



Recovery Roundup | March 2023

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

We are so much stronger together than apart.

a message from

Gary De Carolis



One of the great powers of the 12-step community is their sense of community. Being there for one another has been able to sustain thousands in their recovery when those tough times come. And they come, you can be assured of that. The members of the Recovery Partners of Vermont not surprisingly act in that same fashion. When tough times come, we rally together to help each other through the tough times so we can sustain our work with people who walk through our doors dealing with an alcohol or substance use disorder. We are so much stronger together than we are apart.

With those words in mind, I want to welcome North Central Vermont Recovery Center under the leadership of Shannon Carchidi to the Recovery Partners of Vermont. We are now 14 members strong!!!! When we reimagined ourselves less than 2 years ago, we had 9 members. How far we have come in such a little time. I also want to give credit to our 15th member. Just like a home game in professional football, the home team has such an advantage because of the home crowd cheering for the home team. For us it is the public who are cheering us on. They are our 15th member! A wonderful example of that support recently, was a gift from an anonymous donor that allowed our members for the first time in our history to purchase dental and eye care insurance for our employees. Over 50 employees now have this insurance starting on April 1, 2023. Another example of our 15th member is our VT State Legislature. I'll talk more about their incredible support for our work in next month's column. Suffice to say we are fortunate to live in this state in this time given how tough things are for so many who have an alcohol and/or substance use disorder. Together we will come through this.

We are so much stronger together than we are apart.

Recovery Partners of Vermont is growing! Please join us in welcoming our newest, and 14th, member...

Welcome!



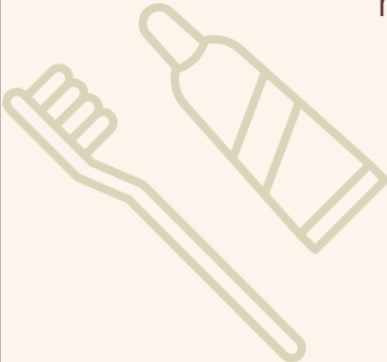
"North Central Vermont Recovery Center is a non-profit corporation dedicated to providing an upbeat, welcoming, safe, and substance-free environment for individuals and families on their paths to lasting recovery from alcohol and drug addiction."

Recovery Partners of VT is honored to announce that an *Anonymous Donor* has made it possible, for the first time, to offer *Dental & Eye Care benefits* for our members and their staff!



Recovery Partners
of Vermont

Recovery Partners of VT and our members are not able to offer any benefits to their staff, this grant will have a **huge** impact on our members health and wellness.



Thank you!

January 30th - March 25th



The 5th Annual
HEART SHOW

the
heART show
and benefit auction

Village Wine and Coffee  5288 Shelburne Rd #1
Shelburne, VT 05482

We're honored to be the top recipient of the 5th Annual *heART Show*! We were informed last week that an Anonymous Donor reached out to the show director and has pledged to match the total amount of funds raised! We're incredibly grateful to have been chosen as a recipient of such a wonderful Benefit Auction! Thank you *heART Show*, Ashley, Shelburne Wine & Coffee, and the 170 VT artists that donated their time and artwork for this event. We cannot do this work without your support!

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 & April 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 & May 2023

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

- Open to **ALL RPV members!**
- Each section will be two parts: one hour or less.
- Always 11AM-12PM
 - February 8, 2023
 - March 8 & 22, 2023
 - April 5 & 19, 2023
 - May 3, 2023 (February make-up date)



Email gary@vtrecoverynetwork.org to register!

*Are you looking for a new direction in your life?
Are you looking for a new purpose, where you can
help others on their journey to recovery?
Many of our members are hiring*!*

- Jenna's Promise
 - Director - to apply visit their website at jennaspromise.org
- TPC of Central Vermont
 - Recovery Coaches - for more information, email Hilary Denton at hilaryd@tpccv.org
- Journey to Recovery Community Center
 - Recovery Coaches - for more information, email Lila Bennett at lbennett@jtr-cc.org
- TPC of Addison County
 - Recovery Coaches - apply online at turningpointaddisonvt.org
- TPC of Bennington
 - Recovery Coaches - for more information, email Margae Diamond at director@tpcbennington.org
- TPC of Chittenden County
 - Administrative Manager - for more information and learn how to apply visit their website at www.turningpointcentervt.org



**All 13 members of RPV are always looking for volunteers too!*



Pacific Southwest (HHS Region 9)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Spirit of Motivational Interviewing

Connecting with Our Humanity to Support Growth and Change

Workshop 1 of 2 in the "Motivational Interviewing in April, for the Mental Health Workforce" Series

Tuesday, April 4, 2023 | 2:00pm - 4:00pm

How we show up in our workspaces and the attitudes we hold profoundly impacts the work we do. It is impossible to separate our professional skill sets from our beliefs about ourselves and others. In this session, we will learn the "spirit" of motivational interviewing and how this spirit shapes our therapeutic approach and creates context for our interactions with clients. We will learn how connecting to the "spirit" allows us to create psychological safety for help seekers and how essential it is for promoting trauma-informed care.

Register HERE

friends of
**Recovery
Vermont**

Part 1:

April 18, 2023
9AM - 10:30AM

Part 2:

May 9, 2023
9AM - 10:30AM

Resilience and Burnout: Part 1

Introductory 2-part virtual presentation on resilience factors and the danger of burnout while working in the field. The goal is to train new and seasoned staff who work with people dealing with substance use and or mental health issues. Contact will@recoveryvermont.org for registration.

Part 2 scheduled for Tuesday, May 9th.



Online Training



CEUs TBD



Open to Recovery Coaches



**Recovery Ambassador Training
- Faces & Voices of Recovery**

Register Here

The Recovery Ambassador Program is a 13-hour training that prepares individuals to advance public understanding and appropriate responses to addiction.

The training program consists of a two-day seminar. Course material includes instruction in participation on advisory councils, recruiting volunteers, building messages, organizing community action, engaging policymakers, raising money, and renewing team effort.

Co-Occurring Disorders

In this comprehensive one-day training, Dr.

Aron Steward will teach about the necessity of a wellness practice and provide tools for resiliency, outline the fundamentals of co-occurring disorders, what resources are (or are not) available, and what you as a Recovery Coach can do to help others. This training is free and open to Recovery Coaches.

Please complete the form to apply. Upon acceptance into the training, you will receive training login details via email.

friends of
**Recovery
Vermont**

Apply for
Training Here!



Treatment Access for Alcohol Use Disorder

Alcohol is the number one substance of misuse in Vermont. The goal of this panel is to increase awareness and understanding of alcohol use disorder, including its prevalence, identification, and application of clinical and operational best practices.

Tickets Here

Meaningful Engagement in Activities for a Successful Recovery Journey

Recovery is a journey of personal growth and requires a commitment of the individual, their social networks, and community to play a role. This webinar will explore how linking individuals into pro-social networks and meaningful activities can aid long-term recovery.

Register Here

Member Events & Triumphs

Stop by for your very own Wellness Wednesday at Bennington Turning Point Recovery Center!

A New ACoA Meeting in Bennington

The Body, Mind, and Spirit Group



There's no need to go it alone. You're invited to attend a new open discussion meeting for Adult Children of Alcoholics.

The meeting is held every Wednesday night from 6:30-7:30 at the Turning Point Center of Bennington in the Mill Building.

There is no cost to attend.



Wednesday evenings
from 6:30 – 7:30 pm

The Turning Point Center of Bennington
160 Benmont Ave (The Mill Building), 4th Floor
(802) 442-9700

TURNING POINT
RECOVERY CENTER of BENNINGTON, VT

WELLNESS WEDNESDAY EVERY WEDNESDAY

12:30AM-2:30PM WITH LAURIE

Chair Massage

Reiki

Chakra Balancing

1:1 Nutrition Counseling

Meditation

2:30-3:30PM WITH JEN

Yoga

Tea

Tarot

4:00-5:30PM WITH HEIDI

Womens All recovery Group

802-442-9700
160 Benmont Ave,
4th Floor
Bennington, VT 05201

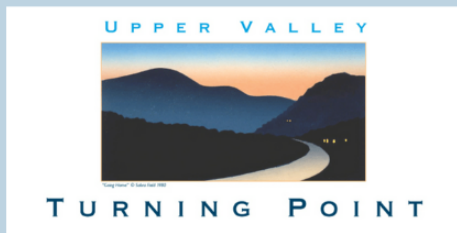
www.tpcbennington.org



Upper Valley TPC demonstrates how collaboration saves lives!

Hartford Community Coalition purchased two ONEbox kits to provide to local businesses who want to provide accessible aid in the event of an overdose. Amie and Karl, *Upper Valley Turning Point Center* staff, delivered and demonstrated to the staff at Junction Arts & Media - proud partners in helping keep Hartford safe and healthy!





Testimony Tuesday

The Second Wind Foundation is one of the reasons why I'm able to celebrate my 45th birthday, on Monday the 9th. I went to a year-long woman's program, Willow Grove. I lived with women who loved me, until I learned to love myself. How not to wake up and use, for a whole 24 hours. I learned how to communicate and how not to communicate.

I learned how to laugh and also have girls' day!

To have family dinners, and no matter how many times they made me try vegetables, I learned I still don't like them. I learned how to keep my side of the street clean, how to do a budget, how to take 3 different busses to work at 5 a.m. and still walk a mile, during snow storms to work, I learned that getting into a relationship in early recovery is a terrible idea. I learned other women aren't competition, and in fact how and why to lift each other up. We all have the same goal. To not only stay alive, but to live a good life. Most stayed, some left, and some are no longer with us. I met one of my closest friends there, a friendship I've never ever had before, a friendship, I didn't know was possible. Two of the most beautiful souls, Sarah Mekos & Sheila Young, I've ever met are the women who run Willow Grove. Their strength, wisdom, guidance, determination, humor and a lot of magnificent hugs, made me into the woman I'm becoming today.

-Sarah H.

Get your sweat on for our members, TPC of Rutland & Springfield!!



Divided Sky Fun(d) Run is Back for Year Two!

Join us in beautiful Ludlow, VT for the second annual Divided Sky Fun(d) Run! Participate in this in-person or virtual 5K to support addiction recovery and build community with runners, walkers, and good people of all kinds. All proceeds from this event support the Divided Sky Foundation, *Turning Point Center of Springfield and Turning Point Center of Rutland!* All participants (in-person and virtual) will receive a dry-fit event T-shirt.

Get your T-Shirt here!

Check out what's happening at our newest members!

Join North Central VT Recovery Center every Wednesday at their Johnson Center for a free Community Meal! Hang out for a meeting or even free acupuncture! Another great Wellness Wednesday held by one of our members!

117 St. Johns Road in Johnson
@ Jenna's House



Jenna's Promise has been selected for the Hannaford Community Bag Program! They will receive \$1 from every \$2.50 reusable Community Bag sold during the month of April 2023 at the Hannaford on Route 100 in Morrisville, VT.



Drop by drop
makes an ocean.

Dollar by dollar
makes a
difference.

For all of April, every
purchase of this \$2.50
Community Bag at our
designated Hannaford
sends us \$1.

Every dollar counts!



COMMUNITY BAG PROGRAM | HANNAFORD.2GIVELOCAL.COM

Journey to Recovery Community Center in
collaboration with North Country Union High
School have started a Chris Herron Project Club



Kingdom Recovery Center is having an Open House!
Stop by and see what Kingdom Recovery Center
can do for you!

BUSINESS & COMMUNITY PARTNER

OPEN HOUSE



KINGDOM
Recovery Center

APRIL 20, 2023 | 11A - 1P

RSVP TO



fawn@krcstj.org

TPC of Windham County is collaborating with Writers
for Recovery for a 5-week writing group series!

WRITERS FOR RECOVERY

WHERE WORDS REPLACE SILENCE

Recovery Writing group

Thursdays at 3:30
starting April 20th
for 5 weeks



NO EXPERIENCE NECESSARY!

*materials provided but feel free to bring your own

Call 802-257-5600 to register

LOCATION: Turning Point of Windham County
39 Elm Street, Brattleboro

*learn more about Writers in Recovery at
<https://www.writersforrecovery.org/>*

HOSTED BY:



Michael Johnson, Executive Director of our members
at TPC of Springfield was interviewed by WCAX!



Vt. overdose deaths continue to climb

SPRINGFIELD, Vt. (WCAX) - A new report on overdose deaths in Vermont is out, and the numbers back up what has already been widely reported -- the opioid epidemic is getting worse and new dangerous drugs are being added to the mix. "It's being able to reach the people and have them have a connection. Recovery is about a connection, it doesn't matter if it is 12-step or not," says Johnson.

[Read More](#)

Resources



Recovery Coach Drop-in Forum offered by Grayken Center of Addiction Training & Technical Assistance

Recovery Coach Drop-in Forums are open format sessions facilitated by recovery coaches. They are an opportunity for coaches and others in peer support roles to network, share resources and practices, get support from one another, and discuss topics pertinent to substance use, recovery, and coaching. These sessions will also feature guest speakers on related topics and a \$25 Amazon gift card raffle at the conclusion of each session. We respectfully ask that those in solely or primarily supervisory roles not attend these sessions – thank you for your understanding. These sessions are held weekly on Mondays 6:00 PM - 7:15 PM NO REGISTRATION REQUIRED. Please contact kira.goodwin@bmc.org for Zoom details.



New NIH Study Reveals Shared Genetic Markers Underlying Substance Use Disorders

Breakthrough findings could lead to more effective prevention and treatment strategies for multiple substance use disorders. By combing through genomic data of over 1 million people, scientists have identified genes commonly inherited across addiction disorders, regardless of the substance being used.

[Read More](#)



The Healing Power of Sound as Meditation

Research suggests sound is a powerful tool to reduce pain, anxiety, and more. One study published in the Journal of Evidence-Based Integrative Medicine found that an hourlong sound meditation helped people reduce tension, anger, fatigue, anxiety, and depression while increasing a sense of spiritual well-being.

[Read More](#)



Cape Cod Symposium

When it comes to treating addiction, we're stronger together. Join our community of industry leaders and mental health professionals, as we return to coastal Cape Cod, Massachusetts. We are excited to expand our network and unite our efforts with three leading behavioral health and addiction meetings from across the country: At the Cape Cod Symposium, you'll find yourself among like-minded professionals,

learning and addressing the significant challenges we must overcome together.

[Register here](#)



Characterization of Xylazine Test Strips for Use in Drug Checking

In recent studies, Xylazine test strips can reliably produce presumptive results of the presence of xylazine in drug samples. The test strips produced true positives for all the authentic drug samples containing xylazine and produced true negatives for all samples without xylazine. Read the report in its entirety below.

[Read Report](#)



Vermont's Data & Reports

Data of particular interest is the latest Monthly Opioid Morbidity and Mortality Report, the National Survey on Drug Use and Health, Alcohol Related Deaths Among Vermonters and the Division of Substance Use Annual Overview.

[Read State Data](#)

Have you visited our new Memory Wall?

A donation of any amount starting at 1 cent would allow you to have the name and picture 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.

Visit the memory wall here:
www.vtrecoverynetwork.org/memory-wall/

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

DONATE
NOW

ADVOCATING

FUNDRAISING

INFORMATION
CLEARINGHOUSE

TEAM OF
CONSULTANTS

TRAINING &
MORE

*Give for
Recovery!*



You could save someone's life.

Find the nearest
Vermont Narcan Distributor

[CLICK HERE](#)

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monthly newsletter, subscribe
so you never miss a thing!*

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P.O. Box 3042 | Burlington | VT | 05408-3042
802.738.8998 | info@vtrecoverynetwork.org

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