



Years ago, the morning of Christmas I gathered up my three daughters who were 3, 6 and 9 years old... we stuffed twenty Christmas cards with a \$20 bill in each, sealed them and began our adventure.

We were living in Rockville, Maryland; at the time as I was working for the federal government. I knew just where to find the people I wanted us to give cards to. We went to Dupont Circle in Washington, DC. Sure enough, sadly there were several people who were sleeping on the benches in Dupont Circle on Christmas Day. We parked the car, crossed the street into this mini park and one by one, each daughter gave someone a Christmas card. We moved along quickly. Soon enough people opened the cards and found the \$20.

"Thank you" began to be heard as we moved to distribute as many cards as we could.

We quickly ran out after passing out 20 cards. Not everyone was able to get a card which made us feel sad, but the hope was that those who received the money would share.

It was a most gratifying experience for me as a dad to help my daughters understand that Christmas is a time to share, to give to others even more than what we receive. In fact, giving is the greatest gift of receiving.

So here we are in 2021 and the holiday season. It is tough sledding for Santa! All the health indicators are slumping. People are consuming more alcohol; opioid overdose deaths are at historic highs and isolation grips the state and country. My hope is that each of us can do one nice thing for someone we know that is struggling. It could be as simple as listening to them talk about how life is like for them, it could be a gift card, a hug, a warm *"I love you."*

Something, if we all DO something it will help make this a little brighter holiday season. Thank you.

Sending you my love and appreciation for all you do to make this world a better place,

Gary De Carolis, Executive Director  
Recovery Partners of Vermont

## Keeping in the spirit...

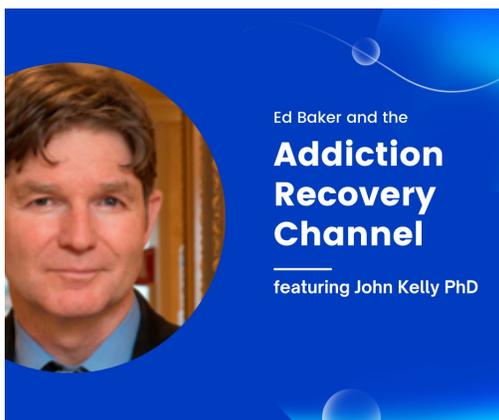
### Trying to Stay Sober This Holiday Season?

### We've Got You Covered

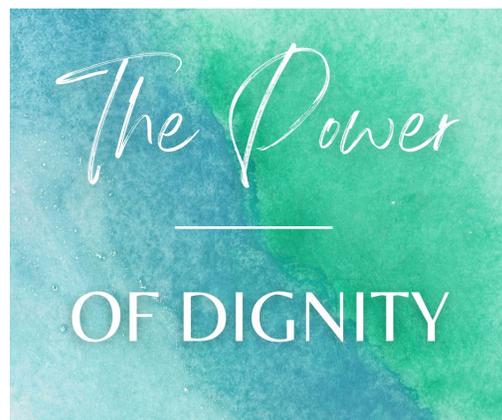
By: Hazelden Betty Ford Foundation  
[Click Here](#)



## Recovery News in Vermont



This recent discussion on the Addiction Recovery Channel, features Dr. Kelly discussing his



The Power of Dignity, created with collaborators, of personal stories, highlighting lived experience as

contributions to understanding the process of addiction and the forces of stigma that continue to harm people with Substance Use Disorder.

Dr. Kelly explains how stigma can cause a failure to accurately assess scientific data and implement appropriate programming, such as Overdose Prevention Sites. Healing from addiction is also discussed, with a focus upon Alcoholics Anonymous and its unequalled success rate.

Click [HERE](#) for video.

persons in recovery seeking medical and mental health care.

We show where things become difficult and how small, simple changes can affect better outcomes.

Dignity has enormous healing power for all people. For many with substance use disorder, it could be the spark that helps start or maintain life in recovery.

Click [HERE](#) for video.

## Professional Development Opportunities

Join Common Good Vermont (virtually) on December 15th to warm up for the 2022 legislative session.

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Policy updates from the state and national level, glean insights from a panel of key policy makers, and hone our skills with two Action Circles advocacy trainings led by Amy Shollenberger. All are welcome and no advocacy experience is required!

This is a great opportunity to ask questions, hear what others are working on, and to connect with nonprofit colleagues. Can't make it? You can still register to receive the recording!

[Link Here](#)

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**“New studies on RCCs: An overview of the new studies funded by our network”**

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**\*\*Materials Available\*\***

**\*\*[LINK HERE](#)\*\***

Examining sexual minority engagement in recovery community centers



Understanding how recovery community centers impact their members' wellbeing: A pilot study using daily-diary assessments

The impact of specific RCC programs and participation on recovery capital

An examination into the use of recovery community centers by persons on MOUD

Preliminary development of a cost-effectiveness calculator for peer recovery support services and bystander naloxone distribution

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### Virtual BIPOC Co-Reflections

Peer Workforce Development Initiative has implemented a statewide virtual BIPOC (Black, Indigenous and people of color) Co-Reflection series for individuals who identify as peers or work in mental health & human services. Join the conversation on the first and third Wednesday of each month at 3:00pm.

For questions, comments, or registration information - please email [training@pathwaysvermont.org](mailto:training@pathwaysvermont.org).



**Vermont Cooperative  
for Practice Improvement  
& Innovation**

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### Vermont Recovery Network

PO Box 3042 | Burlington | VT | 05408-3042  
802.738.8998 | [info@vtrecoverynetwork.org](mailto:info@vtrecoverynetwork.org)

Vermont Recovery Network provides a wide range of support to recovery centers throughout Vermont, where we are privileged to work beside the peer professionals who *are* advancing access to recovery from addictions in their communities.

**Donations** received support the work we do with the recovery centers we serve - make a difference today!

Stay informed!



Click here to link to our secure donation page

*We welcome your input! Photos, Op Ed bits, shout outs and announcements are all encouraged - submit to [info@vtrecoverynetwork.org](mailto:info@vtrecoverynetwork.org)*

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### Thanks to Zenbarn, CDs are available!

Rocking for Recovery CD- proceeds of this



album recorded live at Zenbarn go to Vermont Recovery Network.

Missing live music? Zenbarn covered us all! Click **here** to hop over to the Zenbarn store to grab this CD and other unique apparel!

*Noah Fishman and the team at Zenbarn have adopted Vermont Recovery Network as a beneficiary of their fundraising efforts! When in Waterbury, stop in for yummy food and amazing live music - grab a yoga class or participate in other community events hosted there - support them, as they support us.*

*Despite all COVID related setbacks to the hospitality industry, Zenbarn continues their efforts to support recovery in EVERY community throughout Vermont. Our gratitude and appreciation, through & through!*



Faces & Voices of Recovery is dedicated to organizing and mobilizing the over 23 million Americans in recovery from addiction to alcohol and other drugs, our families, friends and allies into recovery community organizations and networks, to promote the right and resources to recover through advocacy, education and demonstrating the power and proof of long-term recovery.