

FOR-VT Newsletter

September 4, 2008

Friends of Recovery - Vermont promotes the power of long-term recovery from addictions to improve the quality of life and health for Vermonters.

Hello Friends of Recovery,

Happy Recovery Month! Please join us on Saturday, September 20th for the 3rd Annual Green Mountain Recovery Walk 10:00 a.m. - 12:00 p.m. on the Statehouse Lawn in Montpelier! This has become one of our most visible public awareness events of the year and is a fun, family-friendly fundraiser for the FOR-VT organization.

Looking forward to seeing you soon!
 Patty

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What Is Recovery Month? Recovery Month (www.recoverymonth.gov) is sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT). It is an annual observance that takes place during the month of September. The Recovery Month observance highlights the societal benefits of substance abuse treatment, lauds the contributions of treatment providers and promotes the message that recovery from substance abuse in all its forms is possible. The observance also encourages citizens to take action to help expand and improve the availability of effective substance abuse treatment for those in need. Each year a new theme, or emphasis, is selected for the observance.

Recovery Month provides a platform to celebrate people in recovery and those who serve them. Each September, thousands of treatment programs around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about treatment, how it works, for whom, and why. Substance abuse treatment providers have made significant accomplishments, having transformed the lives of untold thousands of Americans. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these successes.

Recovery Month also serves to educate the public on substance abuse as a national health crisis, that addiction is a treatable disease, and that recovery is possible. Recovery Month highlights the benefits of treatment for not only the affected individual, but for their family, friends, workplace, and society as a whole. Educating the public reduces the stigma associated with addiction and treatment. Accurate knowledge of the disease helps people to understand the importance of supporting treatment programs, those who work within the treatment field, and those in need of treatment.



**3rd Annual Green Mountain Recovery Walk
 Rally for Recovery Saturday September 20, 2008**

10:00 – a.m. – 12:00 p.m. at the Statehouse Lawn, Montpelier

2008 HIGHLIGHTS!

1.4 mile walk through the City of Montpelier

Governor's Proclamation of Recovery Month,

presented by Cindy LaWare, Secretary of Agency of Human Services

Guest Speakers including Barbara Cimaglio, Deputy Commissioner of the VT Department of Health Division of Alcohol and Drug Abuse Programs, Bruce Hart of Brattleboro Retreat's Starting Now program, *and more.*

Musical entertainment by Mark LeGrand and Sarah Munro

Juggling Performance by the UVM Juggling Club! Face Painting! Sign and Banner Making Table!

Voter Registration Table (bring a photo ID)

Free Chair Massage Recovery Resource Tables Memory Wall

Vendors: Recovery Candles, Hot Dog Vendor

T-shirts and free bottles of water for walkers

Call 1 (800) 769-2798 for more information

Thank you !

to the following sponsors for their generous support of the 2008 Recovery Walk

<p>SAMHSA (<i>Substance Abuse and Mental Health Administration</i>) NAADAC VAPA (<i>VT Addiction Professionals Association</i>) VT Council on Problem Gambling Valley Vista VT Psychiatric Survivors Vermont Vet to Vet Habit OPCO</p>	<p>Central Vermont Substance Abuse Services Howard Center for Human Services Kingdom Recovery Center Aerie House VT FACES Network Spruce Mountain Inn Spring Lake Ranch United Counseling Service VT Association for Mental Health</p>
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Recovery Month in Vermont!

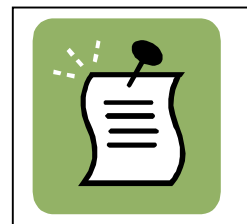
St. Johnsbury- Join the Kingdom Recovery Center, Northeastern Vermont Regional Hospital and Northeast Kingdom Human Services for our annual **March & Candlelight Vigil**, as we celebrate Recovery during September National Alcohol & Drug Addiction Recovery Month. We will march from the Recovery Center to the Courthouse park at 5:00 PM on September 4th.

St. Johnsbury- 3rd annual **Celebration of Recovery** Spaghetti Dinner & Open House, Friday, September 26 , 2008, 7:00-8:30pm at the Kingdom Recovery Center, Summer St., St. Johnsbury, VT. Spaghetti Buffet@ 7:00p.m. Call 1 (802) 751-8520 for more information.

Brattleboro- Turning Point Recovery Center of Windham County. 2nd year kickoff, open house and celebration of National Alcohol and Drug Addiction Recovery Month. Friday, Sept. 26th, 3:00 - 6:00 p.m. food, speakers and music. All are welcome!!! 14 Elm St., Brattleboro, VT. Call 1 (802) 257-5600 for more information.

Burlington- Celebrate National Recovery Month by participating in any of the following activities at the Turningpoint Center of Chittenden County, 61 Main St., Burlington. Call 1 (802)861-3150 for more information. Friday, 9/5, 4:30 – 9:30, Saturday, 9/6, 9:30am – 1:30pm: South End Art Hop. Once again the TPC will be a venue at this year's South End Art Hop, a "top ten" Chamber event, opening our doors to the community, displaying various works of art, all created by local artists-in-recovery. This is a great way for the community to come in and learn more about who we are and how we serve the community. If you would like to display your own creations, or want more info: director@turningpointcentervt.org. Thursday, 9/11, 4:30: Proclamation of National Recovery Month by Bob Kiss, Mayor of Burlington. A reception at the Turning Point Center celebrating recovery in Chittenden County. Saturday, 9/20, 8:45am – 1:30pm: Statewide Recovery Walk. Join the caravan of cars departing the TPC for Montpelier and support recovery in Vermont. If you cannot join the 2-mile walk, support the efforts of those who will be going by making a pledge. Proceeds for the event will be shared by the TPC and Friends of Recovery-VT.

Bennington- Recovery Walk September 24th. Contact the Turning Point Club of Bennington at 1 (802) 442-9700 for more information.



Bulletin Board

(We encourage you to send your announcements to recoveryvt@aol.com for future posting on this list serve)

Seeking Young Adults 18 - 25 years old (*opportunity for advocacy by young adults, including those in recovery*) CALLING ALL PREVENTION ACTIVISTS! Be a part of the solution...The Vermont Department of Health, Alcohol & Drug Abuse Programs is looking for a team of young adult advisors to inform substance abuse prevention planning activities around underage drinking, at-risk ("binge") drinking, and marijuana use among young adults. You have the power to make your communities healthy by changing the norms, advocating for prevention, and bringing your perspective to the table. If you are a young adult ages 18-25 interested in learning about and being a part of community and state-level substance abuse prevention activities, contact Connie Beal at 802-652-2088 or email cbeal@vdh.state.vt.us for more details.

Life Through Adversity- Photography Exhibit at Copley Hospital in Morrisville VT Jean New, recovery advocate and artist, is pleased to announce her photography exhibit at the Copley Hospital Art Gallery now through September 19th. If you're in the area, stop by and view Jean's work titled "Life Through Adversity" based on her process of long-term recovery from co-occurring conditions.

VOLUNTEER OPPORTUNITIES FOR-VT CURRENTLY HAS THE FOLLOWING VOLUNTEER OPPORTUNITIES AVAILABLE. CONTACT PATTY MCCARTHY FOR MORE INFORMATION 1 (802) 769-2798 OR RECOVERYVT@AOL.COM.

Website Assistant- work from home or office; help post articles, resources and events on the FOR-VT website. Maintain a current calendar of events.

Peer Facilitators- facilitate focus groups, discussion groups and other educational activities in your region. Training and peer support provided

Recovery Speakers- join the FOR-VT Speaker Bureau; training provided on advocacy, media and message development

Event Support- help with promoting events, posting and distributing notices, set-up and clean-up, registration; staff exhibit tables at conferences

VERMONT RECOVERY RESOURCES

Looking for a list of treatment and recovery resources in Vermont? Visit the FOR-VT website and click on Vermont resources on the home page. (Please contact FOR-VT to add to or edit the resources) www.friendsofrecoveryvt.org

Recovery Centers have been established for the provision of recovery support services in Vermont. Recovery centers are local, consumer driven, non-residential facilities which provide peer support, sober recreation activities, volunteer opportunities and community education. *For a complete list of recovery community centers in Vermont,* visit the Vermont Recovery Network website at www.vtrecoverynetwork.org

Oxford Houses in Vermont are transitional housing programs for those in recovery from alcohol and/or drug addiction. There are several locations in Burlington and one in Barre. Go to http://www.oxfordhouse.org/directory_listing.php for more information.

Opiate Dependence Resource Center (Brattleboro, Vermont) go to: www.methadone.net ODRC helps participants negotiate the various systems (corrections, health, pain management, drug treatment, probation and parole...), provides overdose prevention education, HIV/HCV prevention case management, information about substance abuse treatment options, anonymous HIV/AIDS testing and counseling, referrals and advocacy for drug treatment, health care, legal aid, housing, medical insurance, transportation etc..., educational presentations and training on Medication-Assisted Treatment, 67 Main St., Suite 304, Brattleboro, Vt. 05301, 802-251-0066, Fax 802-246-1016, Toll Free 800-711-8680

Resource Spotlight:

Is there fun in recovery? You Betcha! Sober celebrations creates out of the ordinary vacations that are luxurious, as cost effective as possible, with fun events while traveling. Fun in recovery and having treasured memories is the goal. <http://www.sobercelebrations.com> Send email to Snow P at snow@sobercelebrations.com to join the mailing list.

Vermont Council on Problem Gambling (VCPG) PEER SUPPORT FOR RECOVERY FROM GAMBLING ADDICTION Our organization works with communities to combat gambling addiction and promote responsible gaming across Vermont. We serve as a resource for all Vermonters on the problems of compulsive gambling. This includes providing training and screening tools to help social service agencies identify and treat gambling addiction. Website <http://www.vtlottery.com/vcpg/index.html>. Call toll-free 1-800-522-4700 (24 Hour Hotline)

FOR-VT- UPCOMING EVENTS

Got Recovery? Get Active. **Recovery Voices Count!** Recovery Community Forum (and Dinner) Tuesday September 15th, 6:00 – 8:00 p.m. at the Church of the Rock, 1091 Fairfax Rd., St. Albans, VT. Recovery celebration, long-term recovery speakers, civic engagement, voter registration. Spaghetti dinner; free. Call FOR-VT at 1 (800) 769-2798 to RSVP.

3rd Annual Green Mountain Recovery Walk and Rally for Recovery! Saturday September 20, 2008 10:00 a.m. – 12:00 p.m. Statehouse Lawn, Montpelier VT. Call 1 (800) 769-2798 for more information.

Transformative Art and Recovery is a self-help and personal growth group utilizing art as a tool for aiding the recovery process. "Transformative Art and Recovery" will meet every Monday night from 6-8 pm in the Red Door Room (downstairs) at the Bethany Church in Montpelier starting Monday, September 22, 2008. Open to all persons in recovery from (but not limited to) addiction, trauma or

illness. Space is limited so register early by calling Friends of Recovery-VT at 1-800-769-2798.

Peer-led Video Education Series Calling all Community Partners and Peers! Starting Monday, October 7th, 2008 at 10:30 - 11:30 a.m. FOR-VT is sponsoring a community Co-occurring Video Education Series at the Turning Point Center of Central Vermont, 89 Main St. in Barre. This will be a 4 week series with an opportunity for more when it is through. All are welcome who are interested in learning more about adult co-occurring substance abuse and mental health issues. October 7 - Adults and Co-occurring Disorders, October 14- Personal Trauma, October 21 - Understanding Depression and Addiction, October 28- Preventing Relapse. Call El'Anyia Nightingale, Peer Services Coordinator, at 1 (800) 769-2798 or email forvtpeerservice@aol.com for more information.

SAVE THE DATE! Recovery Day at the Statehouse March 27, 2009, Room 11 Vermont Statehouse, Montpelier Vermont

OTHER VERMONT RECOVERY EVENTS!

Submit your event to recoveryvt@aol.com

Healthy Hobbies. Saturdays starting 8/30: 2-3:00. A five-week offering exploring the many ways to discover and pursue your personal interests. Each week's discussion will explore a different theme. Hosted by Turningpoint Center of Chittenden County, 61 Main St., Burlington. Call 1 (802) 861-3150.

Open Mic Poetry Readings. Saturday, 9/6, 7:45 – 9:30pm: Bring your short stories, songs, poetry and other written creations and share them with the Saturday night crew at the TPC. All ages and abilities are welcome! Hosted by Turningpoint Center of Chittenden County, 61 Main St., Burlington. Call 1 (802) 861-3150.

Yard Sale End of Summer Fundraiser at the Turning Point Center of Rutland Saturday September 13. 141 State St., Rutland. Call 1 (802) 773-6010 for more information

Movie Night at the TPC. Saturday, 9/13, 7:45 – 9:45pm: "My Name is Bill W". A special screening in honor of

National Recovery Month - popcorn, fellowship, fun. Hosted by Turningpoint Center of Chittenden County, 61 Main St., Burlington. Call 1 (802) 861-3150.

"Dealing with Difficult People (and not be one yourself)". Thursday, 9/18, 6:15 – 7:15. Workshop presented by Bonnie Fraser, Retired Champlain College Professor and experienced trainer in conflict resolution. Hosted by Turningpoint Center of Chittenden County, 61 Main St., Burlington. Call 1 (802) 861-3150.

Macy's "Shop for a Cause". Saturday, 9/20, 9am – 10pm: Macy's is reaching into the community, offering several non-profit organizations the opportunity to sell discount cards to be used in their store on Saturday, September 20. The discount cards are \$5 each with 100% of this going directly to the Turning Point Center. Support the Turningpoint Center of Chittenden County (Burlington) and purchase your card at the Center today! Each card

affords the purchaser: a 10% discount on furniture, mattresses and rugs; a 20% discount on everything else!

Community Meeting- Peer Support for People with Disabilities, including Mental Health and Substance Abuse Conditions. Monday September 22, 2008 7 p.m. at the Central Vermont Community Action Council Building 197 Harrel St., Morrisville. Vermont Center for Independent Living (VCIL) will be present to discuss what barriers community members have to independent living and begin the process of starting a peer support group. Light refreshments will be served. If you need accommodations, including an ASL interpreter, please call Ericka at 1 (800) 639-1522 before September 15th.

Coffee Break with the Turning Point Center, Thursday, September 25, 5:30-8:30pm, lakeside at the St. John's Club in Burlington. One of the most basic services that the TPC provides is peer-to-peer recovery support to people in

all phases of recovery from various types of addictions. These conversations often happen over a cup of coffee! Come celebrate the successes and support the county's only recovery center over a cup of coffee, some delectable desserts, and musical entertainment. Admission is \$25/person. Each guest will take home a hand-painted coffee mug. For more information: 861-3150, director@turningpointcentervt.org. *The mission of the Turning Point Center is to provide a safe, supportive, substance-free environment for people interested in recovery and their families.*

Walk a Mile in My Shoes – Bridging Peer Support & Treatment Services, September 26, sponsored by Friends of Recovery VT, VT Psychiatric Survivors, VT Vet to Vet, VT Recovery Network, VT Harm Reduction Coalition, at the Holiday Inn, Rutland, VT 9:00 am to 4:00 pm, FREE, contact Patty Breneman at 652-2033 or pbrenem@vdh.state.vt.us

Related Conferences and Other Events

Submit your event to recoveryvt@aol.com

The Impact of Chemical Dependency on the Family; September 8, 4 weeks. [The Addiction Technology Transfer Center of New England](#) and [Brown University Distance Learning Program](#), are offering a credited, on-line course on the impact of chemical dependency on the family. Brown University Distance Learning Program Course Calendar Web Page is located at <http://www.browndlp.org/>, \$60 registration fee.

SAMHSA- National Conference to Help Women with Addiction & Recovery- 3rd National Conference on Women, Addiction and Recovery: Inspiring Leadership, Changing Lives - September 15-17, 2008, Tampa, Florida. The Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), in partnership with New Century Institute and the Florida Alcohol and Drug Abuse Association, is pleased to host the 3rd National Conference on Women, Addiction and Recovery: Inspiring Leadership, Changing Lives. This 2 ½-day conference will bring together a diverse audience with an interest in substance abuse treatment for women and women with children. A broad mix of topics will be addressed, including best practices as well as innovative and emergent approaches to treating women, issues pertaining to

recovery support, health and wellness, as well as program administration and management. A special feature of the conference is the use of technology transfer strategies. All sessions provide take home materials such as manuals, PowerPoint presentations with presenter notes, and exercises that participants can use to train other staff of their agencies. For registration and more information go to: <http://www.fadaa.org/women>

VT Conference on Addictive Disorders September 24 and 25, Lake Morey Resort, Fairlee VT (includes 3 hour Know Your Rights training on September 25). For more information contact Shawna Hervey at 1 (802) 222-5201.

Public Event at the Middlebury Town Hall Theater on September 28, 2008. Announcing FAR!! (Foundation for Alcoholism Research) A new Vermont-based, all-volunteer, non-profit organization. Our Mission: To raise and distribute funds to perform research in the following areas: Causes, Identification, Detection, Prevention, Treatment, and Cure of/for Alcoholism. It is not to provide funds for rehabilitation, detoxification, counseling, or any personal aid to people with this disease. Donations are fully tax-deductible and can be sent to FAR, PO Box 51, Bridport, VT 05734 or taken to any branch of the National



Bank of Middlebury. Make checks payable to Foundation for Alcoholism Research. With the new tax laws, retain your deposit receipt from the bank. If mailed to FAR, a receipt will be sent. For more information call 802-758-2243 or send email to: info@alcoholismresearch.org.

Recovery- Master Teleconference Series. Presented by the Co-Occurring Collaborative of Southern Maine (www.ccsme.org). This online teleconference series brings the voices of leaders in Maine and across the country to reflect on the multifaceted issues of recovery for co-occurring conditions of mental health and substance abuse. It will explore such issues as consumer empowerment, inclusion models, peer programming, wellness recovery action programming, and consumer /peer leadership. Cost is \$75.00 per individual for the entire 6 part series. Group Pricing is \$75.00 per phone line + \$10.00 per person for CEU's. October 2 (Recovery Overview), November 13 (Recovery Principles), December 4 (Consumer Empowerment), January 8 (Mental Health Recovery & WRAP), February 5 (Recovery Principles), March 5 (Peer Support Services).

Association of Student Assistance Professionals, Annual Conference, October 15 and 16. Holiday Inn, Rutland, VT asapvt@wildblue.net

6th Annual Collaboration Conference on Children, Youth & Families, October 17, Killington Grand Hotel, Killington, contact don.mandelkorn@ahs.state.vt.us for information or go to <http://humanservices.vermont.gov/barre> for periodic updates

New England Association of Drug Court Professionals, 8th Annual Conference, October 20-21, UMASS, Boston

VT Drug and Alcohol Coalition (annual strategic planning retreat) October 22 12:30 – 4:00 p.m.. Pavilion Bldg., Montpelier VT. two-boys@comcast.net

Vermont Association for Mental Health, Annual Conference, October 28, Capital Plaza Hotel and Conference Center, vamh1@aol.com 1 (802) 223-6263

2008 VT Traumatic Brain Injury Conference, October 29, Hilton Hotel, Burlington VT. Call 1 (877) 856-1772 or go to www.biavt.org for more information.

NAMI-VT 2008 Conference- 25th Silver Anniversary Celebration. November 7 & 8, Capital Plaza Hotel and Conference Center. 9:00 - 4:00. \$30-\$55. Contact info@namivt.org or call 1 (800) 639-6480

Special Interest Article

Shaman Helps in Recovery in Mongolia *Sas Carey, Middlebury, Vermont*

Battulga, 45, has been my guide in the taiga for five years. He leads my horse or reindeer and finds the way over and around mountains and through forests to the remote reindeer herders where I help with health care and vitamins. He convinces shamans to invite me to ceremonies and even to let me videotape them. Once he gave me a massage when my saddle broke and I slipped off. Another time after two weeks in the very cold taiga, we stopped at a dance hall on the way back to the capital and in spite of clunky boots and thick clothes, we were able to dance harmoniously. I have a warm spot in my heart for this person.

Battuga grew up in the town of Tsagaan Nuur in northern Mongolia. His family is Tuvan, an ethnic group from a region just north of the border in Russia. Tuvans in Mongolia are called Dukhas or Tsaatan. "Tsaatan" means "reindeer people". They are a nomadic group who use their reindeer for milk and transportation. Battulga is related to many of the 205 nomadic reindeer herders in Mongolia but grew up in town and got a degree in Biology from the university in Ulaanbaatar, the capital. He is an alcoholic.

Because of his alcoholism, he has made many starts in jobs but never held them. He has had relationships but couldn't keep them. He has never had his own apartment or home. Once when I complimented him on traveling light with an unfilled knapsack, he said, "This is all I own." He was asked to speak on behalf of the reindeer herders to the Mongolian

Parliament, but got drunk instead. For three years he was invited to China to a Reindeer Herder conference, but couldn't get it together to get his foreign passport.

This summer, we were on our third day of traveling. He had met a friend the night before and indulged. As we were having dinner at a restaurant, he said, "I just can't drink any more. My liver is so bad, I will die."

I thought about people in recovery in Vermont. How do they do it? I said, "In the US, we believe that if you are an alcoholic, you can not drink at all." Then the conversation went on to other things, but I kept thinking about AA and recovery. I thought of the belief in Higher Power and didn't quite know how to translate it into Mongolian culture. Then, as we were discussing shamans, I knew. Battulga is shamanist. "Maybe you would like a shaman ceremony dedicated to help with your alcohol problem?"

Battulga's face lit up and became animated. "Yes."

I could see ideas flooding him. "I could get Munkhuu. He has the same ancestor spirits I have. I could get help. We can find him when we go to the taiga..." His face showed he was still planning and figuring out how to meet the shaman as my cameraman, interpreter and I went on to other subjects.

When we got north to Tsagaan Nuur, my interpreter Khongoroo heard him telling all his friends about the plan for a ceremony. Munkhuu was away, but there are another shamans, Battulga assured us. We drove over the worst road I have been on yet—one where we had to get out of the car so it could make it up a 45 degree hill. I could barely even walk up it. We stopped at various small houses to ask for Omban, a shaman who also contacts Battulga's ancestor spirits. "Yes, this is his house, but he is visiting." We drove to his host's. When we got there, the men were sitting in a circle on the ground having a conversation. Battulga took Omban aside. The two of them sat on the ground away from the others while he explained his request to the shaman. Omban stood and said, "This is a good day for a ceremony." We all piled into the Russian jeep and returned to his home where he prepared for the ceremony, with us providing candies, cookies and the requisite vodka. We set up the video camera.

Umban put on his costume, took his drum out and began. He invited Battulga to sit on the floor while he beat the drum over Battulga's head. He sang chants and invited the ancestor spirits to visit and give messages. He played the mouth harp and bowed to the ancestor altar. Then he made a red string bracelet and tied it onto Battulga's wrist.

"If you think of drinking, just look at the red string to remember. If you have a dream of something that you want to happen, just whisper it to the red string. Don't drink anything at all for seven days."

We left Umban's, met our horsemen and rode three hours to the East Taiga settlement, where a wedding was taking place. Battulga told us we were not going into the settlement, but setting up our tents away from the "drama" caused by the celebratory vodka of the wedding. We waited until the next day to visit.

Seven days came and went. Battulga was sober. We returned to the capital and he stayed in the province center to get his foreign passport. Two weeks later he came to the capital with the passport. His friend invited him to work with him and go to that conference in China. A contract stipulated that if Battulga drank one drop of vodka, there was no agreement for future work.

When Battulga returned from the China reindeer conference, I spoke to him from Vermont. "You can't believe the beautiful land I saw, just like our taiga. It was a wonderful conference. I finally got to go!"

It has been two and a half months since the ceremony. Battulga is doing well, has work with his friend, is holding up his end of the contract. Sober.



Is Your Teen or Young Adult Using Alcohol or Other Drugs? Want information, resources and support? Contact the VT FACES Network at 1 (800) 769-2798