



200 Olcott Drive
White River Junction, VT 05001
802-738-8998

vtrecoverynetwork@gmail.com
www.vtrecoverynetwork.org

Vermont's 11 Recovery Centers are in St. Johnsbury, Barre, White River, Springfield, Brattleboro, Bennington, Rutland, Middlebury, Burlington, Saint Albans and Morrisville. Vermont is a pioneer in the national recovery movement. We've created a statewide recovery system with standards, accountability, and evidence based recovery support services. Vermont's recovery centers have grown to become a front door to Vermont's treatment system, as well as a destination after treatment. In some cases, centers offer support until treatment is available; in others, our recovery supports provide a direct path to a life in recovery.

Recovery centers provide welcoming, safe places for people seeking recovery. We provide support for families and friends who are trying to help loved ones. Our trained recovery workers provide facilitated groups and recovery coaching. Centers are safe havens where people who are committed to recovery volunteer to support others. Last year, volunteers donated more than 44,284 hours of service, providing **\$980,453 in volunteer support** (2012 National Independent Sector rates). In comparison, centers received **\$714,900 in state funding** and struggle to raise local funds.

Each Recovery center collects data on the effectiveness of recovery support services.

We are proud of this outcome data and the positive results we achieve. 1,152 Participant Surveys were collected from across our Network. We have the nation's largest nonprofit recovery database.

State FY 2013 Recovery Center visits = 168,369

77 = average volunteer hours provided per week per center (falling due to limited support for volunteers)

17 = average number of active volunteers per center (falling due to limited staff support)

62 = average number of hours open per week per center (impact of limited staffing resources)

Mental Health services involvement:

75% of visitors report current or past participation in outpatient/inpatient mental health services

Criminal Justice system involvement:

26% report being "on probation or parole"

24% report being "released from probation or parole"

54% report incidents/criminal involvement *before involvement at recovery centers*

ONLY 8% report new incidents/criminal involvement *after involvement at recovery centers.*

Treatment System utilization:

72% reported past treatment for substance abuse

29% of visitors had been in treatment during the last 30 days

27% of visitors report **never attending treatment**

Visitors come on average 12.45 times per month (FY '13 participant survey visitor profiles, N=1,152)

Recovery centers protect visitor anonymity, and don't even ask visitors' last names. Centers average 1,236 monthly visits. Network centers have many occasional visitors; an *average* of more than 100 regulars who come for 2 or 3 visits a week; and a small revolving population of high utilization visitors coming daily, until their lives stabilize.

Our visitors get their lives in order, find jobs, find housing, repair the damage caused by addictive behaviors, and function in recovery as productive members of their communities, often for the first time in their lives.

Vermont's Opiate Problem

Vermont recovery centers are seeing increasing numbers of visitors looking for physicians who can prescribe Buprenorphine or methadone. These visitors report that they are in recovery, but are buying Buprenorphine on the street until they can find a willing physician. We take the position that our visitors are in recovery when they say they are. This era is bringing new people into our recovery centers who are looking to avoid the discomfort of withdrawal symptoms but have not yet realized how rich recovery can be. In many cases, they have not yet made a personal commitment to medication compliance and giving up the use of alcohol and other drugs.

We are committed to making recovery available to all who seek support in changing their lives, BUT we need to maintain safe, supportive environments for people on ALL paths to recovery. ***The influx of opiate users beginning their recovery journey has made it imperative that we have trained recovery workers on site every hour a center is open to keep our centers safe.*** We need trained staff to help these visitors, while supporting our volunteer workforces, recovery coaches, families seeking recovery supports, and other Vermonters working to find and maintain recovery. ***Recovery center directors are, on average, only 3/4 time employees who function with staffs of .1FTE to 1.2 FTEs.***

Pathways to Recovery

As a result of our demonstrated success in providing recovery supports, the VT Recovery Network (VRN) received Federal funding to implement a pilot project, Pathways to Recovery, which will provide support for Vermonters in opiate treatment. People in opiate treatment have not had consistent access to welcoming peer recovery groups and recovery support services. All of Vermont's recovery centers now host ½ time "Pathway Guides," working with opiate treatment providers and receiving referrals for one-on-one support and/or facilitated peer recovery support groups, paid by VRN and working in our recovery centers. Pathway Guides will increase available staff time at each participating recovery center and demonstrate the benefit of providing expanded peer recovery support for people in recovery from opiate addictions. Because this grant doesn't cover supervision or office space, Vermont recovery centers are stretching already tight budgets to support this program. These part-time experts on the recovery process will help people seeking support for opiate addiction, but their limited time for accomplishing our grant objectives will prevent them from meeting general staffing needs.

Our experience with providing recovery support has demonstrated that recovery centers help visitors reduce recidivism and become productive members of their communities. Our approach to providing information and peer support for people recovering from addictive disease helps them take responsibility for managing their lives with this chronic health condition, just as people with diabetes, asthma, or heart problems have traditionally benefitted from information and targeted recovery support. Our Pathway Guides will function as ambassadors of recovery and help people in medication-assisted treatment to develop their own vision of how their lives could become more comfortable and satisfying in ongoing recovery. We help people regain their enthusiasm for life.

We have already developed introductions to various recovery approaches such as: All Recovery Meetings, Making Recovery Easier groups, and our pilot Recovery is the Solution groups, which answer the question, "Why would I want recovery?" Recovery centers host these groups to introduce participants to others in recovery, helping them to create their own webs of recovery support.

The Pathways to Recovery project will make it possible for our team to refine these recovery approaches, while working with those providing medication-assisted treatment. Guides will coordinate with treatment professionals to determine mutually agreeable ways to introduce people in treatment to personally directed recovery approaches. Many providers and centers have regularly scheduled visits where center representatives introduce themselves and the recovery supports available in recovery centers to treatment clients. Increased staff support will allow us to expand these efforts.