person she had become while addicted to opiates was not who she was destined to be.

[Read More](#)



[Into Light Project | Art & Narratives that Bring the Darkness about Substance Use Into Light](#)

The Into Light Project, a national non-profit organization, presents powerful public exhibitions that share the stories and portraits of individuals who have lost their lives to drug addiction. Our mission is to transform the conversation around addiction through the impact of original art and personal narratives.

The Brattleboro Museum & Art Center will host Vermont's Into Light Project exhibit from July 11 to November 1, 2026.

[Learn More](#)



[A new phone line in Vermont offers an outlet to potential domestic abusers](#)

The service initially launched last year and was available in one region of Vermont. Now, it's expanding to cover the entire state. Responders are trained to help callers identify harmful patterns in relationships and build skills to be a safer partner.

[Learn More](#)



[New Study Shows Even Light Alcohol Use Increases Dementia Risk](#)

A new study published in BMJ Evidence-Based Medicine shows that any level of alcohol consumption can increase the risk of dementia. Researchers also found that tripling weekly alcohol consumption-whether from one to three drinks per week or three to nine-was associated with a 15% increased risk of developing dementia.

[Read Study](#)



[Characteristics of People Who Use Public Vending Machines to Reduce the Harms Associated with Drug Use](#)

When people register to access public health vending machines, the data can provide insights into who uses them as well as recent drug use trends. This study examined the demographics and drug use behaviors of people who registered to use public health vending machines in Nevada.

[Read 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...

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

Did someone forward this to newsletter to you?

Subscribe Here

Recovery Partners of Vermont
P.O. Box 37 | Brattleboro | VT | 05302
802.738.8998 | info@vtrecoverynetwork.org

FOLLOW US



Recovery Partners of Vermont | P.O. Box 37 | Brattleboro, VT 05302-0037 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!