



Recovery Roundup | February 2026

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

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Storytelling and Advocating for Recovery



a message from
Suzie Walker

"Art is standing with one hand extended into the universe and one hand extended into the world, and letting ourselves be a conduit for passing energy."

— Albert Einstein

Storytelling is the art of using our narrative to inspire hope, silence stigma, and advocate for changes that heal our communities. Recovery Day 2026 was an inspiring, celebratory event, full of stories—as Recovery Day always is! People in recovery—for weeks or years—shared their stories, telling us how their lives had changed and what people and resources had helped them adopt a new lifestyle and achieve health, happiness, and purpose. People honored for dedicating themselves to improving our communities through the recovery system shared their stories, too. People extended their hands and said, "Let me tell you how my life changed... let me tell you how our systems can change... let me tell you how our voices matter." People in recovery are conduits for infusing the energy of recovery into our communities!

Keynote speaker Patty McCarthy spoke about advocating for policies and against the stigma that still infects many systems and conversations. Award winners spoke about their work in harm reduction (Dr. Kimberly Blake), expanding access to treatment and person-centered care (Dr. Nels Kloster), fostering recovery-friendly workplaces (Sara Byers), advancing recovery in the carceral system (Isaac Dayno), leadership in perinatal health and overdose prevention (Katy Leffel), and using storytelling and music to reduce stigma and inspire hope (Benjamin Lerner). Thanks to our friends at VAMHAR (shout out to Daniel Franklin!) for coordinating such an inspiring, engaging event!

Storytelling was woven throughout the day, weaving us together, strengthening our connections, and igniting understanding. We were empowered with hope and a call to action to create change and promote healing.

Continuing Reading....

[Continue Reading](#)

Thank you, to our loyal sponsors, who continue to support our Legislative Breakfast, and our amazing

Members who make it a success! What a great day of conversation and connection!



Coping with Change

By: Liza Ryan, LICSW, CRC



As friends, peers and advocates of recovery, we know that change is not just a single moment, but rather it is a process, often gradual, sometimes uncomfortable, and always courageous. Reflecting on all the different kinds of change around us, (including some hopeful seasonal changes!), invites us to reflect on the resilience it takes to grow, heal, and move forward.

For individuals navigating SUD and their recovery, change can feel especially overwhelming. Recovery often requires significant changes in habits, relationships, environments, and even identity. Let's acknowledge something that sounds simple, but we know is not: change is hard. It can stir up uncertainty, grief, negative beliefs about us or the world around us, and self-doubt. While these feelings may be incredibly difficult in the moment, these really are signs of transformation. When someone chooses recovery, and supporting those in recovery, they are choosing hope over habit and possibility over predictability.

Continue reading.....

Continue Reading Liza's Column

Member Staff Achievements

Turning Point Center of Central VT - It is with great joy we announce that Katie Jones has been promoted to Assistant Director and Fran Spaulding has been promoted to RCED Supervisor.

Turning Point Recovery Center of Bennington - Our team is growing! Welcome Jeff Dean, James W. Brooks and Mary Vash Brooks who have all graduated from the recovery coach academy. Join us in congratulating Ralph Bennett on his promotion to Assistant Director.

Jenna's Promise - We're excited to announce that our long-time employee and former Peer Support Specialist, Renee Duarte, has been promoted to Case Manager at Jenna's Promise.

Turning Point of Windham County - We are pleased to announce the following staff are now Certified Recovery Coaches.

- Elias Burgess
- Brian Harland
- Nanci Bern
- Keith Coleman
- Lynsey Kadlik
- Paige Mellish

Career Opportunities

Vermont Foundation of Recovery - Peer Support & Recovery House Coordinator; HR Coordinator, learn more about these positions [here](#).

North Central VT Recovery Center - Executive Director, learn how to apply [here](#).

Turning Point of Windham County - Rural Outreach Recovery Coach, learn more [here](#); Rural Outreach Coordinator, learn more [here](#).

Member Events & Triumphs

MOVIE SCREENING: THE WISDOM OF TRAUMA

WHEN: **Saturday, March 21, 2-3:30 PM**
followed by a discussion 3:30–4:30 pm

WHERE: **Turning Point Center of Addison County**

This documentary explores the ways that trauma shapes our lives, its connection to anxiety, chronic illness, and substance-use, and **how we might shape a world concerned with healing souls—not fixing behaviors.** This film asks us to be curious about why someone may exhibit certain harmful behaviors rather than lead with judgement and condemnation.

The film will screen starting at 2pm and end roughly around 3:30pm. After the screening, there will be space, lasting about an hour, for a **discussion and reflection** on what we watched together.

Light snacks and coffee/tea provided. **Parking** is limited, so feel free to use the high school parking lot across the street.



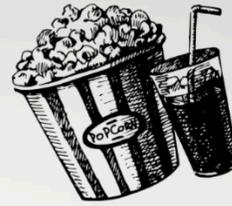
**Turning Point
Center**
OF ADDISON COUNTY

Providing peer-based recovery support to all; we seek to enhance the spiritual, mental, physical, and social growth of our community affected by substance use disorder and addictive behaviors.

Visit us: 79 Court Street, Middlebury, VT

Contact us: info@tpvt.org or (802) 388-4249

tpvt.org



Movie Night



Friday, March 13 • 4-6 PM
Featuring: Beautiful Boy



39 Elm Street Brattleboro Vermont

NOW HIRING!
School-Based Recovery Coach

Join Our Team in Orleans County Schools!
 Passionate • Dedicated • Youthful • Nurturing

Responsibilities Include:

- Peer Coaching & Mentoring Students
- Collaborating with Staff & Community Partners
- Following Prevention Curriculum
- Identifying Resources
- Maintaining Ethical Standards
- Attending Trainings & Meetings

Qualifications for a Recovery Coach:

- VT Recovery Coach Academy Certified
- Local Travel Required
- Strong Work Ethic & Time Management
- Team Player & Motivated
- Lived Experience in Recovery

TRAINING PROVIDED!

For More Info: (802) 624-4156 | www.jtrcc.org

Professional Development



Health Education & Training Institute

HETI Motivational Interviewing: Working with Intimate Partner Violence

This six-hour workshop is designed to familiarize participants with the epidemiology, symptoms, and treatments for the hepatitis C virus (HCV), and the use of Motivational Interviewing skills (MI) to engage affected individuals in treatment, supporting the goal of elimination of HCV as a virus of concern. Participants will consider specific MI skills and protocols and their role in connecting affected individuals with support and treatment.

Learn How to Register

Vermont Association for
**Mental Health &
Addiction Recovery**

Trainings - VAMHAR

The Recovery Coach Learning Paths offered through CLI-VT have been officially approved for Continuing Education Units (CEUs) by the Vermont Recovery Education Committee (VREC).

Learn How to Register



Evolving Recovery Advocacy Language

This workshop will look at how the language in our advocacy efforts continues to evolve as more people and diverse voices join the growing recovery advocacy movement. This workshop is ideal for both new and seasoned advocates as it will teach you some of the basics around the current language most used by recovery advocates today and encourage discussion about what may be missing in the language we use.

Register Here



2026 Nonprofit Credential in Marketing and Communication

You know marketing is everything. Your audience is paying attention – but are you delivering the right message? Don't let your story go untold or unheard. Join us to unlock the power of marketing and communicate to drive change, inspire action, and achieve your vision.
Register **HERE**.

Board Orientation Basics

An effective orientation and onboarding process can set board members up for success in the long run. Jumpstart your board orientation process by sending new board members, or any who could use it, to MNA's Board Orientation Basics course this year. They'll learn the basics all board members need to know, including their role as board members, legal responsibilities, and how to leverage their skills as community leaders to benefit your organization. Register [HERE](#).



Addressing Veteran Substance Use: Promoting Recovery Through Collaboration and Compassion

Substance use among Veterans and Service Members continues to be a critical behavioral health challenge that intersects with trauma, pain management, and the transition to civilian life. Veterans are at significantly higher risk of developing a substance use disorder (SUD) as compared to non-veterans.

[Register Here](#)

Resources

A purple banner with a white border containing text for a virtual school assembly. The text reads: "The RISKS are REAL: The Truth About Fentanyl & Fake Pills", "A National Virtual School Assembly", "Broadcast LIVE from Nashville, TN – site of the Rx Summit", and "on April 7, 2026 at 11:00 AM (CT)". At the bottom, it says "Hosted by HIDTA/ORS at the Rx Summit and presented by Walmart."/>

**The RISKS are REAL:
The Truth About Fentanyl & Fake Pills**
A National Virtual School Assembly
Broadcast LIVE from Nashville, TN – site of the Rx Summit
on **April 7, 2026** at **11:00 AM (CT)**
Hosted by HIDTA/ORS at the Rx Summit and presented by Walmart.



The Risks are Real: The Truth About Fentanyl & Fake Pills Virtual School Assembly

This 60-minute program features doctors, EMTs, prevention specialists, and student reporters from across the country who speak candidly about the dangers of illicit fentanyl and counterfeit pills. It includes interactive elements such as a Kahoot™ quiz, giving students an engaging way to absorb life-saving information.

[Learn How to Register Your School](#)

HEY, ARE YOU A MOM IN RECOVERY?

**Join a new online community, just for you.
Welcome to The MOM NEST!**

MOthers Meet to Nurture Empower Support & Thrive

What is it?

A non-judgmental place to chat, run by other moms in recovery! Post & respond on your own time.

Why Join?

- Honest conversations
- A space dedicated to your growth
- Build empowering relationships

How to join:

- 1 Create an account here: 
- 2 We will add you to our private group
- 3 Make your first post to get a gift card!

Questions?

Email our moderator -
haley.s.martell@
hitchcock.org



Delivering peer recovery support services in community settings does cost money, but is a good value proposition

Peer recovery support services like recovery coaching have become an increasingly common component of substance use disorder clinical and community care. However, little is known about how much these services actually cost to provide or what the key drivers of expenses are. This study explored the cost of delivering peer recovery support services in recovery community centers.

Read Study

Recovery residences may help criminal justice system involved individuals gain recovery capital

Adults with criminal justice involvement can have high rates of substance use disorder, yet they often face greater barriers to accessing different elements of recovery capital when seeking support. Recovery residences may offer an important source of stability and access to recovery capital during community reentry. This study examined whether recovery capital accrued differently over time among recovery housing residents with and without recent justice system involvement.

Read More



ANNUAL ADVOCACY EVENT

2026 RECOVERY DAY

REGISTER: bit.ly/Recovery2026

TOGETHER

ALL ARE WELCOME | FREE & OPEN TO THE PUBLIC

WEDNESDAY
11 FEB 2026
08:00 AM - 03:00 PM
SUPREME COURT HOUSE
AUDITORIUM
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MONTPELIER VT 05602

STAND WITH US —
HEALING BELONGS
TO EVERYONE

REGISTER

VETERAN
Mental Health
Addiction Recovery



Episode #35: The Gift of Permission to Write

Listen to this episode from Beyond The Two Pillars of Recovery®: a MEETINGHOUSE SOLUTIONS® Podcast With Geoff Kane, MD, MPH on Spotify. Freelance writer Gary Miller, Creative Director of Writers for Recovery, draws

people deeper into their life experiences and relationships with each another with 7-minute, open-ended writing exercises where "there is no way to do it wrong."

For eleven years, participants in Vermont Recovery Centers, Vermont prisons, and as far away as Ireland and the Dominican Republic, have grown in recovery through the love and humor in this program.

Listen In

COLOMBO PLAN
HEALTH ALERT



COLOMBO PLAN



The Center for Forensic
Science Research & Education

Public health and public safety officials worldwide should be aware of an emerging threat of the Benzimidazol-2-one (Orphine) class of opioids, which are causing increased mortality (death) and morbidity.

With potencies equal to or greater than the fentanyl class of opioids, these drugs can interact with other opioids to increase the risk of respiratory depression and death.

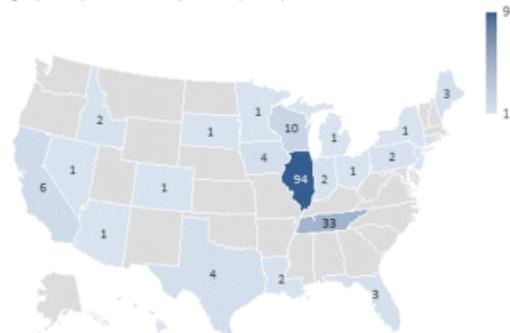
FEBRUARY 2026

Emerging Global Synthetic Opioid Threats:

Benzimidazol-2-ones – The Orphines

Following the recent core structure scheduling by China of the nitazenes (benzimidazoles), markets have seen a decline in these potent opioids in late 2025, and their replacement by a new class of synthetic opioids, the benzimidazol-2-ones, also known as the "Orphines". This alert describes the emergence of these potent opioids, and spotlights their detection in US and international drug markets.

- [Brorphine](#) was the first highly potent synthetic opioid of the **benzimidazol-2-one ("orphine") class**, detected in **European drug markets around 2019, and in the US in 2020**. It likely originated from **clandestine synthesis in China**, emerging as a fentanyl analog-replacement or opioid adulterant with potency [similar to or slightly less than fentanyl](#).
- Following initial alerts, brorphine was rapidly scheduled or emergency-controlled in multiple jurisdictions (e.g., EU, UK, US, Canada). This regulatory response appears to have accelerated structural diversification, with [multiple halogenated and cyclized analogs](#) appearing about four years after brorphine controls were put in place.
- As analytical [reference standards](#) have become more widely available, orphine analogs detected now include [Chlorphine](#), [N-Propionitrile Chlorphine](#) (Cychlorphine), [5,6-Dichloro Desmethylchlorphine](#) (SR-17018), [Spirochlorphine](#) (R-6890), [Spirobrorphine](#) and [5,6-Dicholoro Brorphine](#) (SR-14968), various members of which have been reported in the UK, [Europe](#), US, and Canada.
- Through collaboration with its partner laboratory [NMS Labs](#), the [Colombo Plan](#), the [CFSRE](#) and its [NPS Discovery Program](#) are working to develop methods for detecting and quantifying these new drugs, and tools to enable automated retrospective datamining of postmortem toxicology data to allow their identification as part of CFSRE's drug early warning system.
- Early data from this datamining process, obtained by scraping analytical mass spectrometric datafiles, have identified the following numbers of orphine analog cases between 2024 and 2025: 5,6-Dichloro Desmethylchlorphine (31 cases), Brorphine (81 cases); Chlorphine (8 cases); N-Propionitrile Chlorphine (84 cases); and Spirochlorphine (20 cases).
- The geographic spread of the presumptive positive cases is shown below:



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...



Give for Recovery!



You could save someone's life.

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Vermont Narcan Distributor

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