

During State FY 2014:

Recovery Centers hosted 179,234 visits from people seeking recovery & providing recovery support.

Centers average 1,358 visits per month.

On average:

Centers were open 60 hours per week.

Centers supported 19 active volunteers.

Centers benefitted from 82 hrs a week of volunteer support.

Visitors were 44% women & 56% men.

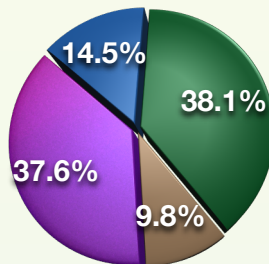
Network centers have many occasional visitors; an *average* of more than 100 regulars who come for 2 or 3 visits a week; and a small **revolving population of high-utilization visitors coming daily**, until their lives stabilize.

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.



FY 2014 Sources of Recovery Center Support

Local Community Support	\$402,814
Donated Volunteer Time	\$1,061,293
FY14 State Recovery Center Grants	\$1,046,404
FY14 State Network Grant & SAMHSA Support	\$271,700



Helping people who have experienced problems as a result of drugs and alcohol to find, maintain, and enhance their recovery through peer support, sober recreation, & educational opportunities.

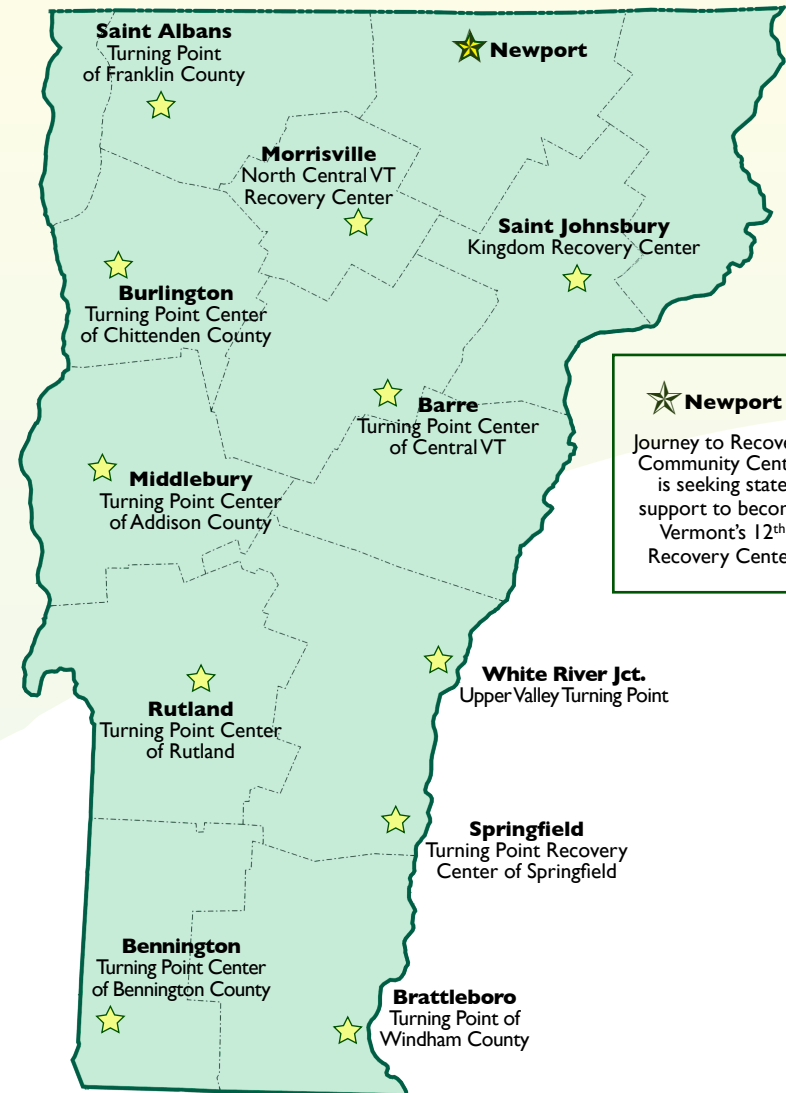
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Recovery Centers ~ Recovery Solutions

Recovery Center Success Stories & Data



★ Newport
Journey to Recovery Community Center is seeking state support to become Vermont's 12th Recovery Center.

VERMONT CONTINUES TO BE 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.

"I started using drugs when I was 8 years old. I was prescribed opiates for pain as a child. I stopped for a long time and then an accident got me back into opiates for 5-6 years. Started at Brattleboro Retreat and decided to go cold turkey. **I've been clean for 100 days.** Most of my support came from Turning Point and the All Recovery meetings. People there care about me. I have my kids back in my life."
Travis H. Middlebury

The evaluation data demonstrates statistically significant changes in the lives of people attending Recovery Centers.

[See full report of these findings in the center section of this document]

The evaluation team from Evidence Based Solutions [EBS] was hired to analyze Participant Survey data collected in Vermont Recovery Centers between 2007 and 2014. Guests participating in the recovery support services were asked to provide general information about themselves, comment on their use of centers and their experiences in recovery. This report includes longitudinal data from 565 individuals who reported attending the recovery centers for themselves (vs. in support of someone else) and had completed the survey on multiple occasions over time. Data were collected over 7 years and the average length of time participants had been attending recovery centers upon completion of the survey was 1.5 years. The average visitor comes to the center 3 to 4 times every week. The results of this data analysis are highlighted throughout the following stories with a summary (centerfold) highlighting statistically significant changes in peoples' lives.

Improved Health

91% of those responding to questions about health, reported improvement in their overall health and wellbeing

28% of those responding have decreased or stopped smoking since coming to the center.

69% of those responding have started or increased physical exercise since coming to the center.

Note: Data obtained above are from a sample of 282 of the 565 individuals as these questions were not always included in the Participant Survey.

"My days are full of health, rewarding, and helpful events. I have a family who loves and respects me and my recovery. People can depend on me showing up. **I also have choices today.**"

Anne A.

Morrisville

"Before recovery **I didn't belong anywhere** – school, work or dysfunctional family – got stoned every night just to maintain.

My teacher 3 years ago put our non-traditional classroom at the **recovery center where I learned I could have fun & not get high.** I have graduated school and have a job. Stop at the center as much as I can, for a meeting or a game of pool. I can be me and not be a follower – my new friends are always there."

Drew H

Springfield

Reduced Criminal Justice Involvement

46% of our visitors report past incidents of criminal justice involvement before coming to Recovery Centers & no criminal justice incidents since.

“When I was using, **I was in and out of jail for relapsing.** I was estranged from my family and friends. Life is so much simpler since I found recovery. **I have not gone to jail in almost 3 years** and have reconnected with family and friends. I have financial and emotional stability now. My life has improved 100%.”

Sherri H. Rutland

“Before recovery **I was homeless and stealing, in and out of jail** – no connection with my children or family. Now my health is better, I have found a permanent job and housing. I have reconnected with my children and my parents.

The **Turning Point has given me a safe, supportive and sober place to grow in my recovery.** It helped me find many resources when I was in early recovery. They also helped me realize what I really wanted for my future.”

Mindy M. Brattleboro

“**My life was full of jail and institutions.** Turning Point has been a big help – I volunteer there, and it gives me a sense of feeling safe. I wake up with hope and life happiness. I am learning how to love myself and take care of myself and others. **My recovery is giving me meaning and reason to live** on life’s terms. Relationship with my family is improving.”

Raul R. Burlington & Middlebury

Increased Employment

18% increase among the number of visitors employed.

58% of visitors who said they found work since coming to the Center, credited support or information provided at the Center with helping to find work.

“**I was depressed, homeless, isolated and lonely. I was a chronic relapsing,** I had no joy in my life. I now have my own apartment. I got my license back and finally have my dream job. I work with others who have addiction problems. **I don’t know where I would be if I hadn’t walked into TPC.**”

T. C. Burlington

“Turning Point helped me find recovery – **I have turned my life around.** I am 20 months sober have made new friendships, am working my way through my legal issues with great success. **I have a job and my life is headed in a positive direction.** The people at Turning Point make me feel important and no longer ashamed of my addiction. They helped me become a productive citizen instead of a danger to my community. I am thankful that Turning Point was there when I was in need.

Don Barre

“Before recovery I was a high-functioning alcoholic for over 15 years. In the last year of my drinking, I was drinking 24-7, health declined including liver damage and I lost my long-time job.

Life has gotten progressively better. I am optimistic, caring, hard-working and motivated. It’s great having a place to go to avoid triggering people and places while talking with others in recovery. **I’ve been volunteering helping others, and have started a new and wonderful career.**”

T. R. Brattleboro

Turning Point Center of Bennington County



Turning Point Center
OF CHITTENDEN COUNTY



Turning Point Center Rutland
Embracing Recovery

Turning Point Center

Of Addison County Inc.

Turning Point Recovery Center
Springfield, Vermont



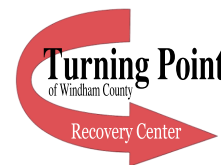
Turning Point
OF FRANKLIN COUNTY



TURNING POINT



Kingdom Recovery Center
Bringing People & Recovery Together



North Central Vermont



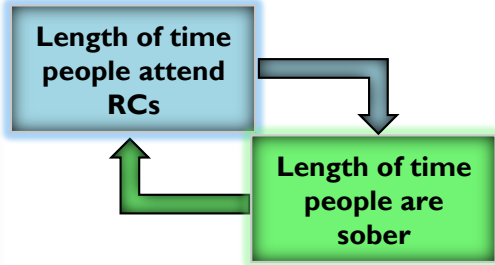
TURNING POINT CENTER
OF CENTRAL VERMONT

Vermont Recovery Network: Our story of helping others find & maintain recovery

Here is a summary highlighting statistically significant findings over time.

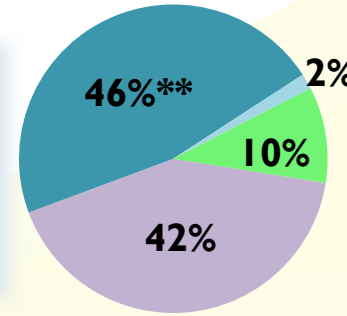
Increased Sobriety

Participants who attend RCs for longer periods of time also report longer periods of sobriety ($r = .47, p < .001$).***



Decreased Criminal Involvement

Statistically significant decrease among participants with previous incidents or criminal involvement.**



- Had incidents or criminal involvement before, but none since coming to RC
- No incidents or criminal involvement ever
- Continued incidents (both before and since coming to the RC)
- Incidents or criminal involvement only since coming to RC

65%

of participants felt RCs helped them **FIND** their recovery

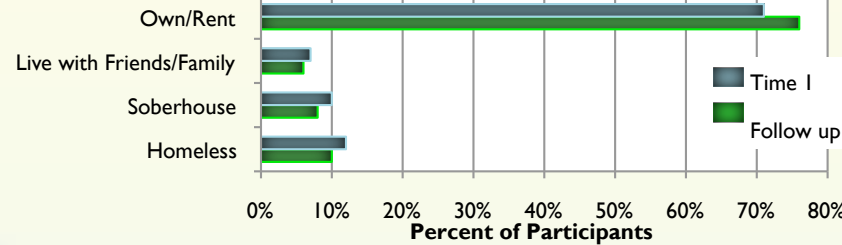
76%

of participants felt RCs helped **REDUCE THE FREQUENCY & LENGTH** of their relapses

91%

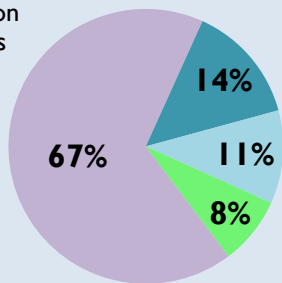
of participants felt RCs helped **ENHANCE & MAINTAIN** their recovery

Increase in Stable Housing



Although not statistically significant, there was an increase over time in the percent of participants who own/rent their own home. This is impressive given the scarcity of affordable housing.

There was a significant increase in sobriety over time based on self report of days sober ($t=5.4, p < .001$). This was because 67% of participants maintained their sobriety between Time I & the FollowUp & another 14% of participants gained sobriety.



- Maintained sobriety consistently over time
- Achieved sobriety by FollowUp
- Relapsed
- Never achieved sobriety greater than 30 days

Increased Employment



From Time I to Follow up, there was a significant increase of 18% among those who were employed.**

Other Good News

28%

of participants **decreased or stopped smoking** since coming to the RCs

69%

of participants **started or increased physical exercise** since coming to the RCs

71%

of participants' **family relationships improved** since coming to the RCs

91%

of participants **overall wellness & health improved** since coming to the RCs

Note: The longitudinal study has several limitations including data were all self-report and data were collected using a convenience sampling method. Convenience sampling means that participants were recruited as they utilized the Recovery Centers. Lastly, there was no set follow up time point for data collection. At the same time, surveys were completed anonymously in an effort to ensure participants responded openly.

For questions please contact Dr. Jody Kamon of EBS at (802) 999-1676.

Improved Mental Health

80% of visitors report current or past participation in outpatient/inpatient mental health services.

46% of those responding to questions about prescription drug use reported having used anti-depressant, anti-anxiety, or anti-psychotic medications.

“I was suicidal and wanted to die.

Went to Rehab & Detox at least 4 times, overdosed 3 times and was saved by ambulance. 2 serious suicide attempts
Everything is different now – I have my own apartment and am able to work. I know I have a safe place to go. I can find support and find others who understand and accept who I was and encourage who I am and want to be. **I am lucky to have a Recovery Coach** – she is a very big support and a friend to me.”

Amber H. Middlebury

“Life was chaotic, I had terrible anxiety and depression which I treated with substances. I am now on medication to treat my chronic depression and anxiety. My life is markedly more stable now, I have long periods of peace. I have hobbies, and mended my relationship with my mother. **I have hopes & aspirations.”**

M.M. Brattleboro

“My life before recovery was complete hell. **I wanted to kill myself.** Since I got recovery, **my life has improved in every way.** I’ve learned to love myself and others. I facilitate groups and am a peer coach.”

Karen Z. St. Johnsbury

“Before recovery my life was a constant battle, suffering from my habit, struggling to maintain and hide it. I fell into a life of lying, cheating, stealing, self harm, depression and everything else associated with using. I experienced multiple overdoses, DCF involvement, and then homelessness. It was horrible. Since working a solid program my life has continually progressed. I joined a sober house, which was an amazing blessing. Having a supportive community helps back me up on doing the next right thing. I am increasingly **reunited with my daughter, building a solid parental foundation with her father and rebuilding lost relationships with my own parents.** The recovery centers provide me with a safe environment – I spend my time there to avoid users, triggers and unsafe people.”

Kelly O. Middlebury & Burlington

Increased Housing

50% of those who said they found housing since coming to the Recovery Center credited the Center with helping them find it.

“I was living and sleeping on the streets. I now have a nice apartment and support my three cats. I have consistency in my employment, and am engaging in healthy relationships. TPC helps me connect with resources in the community that strengthen my recovery. I have integrity and can face life’s issues in a positive way”.

Jedediah P. Brattleboro

“I was an everyday IV user, lost my daughter to DCF, and was homeless. Overdosed regularly. My life had been a lot more manageable. I have steady housing and am working a full time job. I am facing my legal issues including DCF. Trying to mend what relationships I can. Turning Point is important because there aren’t many other recovery based programs in town.”

John St. Middlebury

“I started drinking when I was 16. By 2009 I was addicted to crack cocaine. I have two sons. At the time, my two-and-a-half-year old was living with me in this environment and my 12-year-old son had written me a letter saying he didn’t want to see me anymore. After multiple relapses, including a scary six months where everyone in my family thought I was dead, I finally got myself into Willow Grove and the programs at the Turning Point.

I spent every waking moment that was free at the Turning Point. They helped to teach me how to have fun without the drinking and drugs. Becoming sober was a complete shift in my mentality – it is not just not drinking. It was a complete overhaul of everything that I think and believe. The Turning Point is a safe haven.

It’s been almost 4.5 years that I’ve been sober. In all, it took me 16 years to get one year of sobriety. **I went from being a homeless crack addicted mom** on the brink of death that abandoned her children, **to an honor student and an amazing mom.** I’m a good role model for other women who are addicts that have children. The people at the Turning Point made this all possible – these people believed in me when I could not believe in myself.”

Lisa C. White River Junction

Improved Relationships

71% of those responding reported improved family relationships since coming to the center.

Note: Data obtained above are from a sample of 282 of the 565 individuals as these questions were not always included in the Participant Survey.

"I used to drink and use drugs every day. I was abusive to my wife and was always getting arrested for domestic violence. I had no friends. **My life is totally new** – I go to meetings and **volunteer at the Turning Point Center.** I like to help out people, it's my way of giving back. I am living a great clean and sober life."

Scott K. Bennington

"My life was hell before coming to the recovery center. I was struggling with raising my 2 year old son. I spent many nights at bars, eventually ending up with a DUI.

I have a new happiness; I attend meetings and volunteer at Turning Point. I am graduating with my Associates Degree and will continue my path to Mental Health Counselor. **The Turning Point Recovery Center has given me a new life,** and a chance to see my full potential – I have of this new life". The center has given me growth and inspiration – I go into local schools to speak and tell my story."

Brandy C. Springfield

"There wasn't a life, **it was all about getting high at any cost.** Now, I've bonded with my children, family, and people in general. Being around others in recovery is a big part of making life easier. **Turning Point works.**"

H.T. Brattleboro

"Before recovery I was on the verge of losing my husband, children, and home. I would drink, black out and towards the end, I would end up in jail. I became suicidal. The recovery center is very important to my recovery – it provides a safe environment and I enjoy volunteering my time at the center. I have gained the love and trust of my husband and children back. **I have gained my own self respect back.**"

Laura S. Morrisville

Treatment System Utilization

21% of visitors report never attending treatment.

76% reported past treatment for substance abuse.

23% of visitors had been in treatment during the last 30 days.

"I bottomed out hard at 16, but never went to treatment.

I have been clean & sober in Recovery for over 25 years. I recently discovered the VT Recovery Network of Centers. My recovery has taken a wonderful new direction. I have become a Recovery Coach & am really excited about this approach to helping others, especially kids."

Jen G. Brattleboro

"I lost everything and felt like a failure. I lost my license, job, health and was in jail. **After treatment I got involved with the recovery center, and am now a pathway guide** helping others like me."

Larry B. Springfield

Pathways To Recovery Project: OUR NETWORK RECEIVED FEDERAL FUNDING TO PROVIDE SUPPORT FOR VERMONTERS IN OPIATE TREATMENT. PEOPLE IN OPIATE TREATMENT NOW HAVE CONSISTENT ACCESS TO WELCOMING PEER RECOVERY GROUPS AND RECOVERY SUPPORT SERVICES. ALL OF VERMONT'S RECOVERY CENTERS NOW HOST HALF-TIME "PATHWAY GUIDES," PAID BY VRN, WHO ARE WORKING WITH OPIATE TREATMENT PROVIDERS AND RECEIVING REFERRALS FOR ONE-ON-ONE SUPPORT AND/OR FACILITATED PEER RECOVERY SUPPORT. MEET ANOTHER OF OUR PATHWAY GUIDES:

"Before recovery, I had no life. I was unemployable for 5 years, didn't have stable housing. Had little relationship with my family. Life was very dark, lonely and hopeless. I now have a life and a purpose. I have a relationship with my family. I work in the field of recovery, helping those who are still struggling. At age 48 I am going back to school to get my degree and have gotten all A's. **The recovery center provides a safe environment** to come and be with others who are seeking recovery. It has also doubled the amount of meetings and support groups in our area."

Hal P. St. Albans