

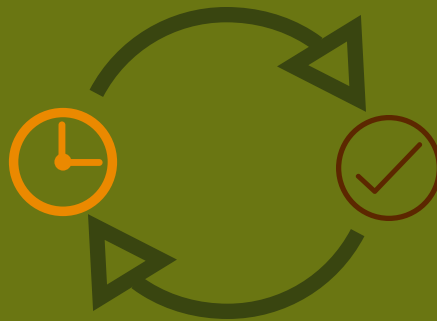
# RECOVERY WORKS



Last year, people made more than **170,000** visits to Recovery Centers across Vermont, with each Center averaging nearly **1,200** visits per month.



4 of 5 individuals surveyed achieved or maintained their recovery over time.



There is a significant correlation between the length of time people attend recovery centers and the length of time people are in recovery.

## DECREASED CRIMINAL INVOLVEMENT



**5** out of **10** ceased criminal activity since coming to a Recovery Center.



**4** out of **10** never engaged in criminal activity.



**1** out of **10** never stopped engaging in criminal activity.



**90%** felt their overall health and wellness improved



**30%** decreased or quit smoking



**70%** reported improved family relationships

## STABLE HOUSING

Percentage of individuals who transitioned out of unstable living conditions into owning/renting their own housing. This is impressive given that affordable housing in Vermont can be challenging.



**6%**

## GROWTH IN EMPLOYMENT



The number of individuals employed grew by **15%** over time.



## SPOTLIGHT: PATHWAYS TO RECOVERY

Pathways is a peer-recovery initiative for people recovering from opioid addiction. Pathway Guides work hand in hand with providers in the Hub and Spoke System.

**100%**

reported achieving or maintaining **abstinence from opiates**



reported achieving or maintaining **abstinence from alcohol**

**85%**



The proportion of individuals **employed** increased from **33%** to **65%**.



The proportion of individuals engaged in **criminal activity** decreased from **18%** to **10%**.

Individuals also experienced significantly **fewer days of depression and anxiety**.

# VOICES OF RECOVERY



Before: I was a functioning addict for six years, after a tragic miscarriage. I was a Girl Scout co-leader, soccer mom, school volunteer—and a small-time drug dealer. When I hit rock bottom, I was facing a felony domestic assault charge, eviction, traffic tickets piling up, and my teen daughter hated me. I lost my entire family. Finally, I spent a week planning my suicide. Then I spent two weeks in the psych ward before being referred to a rehab. I attended all three rehabs—Valley Vista, four days; Brattleboro Retreat, 12 days; Maple Leaf, 16 days. I spent the first five months clean living in my car.

Today: I now have three+ years clean, and my 19-year-old daughter is proud of me again. After two years clean, my mother began speaking to me. Within 11 months of sobriety, I had a home again for my daughter and me. I no longer live an illegal lifestyle, so I no longer receive traffic tickets or criminal charges. I've been in a relationship for over three years with the same person. I love my recovery and stay involved in our recovery community. I try to help other recovering addicts as much as possible. I've been coming to the Turning Point center and meetings since the beginning of my recovery journey. Our pathway guide has been an instrumental part of my recovery this past year. I look up to him as a mentor for many aspects of my life today, and feel extremely inspired by him!

~ Brandie, Turning Point Center of Central Vermont

Before: I was on a path of self-destruction, taking anything I could get. Drinking heavy and hurting everyone around me, trying to end my suffering.

Now: Since my accident, I've been able to clean myself up. I got out of jail, made parole, and found a job at Journey to Recovery where I help others to not follow my path. I have a roof over my head, good friends, and I'm working on paying off my fines and getting my life back. I couldn't ask for a better lifestyle that I'm finally part of!

Without the Recovery Center, I would be back hanging with the wrong people. It introduced me to my new friends and support team, people who are available to me 24/7 and I for them. It has given me a new life and a new family.

~ Michael, Journey to Recovery Center, Newport

Before: I was going to a counselor, who asked how it was going not drinking. "Fine, I haven't drank for years." So, AA is working well for you, she suggested. "No, I stopped going to AA meetings, but I'm not drinking." Then my wife said, "But now you're nasty and difficult." The therapist recommended that I go to the Brattleboro Turning Point recovery center. I had my regrets from the past, and I felt rotten about myself, with a lot of guilt and shame. I needed to forgive myself.

Today: Turning Point gave me the opportunity to give back, help others in recovery, and ... forgive myself. Turning Point also helps to prevent isolation. Before recovery, I was very critical of myself and used to isolate; I would drink alone. The center gives people the opportunity to socialize. People there give positive words of encouragement, strength, and hope, never mind that you laugh a lot. I've made many friends in recovery who come to the center and also go to AA meetings. I've since gone back to AA. Thanks to Turning Point, I have the opportunity to advance my education in addiction and alcoholism prevention. I have become a group facilitator in SMART recovery and a Recovery Coach. I had found a new tool for my "recovery toolbox." I'm a happy warrior against my alcohol addiction. I'm much happier now that I've bettered myself and am helping other people.

~ Andy, Turning Point of Windham County