



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

## 2018 ANNUAL REPORT

# Vermont Recovery Centers Success Stories & Data, 2007–2018

**Turning Point**  
OF FRANKLIN COUNTY

Turning Point Recovery Center  
Springfield, Vermont



Journey to Recovery  
Community Center



Turning Point Center of  
Franklin County  
182 Lake Street,  
St. Albans, VT 05478  
(802) 782-5484

Turning Point Center of  
Chittenden County  
179 South Winslow Ave.,  
Burlington, VT 05401  
(802) 861-3150

Turning Point Center of  
Addison County  
54 A Creek Road,  
Middlebury, VT 05753  
(802) 386-4249

Turning Point  
Center of Rutland  
141 State Street,  
Rutland, VT 05201  
(802) 773-6010

Turning Point  
Center of Bennington  
465 Main Street,  
Bennington, VT 05201  
(802) 442-9700

Turning Point Center of  
Central VT  
489 North Main Street,  
Barre, VT 05641  
(802) 479-7373

Turning Point Center of  
Windham County  
39 Elm Street,  
Brattleboro, VT 05301  
(802) 257-5600

Journey to Recovery  
Community Center  
58 Third Street,  
Newport, VT 05855  
(802) 624-4156

Kingdom Recovery Center  
297 Summer Street,  
St. Johnsbury, VT 05156  
(802) 751-8520

Upper Valley  
Turning Point  
200 Olcott Drive,  
White River Junction,  
VT 05156  
(802) 295-5206

Turning Point Recovery  
Center of Springfield  
7 Morgan Street,  
Springfield, VT 05156  
(802) 885-4668



TURNING POINT



Kingdom Recovery Center  
Bringing People & Recovery Together



**TURNING  
POINT CENTER  
OF CENTRAL VERMONT**

Turning Point Center of Bennington County



Turning Point Center  
of Addison County

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. RECOVERY IS PART OF THE CONTINUUM OF CARE, INCLUDING PREVENTION, INTERVENTION, TREATMENT, AND RECOVERY.

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.

Vermont Recovery Network (VRN) hired the evaluation team from the Center for Behavioral Health Integration (C4BHI) to analyze Participant Survey data collected in Vermont Recovery Centers between 2007 and 2018.

"I volunteer at the Turning Point Center and come here for support since my family is far away — they are like a second family to me."  
~ TLL, Turning Point Center of Rutland

"I jumped at the chance to go to a treatment facility, to detox and begin my Recovery Journey, along with some time in jail. When I got out, I surrounded myself with sober people, AA meetings, and my local Turning Point Center of Franklin County."  
~ MC, Turning Point Center of Franklin County

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

[See important findings on the Centerfold]

The statistical analyses included in this report were conducted by the Center for Behavioral Health Integration (C4BHI) and examine Participant Survey data collected by recovery centers (RCs) state-wide. Guests participating in recovery support services were asked to provide general information about themselves and comment on their use of centers and their recovery experiences. This report includes longitudinal data from 963 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 11 years; the average length of time participants had been attending recovery centers upon completion of the survey was 1.8 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 (see centerfold) highlighting statistically significant changes in peoples' lives.

## Improved Health

**93%** of those responding to questions about health reported improvement in their overall health and wellbeing

**31%** of those responding have decreased or stopped smoking since coming to the center.

**72%** of those responding have started or increased physical exercise since coming to the center.

*Note: Data obtained above are from a sample of 539 of the 795 individuals as these questions were not always included in the Participant Survey.*

"I was a materially successful, emotionally and spiritually bereft person with alcohol-use disorder. I wanted the pain to end, to the extent that I became suicidal. I called my sister not because she was four years into recovery but because she was my sister. She connected me with a drug-and-alcohol counselor who encouraged me to join AA. I asked my wife to empty the house of alcohol and other recreational drugs. Then I began making friends in AA, friends who helped me build a life worth living. I found me under all the pain and misadventure. I was heavily compartmentalized for most of my life. Now I am whole. I know how to share my experience, strength, and hope with people new to recovery in such a way that they have a better chance of finding some hope of their own. After 24 years in anonymous programs, Turning Point opened my eyes to the recovery movement and the many other paths to recovery."  
~ DC, Turning Point of Windham County

## Supportive Treatments

74% of visitors report current or past participation in mental health treatment services.

73% reported past treatment for substance abuse.

30% of visitors had been in treatment for substance abuse during the last 30 days.

## Vermont Telephone Recovery Support Service:

Recovering from addiction can be daunting for many people. Finding housing, employment, and other resources and connecting with a recovery community is stressful. Many people are living without licenses or transportation in our rural state. Individuals who have experienced complex trauma may be hesitant to attend groups or visit the recovery centers.

Through ongoing research, we have identified significant challenges for individuals and families who are not able to visit our recovery centers. When people sign up for our free program, they tell us the best day and time to check in with them about their recovery. It is a safe and convenient option for many.

Making connections with others who have shared-lived experience of addiction (peer support) and who now model recovery has been proven effective for many years. This service can provide the following benefits:

- Free service for those who want it
- Liaison to the recovery community
- Assistance in aftercare plans designed with the treatment provider
- Removal of transportation obstacles (via phone communication)

Peer-recovery support staff will be available at various times in the day to make the initial connection call to an individual who is exiting treatment and interested in this program. The Vermont Recovery Network's role is to provide support for treatment centers and support for supervision of the volunteers; ongoing workforce development; policies; protocols; and data collection.



Visit our website to sign up & learn more:

[vtrecoverynetwork.org](http://vtrecoverynetwork.org)

# Reduced Criminal Justice Involvement

55% of our visitors report past incidents of criminal justice involvement before coming to Recovery Centers and only 8% report criminal involvement after attending an RC.

"I got arrested and made the decision to get in a program. Going home to what I was doing was not what I wanted anymore. Staying sober in jail was the first step. Getting into Mandala House. Utilizing resources, going to meetings—Anything I never wanted to do in my past."

~ Christina, Turning Point Center of Rutland

"To Whom it may concern,

The Marble Valley Regional Correctional Facility (MVRCF) has had the privilege to work with the committed staff of the Rutland Turning Point for many years. Throughout those years the Rutland Turning Point has played a major role in working with the inmate population regarding substance abuse issues which sadly a large majority of our population struggle with. Through the hard work of the Rutland Turning Point the residents at MVRCF since 2018 has been able to participate every week in Making Recovery Easier (146 participants and 31 Certificates of completion earned), Smart Recovery (161 participants and 23 Certificates of completion earned), and Recovery Coaching (45 residents have met with a coach). It is a testament to the Rutland Turning Point that there is consistently a large turnout of inmates each week participating at their groups. Many inmates' have requested to meet with a recovery coach that recently another night was added to accommodate the high numbers (days and times the Recovery Coach come to MVRCF: Mondays 7-9pm, Wednesdays 7-9pm & Fridays 1-4pm).

I have spoken to many inmates who participate in the various groups who tell me how helpful it is to have the opportunity to learn skills and strategies they can use to give them a better chance of success once they are released from incarceration. The commitment and efforts the Rutland Turning Point provide the inmates has been a blessing and it's a partnership I hope can continue for many years to come."

Thank you,

John C Cassarino

Coordinator of Volunteer Services MVRCF



**Turning Point**  
Center of Rutland



**Journey to Recovery**  
Community Center



**TURNING POINT CENTER**  
OF RUTLAND



Turning Point Center  
of Addison County

# Vermont Recovery Network: Our story of

Enclosed here is a summary highlighting statistically significant findings over time.

De

## Increased Sobriety

Participants who attend RCs for longer periods of time also report longer periods of sobriety ( $r = .46$ ,  $p < .001$ ).\*\*\*

Length of time people attend RCs

Length of time people are sober

Statistically significant decrease among participants with previous incidents or criminal involvement ( $p < .001$ ).

61%

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

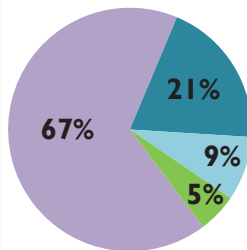
81%

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

94%

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

There was a significant increase in sobriety over time based on self report of days sober ( $t=6.2$ ,  $p < .001$ ). This was because 67% of participants maintained their sobriety between Time 1 & the FollowUp & another 21% of participants gained sobriety.



Maintained sobriety consistently over time

Achieved sobriety by FollowUp

Relapsed

Never achieved sobriety greater than 30 days

## Increased

Own/rent

Live with friends/family

Soberhouse

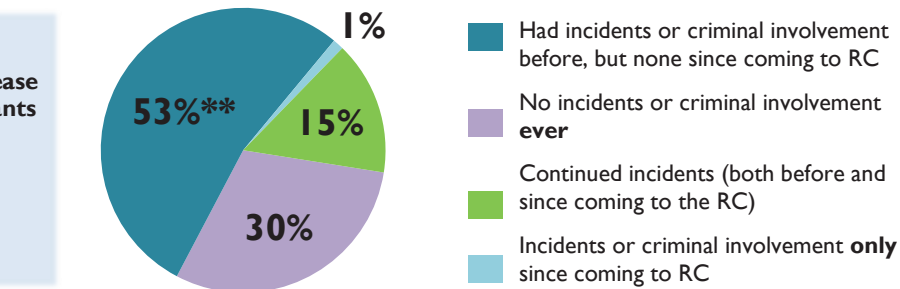
Homeless

17%

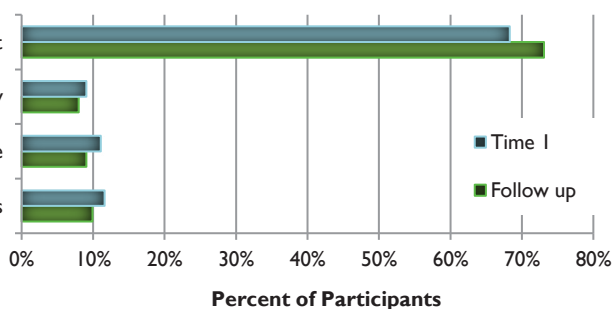
Note: The longitudinal study has several limitations including data were all self-report and data were collected using the Recovery Centers. Lastly, there was no set follow up time point for data collection. At the same time, surveys w

# Helping others find & maintain recovery

## Increased Criminal Involvement



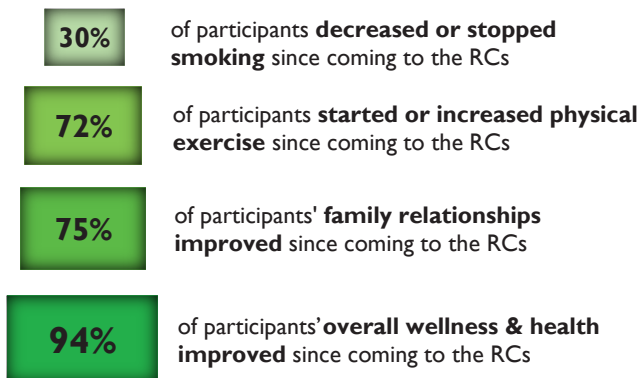
## Increase in Stable Housing



A greater number of individuals moved towards owning or renting, decreasing the number of individuals in the 3 other categories ( $\chi^2 = 16.2, p < .05$ ).

## Employment

From Time I to Follow up, the group of individuals who were employed grew by 17%.



## Other Good News

g a convenience sampling method. Convenience sampling means that participants were recruited as they utilized  
were completed anonymously in an effort to ensure participants responded openly.



Turning Point Recovery Center  
Springfield, Vermont



## Increased Housing

23% of people who attend RCs report finding housing after coming to the RC, and 80% of those individuals report that the RC helped them find their housing.

"I'm grateful every day for the TPC of Rutland and the folks who are there helping folks like me through the dark times. They give me hope by their example. I know there is a light at the end of the tunnel."

~ Nick. B, Turning Point Center of Rutland

"I am a survivor and I am worth it! We all are! Pride can sometimes hold us back. Don't let it. We can't face everything alone."

~ Jessica, North Central Vermont Recovery Center

## Improved Relationships

72% of those responding reported improved family relationships since coming to the center.

*Note: Data obtained above are from a sample of 539 of the 795 individuals as these questions were not always included in the Participant Survey.*

"Change I had to do, I must do, yet how? I then came to this place, this place called the Turning Point, which is where I found the answer to my question. After years of trying for other things, other persons, and themes, I found that it had to be for me and me alone. I also had to have others who took their recovery for real, in my life. They stood at my side helping, giving me that hand up, not out, mentality. This alone with my incarceration made room for me to see my life for what it was, and not allow that to define who I would become, CLEAN, SOBER AND PART OF THE COMMUNITY AGAIN. All of this has allowed me to maintain full-time work, a home, and a renewed relationship with my daughter. As it has been the sky is the limit, well, I say the universe is the beginning."

~ EM, Turning Point Center of Rutland



# MAT Recovery Coach:

## Peer Supports for People in Recovery from Opiate Addiction

The MAT Recovery Coach / Pathways to Recovery initiative started as a three-year SAMHSA grant in the Fall of 2013 to demonstrate that enhancing peer supports through Vermont's recovery centers would improve recovery outcomes for patients in medication-assisted treatment (MAT) undertaken as a part of Vermont's healthcare reform (via the Hub and Spoke system). Trained MAT Recovery Coaches, working out of several of the recovery centers, support people with opiate addictions who are in treatment and willing to explore a recovery process. Coaches connect patients with ongoing recovery supports and assist them in adopting recovery lifestyles through conversations, coaching, facilitated recovery meetings, and introductions to new peers in recovery. We have demonstrated reductions in substance use and mental health symptoms, as well as increases in recovery capital, employment, monthly income, and stable housing.

**The Assessment of Recovery Capital** measures individuals' inner and outer resources that aid in successful recovery. The maximum score of each subscale is 5, and the maximum total score is 50. An ARC score of 27.5 predicts stable recovery. Significant increases occurred on 6 subscales and the total score.

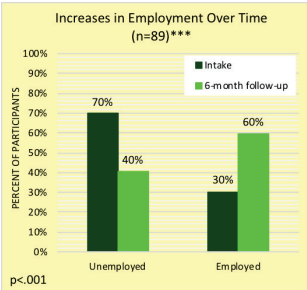
"People from the center helped me. They loved me until I could love myself. They taught me how to live life sober and most of all, how to be happy again."

~ KLD, Turning Point Center of Franklin County

## Benefits of Having a MAT Recovery Coach

- Having as a resource a peer who has gone through a similar experience.
- Having positive, safe, recreational places and people with whom to spend time.
- Having multiple places in which to learn recovery life skills.
- Being able to have separate resources available outside of traditional clinic hours.

# Positive Changes in Employment and Housing



Type of Housing	Intake	Follow up
Own/Rent	56%	61%
Someone Else's Home	21%	23%
Transitional Housing	10%	5%
Residential Treatment/ Institution	4%	4%
Homeless/Shelter	7%	2%
Other	0%	3%
Total	99%	99%

## Other Promising Results

- Overall abstinence: 57% of individuals maintained or achieved complete abstinence 6 months after connecting with a Pathway Guide.
- Abstinence from misuse of opiates: 85% of individuals achieved or maintained abstinence from opiate misuse 6 months after being connected to a Pathway Guide.
- Abstinence from alcohol: 79% of individuals achieved or maintained abstinence from alcohol 6 months after being connected to a Pathway Guide.
- Overall decrease in mental health symptoms: The percentage of individuals reporting any mental health symptoms decreased over 6 months from 78% at the intake to 69%.

“Turning Point Recovery Center has always been my go-to for any kind of support. Everyone is compassionate and are like family to me, they get it and meet people where they are at”

~ Melinda, Turning Point Recovery Center of Springfield

“My Recovery Center is open early. It is a place I can study. I meet with a Recovery Coach once a week. She helps me understand recovery and gives me a lending hand and ear. She makes me believe no question is a stupid question.

~ MW, Turning Point Center of Franklin County

# Recovery Coaches in the Emergency Department:

In January of 2018, the Vermont Recovery Network launched Recovery Coaches in the Emergency Department Pilot Program, made possible with an ADAP grant. Once a pilot, now this full-fledged program is serving individuals presenting with substance-use disorders in emergency departments around our state. The program does this by creating a relationship between recovery centers and local hospitals. The recovery coach provides compassionate and active listening, resources, and referrals. Emergency Department Recovery Coaches meet with individuals in the emergency department and follow up with them for 10 consecutive days (or until the individual requests that services be modified or stopped), starting the day after their initial emergency department visit.

In 2018, we worked with three Recovery Centers and their local hospitals to launch this pilot: Turning Point Center of Central Vermont and Central Vermont Medical Center, Turning Point Center of Chittenden County and University of Vermont Medical Center, and Turning Point Center of Bennington County and Southern Vermont Medical Center. These three pilot sites served 388 unique individuals between July 1, 2018 and December 31, 2018. Each individual served was given referrals and the opportunity for support to connect with other services, including, but not limited to, in and outpatient treatment, medication-assisted treatment, mental health services, and connections to programs at local recovery centers.

This pilot has transitioned into a program with continued funding by ADAP; three additional sites will launch in February. The long-term goal is to provide this program across the entire state of Vermont.

Unique Visits by Substance	
<u>Substance</u>	<u>Cumulative</u> <u>7/1/18 – 12/31/18</u>
Alcohol	244
Barbiturates	3
Benzodiazepines	7
Cocaine	18
Inhalants	2
Marijuana	3
Methamphetamine	7
Opiates	97
Other	7
<b>Total</b>	<b>388</b>

“I anticipated that the Recovery Coach program would be great, but it has exceeded my expectations. I have seen patients visibly relax and brighten when an RC comes in, and the fact that the coach continues to keep in touch with the patient following discharge is huge.”  
~ Barbara Gramuglia, MS, LADC, CVMC Emergency Department

## What do our community providers have to say?

"A partnership and relationship has been made between my organization and the TPCCV, and they are definitely the first place I refer those in need of recovery guidance." Barre Provider, 2018

"Clients report the BTP to be a welcoming environment with varied services offerings and express both appreciation and satisfaction with these services." Bennington Provider, 2018

"Turning Point is such a wonderful, supportive environment for people seeking recovery in our community. Their staff and peer recovery coaches are embedded into the system of care in our community and dedicated to partnering with community agencies to best support those in recovery!" Brattleboro Provider, 2018

"The Turning Point Center supports people in several ways starting with having a physical space for people to be and to connect with others. They provide information and resources, classes and staff who meet people where they are on their recovery journey." Burlington Provider, 2018

"My clients have noted the accessibility, true compassion and professional delivery of services as well as the understanding that confidentiality is maintained." Middlebury Provider, 2018

"The Center does a lot of outreach in the community to educate people about the centers offerings." Morrisville Provider, 2018

"I have found the staff and volunteers to be extremely polite, supportive and welcoming." Newport Provider, 2018

"The Turning Point's collaboration with us in this past year has been so appreciated and emphasizes the acceptance of MAT as an important part of recovery for many individuals with opioid use disorders. We could not be more appreciative for what they have done to engage with our program and patients and support their endeavors." Rutland Provider, 2018

"People who seek support at Turing Point report finding support tailored to their individual needs." Springfield Provider, 2018

"The Recovery Center has a very loving, open-minded approach to meeting people where they're at and providing options on an individual basis." St. Albans Provider, 2018

"Through a variety of peer support programs, meetings and groups the Recovery Center offers a variety of options for people seeking recovery." St. Johnsbury Provider, 2018

"Although some people have been reluctant to give the Turning Point a try, when they do, they tell me they felt welcomed and are surprised at how much is going on there." White River Junction Provider, 2018

*The Vermont Recovery Network: Helping people who have experienced problems as a result of drugs and alcohol to find, maintain, and enhance their recovery through peer supports, sober recreation, and educational opportunities.*

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