# Outreach and Community Partnerships

Pathway Guides collaborate with opiate treatment "Hubs" and local physicians who provide ongoing treatment and other services for individuals in Medication Assisted Treatment. Pathway Guides encourage Medication Assisted Treatment participants to consider the potential benefits of making a personal commitment to participating in peer recovery support as a means to improve their lives, attending medication assisted recovery specific groups, spending time in recovery centers and connecting with others in recovery. Guides are also available to help patients who want to transition toward abstinence-based recovery by introducing them to the peer-to-peer recovery communities who use this approach.



# **Pathway Guide Contact Information**



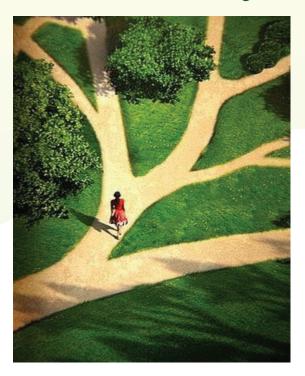
www.vtrecoverynetwork.com



www.facebook.com/vermontrecoverynetwork



# Pathways to Recovery



Concerned about opiate addition?

# Pathways to Recovery:

## What We Offer

The Vermont Recovery Network's Pathways to Recovery project has hired Pathway Guides to work out of recovery centers, providing support for Vermonters who are seeking or receiving Medication Assisted Treatment for opiate addiction. Many of Vermont's recovery centers now have an experienced peer recovery worker you can contact and to whom you can refer people. The services and supports described are based on proven practices and have demonstrated that they increase engagement and retention in peer recovery services, as well as increasing abstinence and functioning in other life areas.

All our services are provided at no cost.

Helping people who have experienced problems as a result of addictions to find, maintain, and enhance their recovery through peer support, sober recreation, & educational opportunities.

### **Vermont Recovery Network Contacts**

Sarah Munro, Coordinator 802-738-8998 vtrecoverynetwork@gmail.com Colleen Hobbs, Operations 802-558-1749 vtrecoveryneworkoperations@gmail.com

# **Recovery Support**

#### Individual Recovery Support:

Our Pathway Guides are available to provide support to individuals in Medication Assisted Treatment and those contemplating or waiting to get into a Medication Assisted Treatment program. Pathway Guides engage people, ask questions, and listen. Depending on what they hear, they may help people find community resources that meet their needs and support them as they navigate through the human services and treatment system; they may also help individuals connect with others in recovery, recovery centers, recovery services, and mutual support groups. Pathway Guides help people interested in or receiving Medication Assisted Treatment with their efforts to improve their lives.

#### **Recovery Coaching:**

while they achieve the plans they make for lives in recovery.

Pathway Guides regularly connect individuals in Medication Assisted Treatment with trained Recovery Coaches. Recovery Coaches provide the sorts of recovery supports described above during regularly scheduled meetings. They help people to create a vision for their lives in recovery, They help people set goals, and they support people

# Groups

#### **All Recovery Meetings:**

- Hour long topic discussion mettings where people share hopes, challenges and successes in recovery
- Led by trusted facilitators in long term recovery

#### **Making Recovery Easier (MRE):**

A six session group designed to help participants understand the recovery process and the experience they are likely to encounter at 12-step meetings. MRE is particularly helpful for people new to the recovery process, or who have had experiences with 12-step groups but had difficulty with the recovery process.

#### **SMART Recovery:**

is a science-based addiction support group that advocates choice, so that those seeking recovery can choose what works best for them from a "tool-box" of methods and strategies. SMART® Recovery is a workshop series that provides people with the tools to change their lives. Participants learn to build and maintain motivation; cope with urges; manage thoughts, feelings, and behaviors; and live a balanced life.

