



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

September 2022



Recovery Month

a message from

Gary De Carolis



Each year for the month of September we celebrate Recovery Month. A month that is filled with all kinds of festivities from community walks, rallies, candle lighting services for those we lost to overdoses this past year, fundraising activities to support recovery organizations around the state and even a sumo wrestling event in Rutland this year to show that in recovery we can have fun, raise awareness about the power of addiction and even laugh at ourselves! All good recovery activities.

I wanted to take us behind the scenes of what happens in some of our recovery organizations so we can salute the front-line heroes that do their job day each and every day. As I write this there are recovery coaches 24 hours, 7 days a week in the emergency department in all of our hospitals ready to offer help and support when someone comes in who has a substance use disorder. There are recovery outreach staff working with police departments and other human services organizations to support those who may have just experienced an overdose; there's the recovery yoga instructor who faithfully teaches a class three times a week for those in recovery. The executive director who, amongst the many administrative tasks of the day, is out sweeping the front entrance getting ready to welcome today's guests; the hundreds of volunteers, many new to recovery, who donate their time to help support their local recovery organization. There are parent coordinators who work with moms and dads to help them be in a healthy recovery while they parent their child. These and many others are the true heroes of recovery month. When you have a chance to say thank you, please do. It makes a huge difference. If you are someone not personally touched by addiction but want to help, financial contributions to your local recovery organization are always deeply appreciated.

In line with recovery month, I want to introduce two new members of our team, both in long term recovery themselves. Marielle Stokes is our new Development Director. Marielle had previously been the development coordinator at the Turning Point Center of Chittenden County. I had the pleasure of working with Marielle before she went back to school. She's a superstar in my book. Mike Tella is our new Development Officer. Mike worked most recently at the Lund Center in Burlington, VT. Mike comes to us with wonderful writing skills, super organized and ready to write grant applications to large foundations on behalf of our member recovery organizations. Welcome Marielle and Mike!!



Recovery is the Answer!

Peer Support is the Way Conference

10.18.22 | 8am-4pm | Killington Grand Hotel, VT

Lead Sponsor



MEDICAL • DENTAL • BEHAVIORAL HEALTH

- Recovery Coaches can receive 4 CEU's for a full day's participation
- 16 workshops by member recovery organizations
- FREE for members, their staff, board members & community collaborators
- \$80 for non-members
- Breakfast & Lunch served, coffee all day!
- Register at: vtrecoverynetwork.org/2022-conference



Mark Helijas
Recovery Pioneer Award
1st Recipient
Mark Helijas

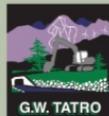


Keynote Speaker
Tracie Hauck
Executive Director
Turning Point Center
of Rutland

- **COVID protocols** - In order to be as safe and responsible as possible, we **recommend** that you perform a COVID-19 self-test the morning we gather, be vaccinated, and plan to wear a mask. If you do not feel well or have any cold-like symptoms, please do not plan to attend.



Thank you to ALL our Sponsors!



Elizabeth Skarie
Feeley Properties
Jim & Clorinda Leddy

River Rock Treatment

Bottomline Bookkeeping Inc.

Check your inbox for all the Recovery Month Events happening all over the state of Vermont hosted by our members!

International Overdose Awareness Day Events in Vermont 8.31.22



Journey to Recovery Community Center hosted a candlelight vigil at the Center in honor of loved ones lost.



Turning Point Center of Springfield hosted an Overdose Prevention Rally at the Center. They added names on feathers and made this beautiful mobile in remembrance of loved ones they've lost.



Vermonters from all over the state came together on the State House Lawn in Montpelier to #ENDOVERDOSE! Did you miss it? Watch it below!

Special Event at the
Vermont State House

International Overdose
Awareness Day



Vermont Overdose Prevention Network
August 31, 2022



Anthony (Tony) Davis lost his life to substance use disorder on June 25, 2022. He died alone, in a park. Narcan could have saved his life. He was a father, son, brother, uncle, nephew, friend and an all-around great guy. While in treatment he wrote this poem, his family has asked that we share his words of recovery.

Untitled

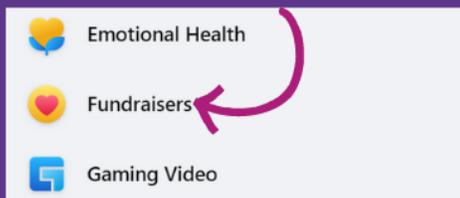
*"Walking through an all black plane
After meeting you, life will never be the same
Stumbling upon you, seemingly a gift
Creating a barrier, an expanding rift
The prick of a needle, Rush of the head
Like taking a beautiful woman to bed
Pushing people away, my friends and kin
My love for you, my greatest sin.
Sinking deeper and deeper, I gasp for breath
I know this love will be my death
I break away, my chains release
This power over me, it shall cease
Brighter days ahead of me
Without you I am free
I'll never forget you, my greatest test
After hitting rock bottom, I became my best.
Happily ever after is what I seek
Never again shall I be weak.
My time with you my biggest regret
I won't go back, that you can bet."*

Do you have Words of Recovery you'd like to share? Share [HERE!](#)

Creating a Facebook Fundraiser!

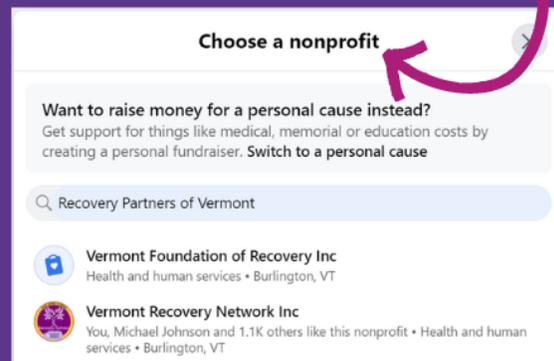
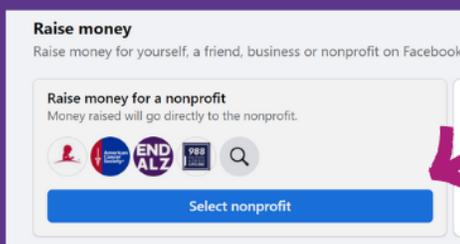
Recovery Month is the perfect time to create a Facebook Fundraiser & 100% of funds raised through Facebook goes directly to the nonprofit you've chosen! Facebook makes it so easy for you by taking care of all the financials! You just create, share, raise awareness & funds!

On the lefthand side of the Facebook screen scroll down until you see "Fundraisers"

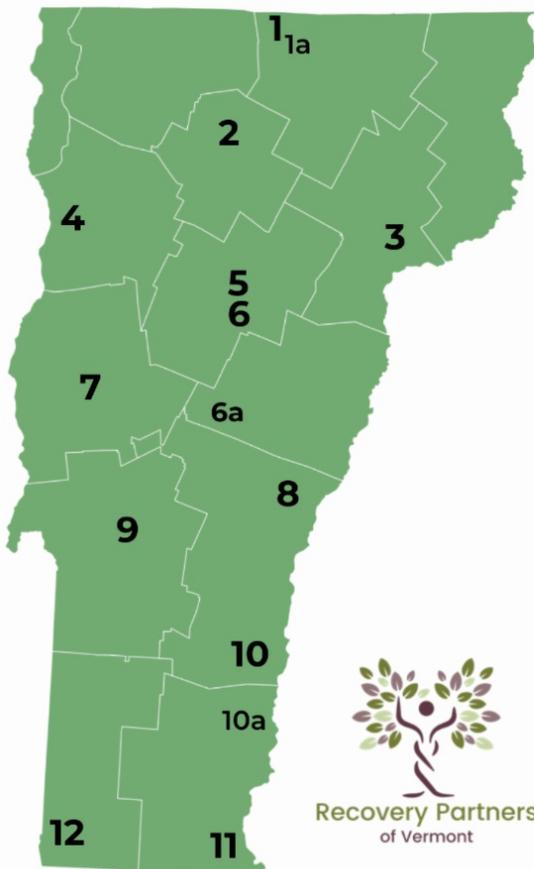


Next step is to choose the nonprofit you would like to raise funds for. It is important to note that some organizations may have a different legal name. Next step is setting a goal amount, and sharing on social media!

Then click on "Select Nonprofit"



Resources



Members of Recovery Partners of VT

- 1** [Journey to Recovery Community Center](#)
Newport, VT | (802)624-4156
1a [Satellite Office | North Country HS](#)
- 2** [Jenna's Promise](#)
Johnson, VT | (802)343-8741
- 3** [Kingdom Recovery Center](#)
St. Johnsbury, VT | (802)751-8520
- 4** [Vermont Foundation of Recovery](#)
Essex, VT | (802)753-4340
- 5** [VAMHAR/RecoveryVT](#)
Montpelier, VT | (802)223-6263
- 6** [Turning Point Center of Central VT](#)
Barre, VT | (802)479-7373
6a Prospected Satellite Office coming 2023!!
- 7** [Turning Point Center of Addison County](#)
Middlebury, VT | (802)388-4249
- 8** [Upper Valley Turning Point Center](#)
White River Junction, VT | (802)295-5206
- 9** [Turning Point Center of Rutland](#)
Rutland, VT | (802)773-6010
- 10** [Turning Point Center of Springfield](#)
Springfield, VT | (802)885-4668
10a [Satellite Office TPC South | Bellows Falls](#)
- 11** [Turning Point Center of Windham County](#)
Brattleboro, VT | (802)257-5600
- 12** [Turning Point Center of Bennington](#)
Bennington, VT | (802)442-9700



Addictionary®

*"If we want addiction destigmatized,
we need a language that's unified.*

The words we use matter. Caution needs to be taken, especially when the disorders concerned are heavily stigmatized as substance use disorders are."

The **Recovery Research Institute** has put together this incredible "Addictionary" that's filled with a multitude of information on (de)stigmatizing language! From six different definitions of *abstinence* down to *withdrawal* and everything in-between!

Read More [HERE!](#)



SOFTLY SPOKEN ADVOCACY

by: Ed Baker

Words can dismiss, demean and discourage: *"You are a drug abuser. You've chosen this life and you choose to not stop abusing drugs. You've made your bed now sleep in it."*

Or words can affirm, they can empower and motivate: *"You have a Substance*

Use Disorder. This is a medical condition that is very likely to respond to treatment that is available to you. This will require cooperation and effort on your part.”

Read More

Looking for something new and fun to do? Give knitting a try with Will, Executive Director of Vermont Association for Mental Health & Addiction Recovery!!

We Knit - It's Lit!



Join this knitting and peer support group led by Will Eberle, a person in co-occurring mental health and addiction recovery who taught himself to knit during the pandemic. No knitting experience required; ALL are welcome to participate. Free materials available on-site. Bring a project you're already working on or get help starting something new. Join from home through video chat too!!

Thursdays 1-2pm

In-person option:

Capitol Plaza, 3rd floor, suite 352

Virtual option:

<https://us02web.zoom.us/j/83986282157?pwd=UIRRb2xxVjJFaklnbXoraCtGZ0t3dz09>



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

Professional Development

VFOR IS HIRING!!

POSITION: MEN'S HOUSE MANAGER

VERMONT FOUNDATION OF RECOVERY

Is looking to hire a house manager for its men's houses in Essex VT. If you are interested please send a resume, cover letter and two personal references to operations@vfor.org

Job purpose: To provide oversight and support for VFOR house members

Availability: This is a full-time position that will require you to work some nights and weekends

Apply [HERE!](#)

TWO OPPORTUNITIES TO ATTEND!

Training with Dr. Libby Stuyt, a board certified Addiction Psychiatrist and Medical Director for the Colorado Circle Program

Focus on how to support, treat and bill for much needed coping strategies for individuals dealing with the substance use of a loved one.



OCTOBER 8TH
1:30 PM - 3 PM
Jenna's House,
Johnson, VT

OCTOBER 9TH
4 PM - 5:30 PM
Rock Point Center
Burlington, VT

REGISTER NOW

PROVIDERS: Supporting Families & Recovery Coaches Impacted by

Substance Use/Mental Illness

This training will educate providers on the needs of families impacted by a loved one's substance use disorder or severe mental illness. The aim is to both increase awareness of the needs of this group of individuals' for support and provide tools such as traditional CBT as well as acupuncture and mindfulness training that can decrease the family member's stress, anxiety or PTSD. Resilient families help create healthy communities where recovery is possible and supported.

Register for this event [HERE!](#)



FACES & VOICES OF RECOVERY

ADVOCATE. ACT. ADVANCE.

Youth Recovery Ambassador Training - Faces & Voices of Recovery

This training will consist of two 3-hour training sessions focused on enhancing skills and competency for young leaders in recovery to advocate for positive change in their communities. Participants will learn the importance of language to eliminate stigma, guiding principles of recovery and effective strategies for social justice within the recovery movement.

Register [HERE!](#)

friends of
**Recovery
Vermont**



**Open Practice
Session**

Motivational Interviewing



Open Practice: Motivational Interviewing - Recovery Vermont

Motivational Interviewing: Open Practice for Recovery Coaches Training

Description: Join Will Roberts and Lisa Lord from Recovery Vermont for an open Motivational Interviewing practice session. Motivational Interviewing is a client-centered, evidence-based, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. During this one-hour training, we will have brief instruction to brush up on skills, and then spend the majority of the time in pairs practicing.

Register [HERE!](#)



Every Dollar Makes
a Difference



Recovery Partners of Vermont
P.O. Box 3042 | Burlington | VT | 05408-3042
802.738.8998 | info@vtrecoverynetwork.org

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