



Recovery Roundup | January 2023

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

HAPPY NEW YEAR

Odds & Ends

a message from

Gary De Carolis



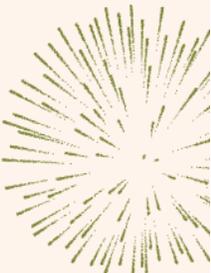
I first want to congratulate our newest member of the Recovery Partners of Vermont family: the Turning Point Center of Chittenden County! We now have 13 members. Cam Lauf is the Executive Director. This recovery organization is the largest of all the state's recovery organizations which makes sense given that 25% of Vermont's population resides in Chittenden County. We are thrilled to have Cam and his team be a part of the Recovery Partners of Vermont.

This holiday season we received a financial gift in memory of a lost loved one. It made me think that there is no place to go to have a lost loved one's name be recognized in perpetuity. After some late night thinking I realized we could start a Memory Wall on our website. Starting in mid-February if you go to our website (www.vtrecoverynetwork.org) you will see our Memory Wall. A donation of any amount starting at 1 cent would allow you to have the name of a lost loved one recognized on our Memory Wall forever. We will never forget the beautiful lives lost to alcohol or other substance use disorders.

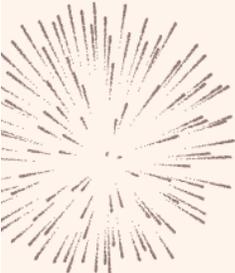
By the time you read this newsletter we will have held our 2023 Legislative Breakfast at the Capital Plaza Hotel in Montpelier. We are asking this year's legislature to raise the base funding for our member organizations by a total of \$1.85 million dollars. We are also asking for a boost in support of Recovery Residences of \$1 million dollars. In both cases we would be able to begin offering competitive wages and a compensation package that has been totally missing amongst the recovery organizations across the state. As the months move forward, we will keep you up to date on what is happening in the legislative session. One thing I can report is the Opioid Settlement Advisory Committee has shown little interest to date in helping the front-line workers of our recovery organizations. Much of the oxygen of the committee has been spent on recommending prevention strategies. We think both are important. Helping our front-line workers have a decent wage and compensation package while supporting prevention strategies for the next generation of Vermonters is the way to go. Stay tuned!



Welcome our
newest member!



Turning Point Center
OF CHITTENDEN COUNTY



"The Turning Point Center of Chittenden County is a dedicated, compassionate community that provides recovery support services in a safe, substance-free environment for individuals and families on multiple paths to self-discovery and sustained recovery."

Recovery Partners of Vermont



is honored to present

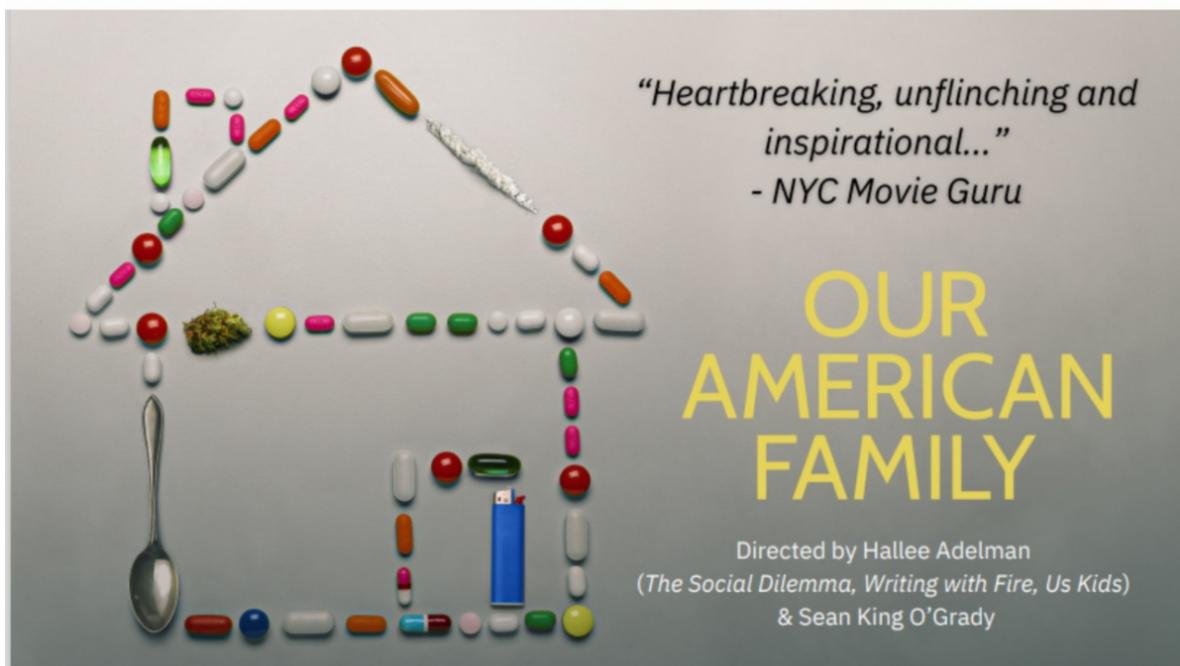
Our American Family

Wednesday, January 25, 2023 | 6PM- 8PM

Viewings Available at all 13 members of Recovery Partners of VT:

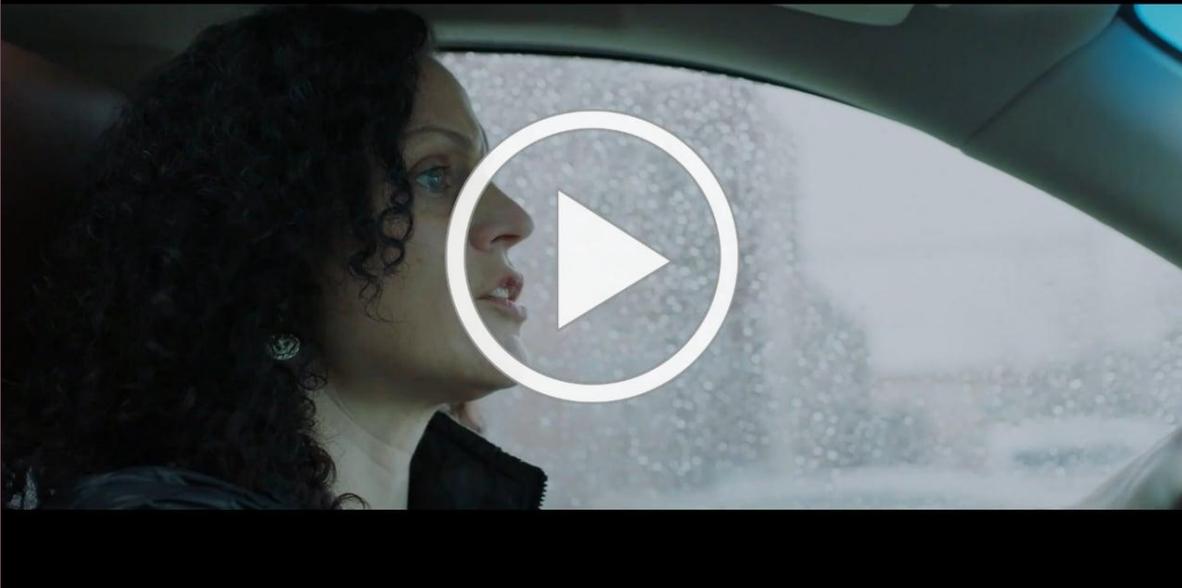
Q&A with the mother from the documentary will be available after the screening.

- Journey to Recovery Community Center
- Jenna's Promise
- Kingdom Recovery Cener
- Vermont Foundation of Recovery
- Turning Point Center of Central VT
- VAMHAR/RecoveryVT
- Turning Point Center of Addison County
- Turning Point Center of Chittenden County
- Upper Valley Turning Point Center
- Turning Point Center of Rutland
- Turning Point Recovery Center of Springfield
- Turning Point Center of Windham County
- Turning Point Recovery Center of Bennington



Addiction is an all-encompassing force not only in the lives of the afflicted, but also those around them. Captured at a pivotal "nothing to lose" moment over the course of a year, OUR AMERICAN FAMILY is a radically honest portrait of five family members grappling with the legacy of generational addiction as they fight to heal resentments and pull each other out of the deepest depths.

Watch the Trailer Below!



Save the Date

Recovery Day 2023 will be
Wednesday, February 15, 2023 | 9AM
Recovery Day is for EVERYONE!
Come be loud & proud!
Your presence is your voice!

Registration Begins Soon!



*A strong community of support is built on
respect, kindness, love, and equality.*

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

Professional Development

Management Training with Sarah Karnes, Senior HR Specialist



1. Recruitment & Selection - February 2023

- This recruitment training focuses on the *why*, the *dos* and the *do not*s. The manager recruiting manual focuses on the legal aspects.

2. Employee Relations - March 2023

- This training focuses on the broad concept of one of the most important functions of HR. Creating a healthy environment for employees, management, guests, etc. This will follow up on corrective action processes and procedures.

3. Effective Leadership - April 2023

- Effective leadership is a tool to develop and expand leadership skills. How to make a transition from employee to manager.

- Open to ALL Recovery Partners of Vermont members!
- Each section will be two parts: one hour or less.
- Always 11AM-12PM
 - February 8 & 22, 2023
 - March 8 & 22, 2023
 - April 5 & 19, 2023



Email gary@vtrecoverynetwork.org to register!



Recovery Coaches Needed!

Are you looking for
purpose in your life?

Are you looking for a
new direction in life?

Are you wanting to
give back to your
community?

Are you in *recovery* or have
connections with loved ones
struggling with substance use?

Journey to Recovery Community
Center is looking for someone just
like YOU!

Come work with incredible people, where *everyone* is
welcome, and your VOICE is heard!

To learn how to join our team, email your cover letter
and resume to Lila Bennett, Executive Director, at
lbennett@jtr-cc.org or call the Center at (802)624-4156

*You Could Be the Difference
That Saves a Life!*



Family Coaching



friends of
**Recovery
Vermont**

Family Coaching - Recovery Vermont

This two-day Family Coaching Specialty Training program is designed for Recovery Coaches who want to learn more about the role that Recovery Coaches play in supporting family members of loved ones with substance use disorder. Recovery Coaches will leave this training with a Specialty Coaching credential and specialized knowledge on how to support family members.

[Register HERE](#)



Celebrate
Life

Stefani Capizzi

Articulate, Brave, Adventurous, Kind, Authentic

Gary De Carolis Interview with Stefani Capizzi

Stephanie Capizzi a 55-year-old person in long term recovery from Alcoholism. Capizzi has been on a lifelong journey as a songwriter, singer, and musician, and it's a big part of who she is. Professionally, after raising children, including 6 years of home-schooling them, Capizzi worked in health care and addiction recovery fields. She was a nurse for 10 years and an Executive Director of an addiction recovery center for 7 years. Capizzi had the honor of being a Recovery Coach for 10 years, including emergency department work. She continues to do individual recovery coaching through North Central Vermont Recovery

Center. Additionally, today she works in the field of addiction medicine. She has also served in roles that address criminal justice and homelessness.

Watch the
Interview

friends of **Recovery Vermont**

RCED - Recovery Vermont

The Recovery Coaches in the Emergency Department (RCED) program was established in 2018, with the goal of serving individuals presenting with substance use disorders in the Emergency Department. This program was created by establishing partnerships between the Vermont Department of Health, Vermont's Recovery Centers, and their local hospitals. As of 2021, Recovery Coaches are now working in hospitals throughout the entire state of Vermont, providing resources and support to those in crisis when they need it most. Recovery Vermont is proud to provide these coaches their initial and ongoing training.

Register Here



Our Stories Have Power - Faces & Voices of Recovery

Faces & Voices of Recovery is proud to host this FREE virtual training sponsored by the Opioid Response Network. This nine-hour Recovery Community Messaging Training is the

signature conceptual framework of Faces & Voices of Recovery. The training contains core strategies around recovery messaging from a diverse, equitable, and inclusive lens. This training focuses on equipping participants to utilize recovery stories effectively when speaking in a variety of settings.

[Register Here](#)

Member Events & Triumphs

Turning Point Center of Springfield has some exciting news to announce!

WE ARE EXCITED TO ANNOUNCE THAT...
OASIS TEEN DROP-IN CENTER
IS OFFICIALLY OPEN!

CENTER HOURS

Monday: 2:00PM-7:00PM

Tuesday: 2:00PM-7:00PM

Wednesday: 2:00PM-7:00PM

Thursday: 2:00PM-7:00PM

Friday: 2:00PM-7:00PM

CONTACT INFO



169 Main Street,
Claremont, NH 03743



Phone Number:
603.255.0220



taysa@spfldtp.org



The Oasis Teen Center is officially open! This center will be open for teenagers ages 13-19 to come and hang out in a safe place created by us! Do your homework, join us for life skills classes, and more! Find our newly renovated space in room #**213**!

Our members in Johnson, VT, Jenna's Promise, would like to share their 2022 triumphs with you all!

MEMORABLE MOMENTS OF 2022



Expanded our Recovery Residence Program from 5 beds to 17 beds!



Completed the Jenna's Coffee House in partnership with Two Sons Bakehouse.



Expanded our staff to include a new COO and 6 new positions!



Supported 30 recovery residences and over 75 individuals with rental assistance throughout Vermont.



Recovery advocates hope to keep seeing reduction in addiction stigma

JOHNSON, Vt. - It's hard for me to express the amount of admiration I have for Dawn and Greg Tatro. After losing their daughter to an overdose, Dawn and Greg Tatro set out to not only help people in recovery but also change how it's done.

[Read More](#)

Turning Point Center of Bennington's new Executive Director is giving the Bennington community the breath of fresh air it deserves!



Turning Point Center of Bennington has a new executive director and a new office space

Turning Point Center of Bennington has a new location, a new executive director and new motivation to connect with the community. Turning Point hosted a holiday open house on Wednesday, so the town could see the organization's new space, and it did not disappoint.

[Read More](#)

Journey to Recovery Community Center's new pilot program for a social detox bed, right in their center, is making a huge difference in the community!



[6 weeks, 1 bed, 10 lives: A Newport recovery center provides space for hope in the opioid crisis - VTDigger](#)

The furniture is not fancy — a single bed bumps up to a leather recliner just steps from a small desk. But sunlight pours in from a large window, and friends are there. The small room is part of the Journey to Recovery Community Center in Newport, located in a wood sided office building, across the street from North Country Hospital and a short walk from the eastern shore of Lake Memphremagog. The space opened six weeks ago to provide an option for short-term, 24-hour peer support for people in crisis from substance use who want to begin their recovery.

[Read More](#)

Resources

			
SEARCH	DENY	ACCEPT	LEARN
<p>Question the possibility of substance use. Search for reasons why changes are occurring in your loved one, or reasons why this may have happened. Question the loved one & accept the answer that they are NOT using.</p>	<p>Deny that substance use is occurring or that substance use is a problem. Grieve for the loss of dreams once had for your loved one. Common feelings include frustration, anger towards yourself &/or loved one. You may feel guilty for not realizing sooner, or afraid of what the future holds.</p>	<p>Accept that substance use is the cause of the observed changes in your loved one. Understand that while we can provide guidance, your loved one will be the source of their own action to achieve recovery. Realize that one does not have to accept unacceptable behavior.</p>	<p>Learn about the nature & risk factors for substance use disorder, & the available resources to support family members. Begin to distinguish the difference between behaviors related to the substance use & your loved one themselves.</p>

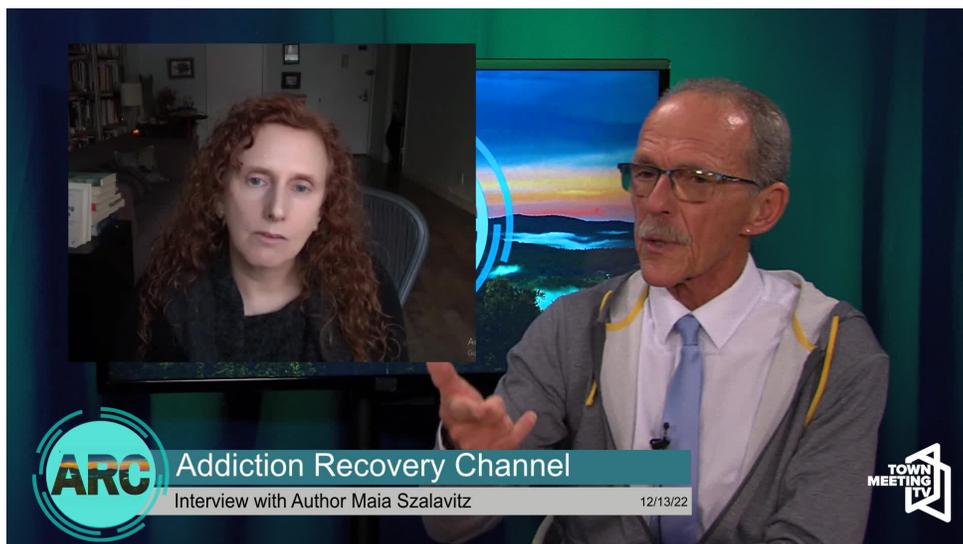
Stages of Coping When a Loved One Has a Substance Use Disorder



Guide for Family Members

Addiction affects the whole family. Loved ones, such as family members and friends, often need to seek out support services as well. At least 25% of the population belongs to a family affected by an addiction disorder in a first-degree relative. According to the Federal Reserve's annual report on the economic well-being of U.S.

Read More



ARC Addiction Recovery Channel
 Interview with Author Maia Szalavitz
 12/13/22

TOWN MEETING TV

Ed Baker Interview with Maia Szalavitz

Maia Szalavitz is the author, most recently, of *Undoing Drugs: The Untold Story of Harm Reduction and the Future of Addiction*, which is the first history of the movement aimed at focusing drug policy on minimizing harms, not highs. Her previous New York Times bestseller, *Unbroken Brain: A Revolutionary New Way of Understanding Addiction* wove together neuroscience and social science with her personal experience of heroin addiction.

[Watch Interview Here](#)



FutureMe: Write a Letter to the Future YOU!

Start the New Year by writing a letter to your future self! Set goals for yourself, make a prediction about the world, talk about what's happening in your life now. Envision the future, and then make it happen. Did you achieve your goal? how much have you grown in that time span?

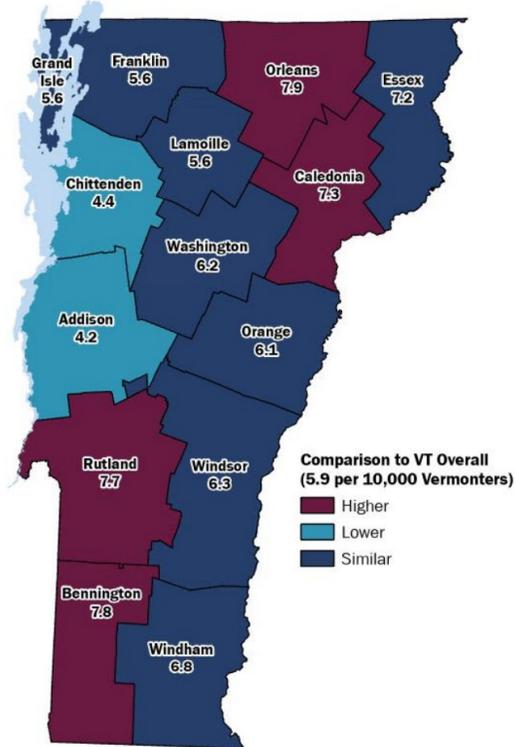
FutureMe has been delivering letters to the future for millions of people since 2002. You decide when it hits your inbox, in as little as 6 months to 10+ years!! Write yourself a letter today and see where you are when you receive it down the road! How has your life changed?

[Write a letter here!](#)



Alcohol-Related Deaths Among Vermonters

January 2023



KEY POINTS

- Alcohol-attributable deaths and years of potential life lost each increased by 36% between 2017 and 2021.
- Alcohol-attributable deaths increased across age and sex, although males and people 35-49 had the largest increases.
- Orleans County had the highest rate of alcohol-attributable deaths between 2017 and 2021.

Alcohol is the most commonly used substance among Vermonters. Since 2011, the percentage of Vermont adults 18+ who use alcohol has remained stable, with nearly two-thirds reporting drinking in the past 30 days. While Vermont has seen increases in overdose deaths over time – some involving alcohol – alcohol itself contributes to several health conditions beyond overdoses and poisonings (the acute, negative effect of taking too much of a substance).

[Read Full Report Here](#)



[Cost-Effectiveness Calculator](#)

A cost-effectiveness calculator for long-term, peer recovery support services delivered after specialty substance use disorder treatment at a recovery community organization, and the cost-effectiveness of

calculator for bystander naloxone distribution at a recovery community organization.

[Access Calculator Here](#)



If you're an Amazon shopper, check out Amazon Smile next time you're on their site and start donating to Recovery Partners of Vermont without spending any more money than what you're buying anyway!

Find us on Amazon Smile under our legal name, Vermont Recovery Network, Inc.

How to Start Using Amazon Smile

When you donate to Recovery Partners of Vermont, you're ensuring that our members are supported through.....



ADVOCATING

Reducing barriers & increasing access to needed services (i.e., healthcare) with legislation; Educating the public on needs/issues within the Recovery Community

FUNDRAISING

Conference 2022 offered our members a day filled with community, education and networking.

PEER STANDARD AUDITS

Yearly audits ensuring Vermonters are receiving the best recovery services available to them.

INFORMATION CLEARINGHOUSE

Creating a clearinghouse of information available to all members.

TEAM OF CONSULTANTS

Creating a pool of consultants for any member to use when needed, such as our human resources specialist.

Give for Recovery!



You could save someone's life.

Find the nearest
Vermont Narcan Distributor

[CLICK HERE](#)

Recovery Partners of Vermont
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