

The Department of Health, Division of Substance Use Programs (DSU) supports recovery services such as peer recovery support services, recovery housing, training, and family support services.

Recovery Centers

Vermont is home to twelve recovery centers that operate as local non-profits, providing essential peer support and a range of services for people on their recovery journey. These centers offer sober recreational activities, volunteer opportunities, and community education. By creating a supportive and welcoming environment, they help people rebuild their lives with the assistance of Peer Recovery Support Specialists. People accessing services can establish important community connections that facilitate connections to employment, housing and other social support systems. Additionally, these organizations help people access treatment and harm reduction services, remaining committed to preventing relapse and assisting those who do reoccurrence in finding their way back to recovery.

Peer Recovery Services

Peer recovery services play a vital role in supporting people dealing with substance use disorder (SUD) and substance misuse. These services often include support groups and one-on-one meetings, where participants can connect with others who have experienced similar challenges and are in recovery. Those involved in these services share their experiences, strengths, and hopes, providing invaluable guidance for others on their recovery journey.

Among the evidence-based practice support groups available are programs such as “Making Recovery Easier,” “Seeking Safety” and “Wellness Recovery Action Planning.” Additionally, there are age-specific community groups that offer 12-step programs alongside other valuable wellness initiatives, including yoga, meditation and acupuncture, which contribute to overall well-being.

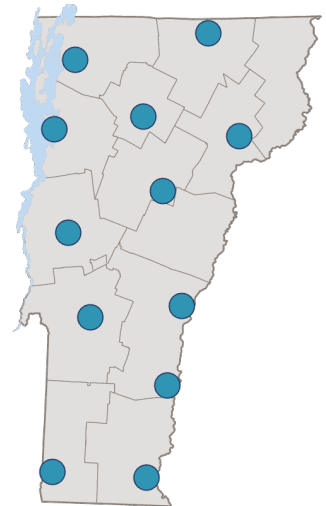
Certified Recovery Coaching

Certified Recovery Coaches are integral to the recovery journey, offering essential support to people seeking to overcome SUD and achieve lasting wellness. These coaches can come from diverse backgrounds; many are people who have experienced recovery themselves, while others may be allies or family members of those in recovery. Coaches are required to undergo specialized training that equips them with skills in motivational interviewing, active listening and other evidence-based practices that are crucial for fostering engagement and motivation.

KEY HIGHLIGHTS

- **The 12 Recovery Centers were visited by participants 88,406 times between July 2023 – June 2024.**
- **Nearly 99% of people receiving recovery coaching had a documented recovery plan**

Recovery Center Locations



Recovery Services

These dedicated coaches are active in a variety of settings where people face challenges in their recovery process. They may work in recovery centers, where they facilitate group sessions, provide one-on-one support, and help people navigate the recovery landscape. In emergency departments, Recovery Coaches offer immediate assistance to those experiencing crises, providing emotional support and connecting people to necessary resources. Coaches in treatment facilities help residents build life skills and coping strategies. They support people in recovery housing and prepare those in correctional institutions for successful reintegration into society.

Overall, Recovery Coaches serve as compassionate guides through the complexities of recovery, ensuring people receive the customized support they need to build a fulfilling life and sustainable recovery.

Parents in Recovery Program

The Parents in Recovery program is offered at six recovery centers throughout the state. This program provides both one-on-one Recovery Coaching services and group support tailored specifically for parents who are in recovery. One common challenge that parents face when seeking recovery support is the lack of childcare options for attending meetings and support groups. To address this issue, each location includes a designated space within their facilities that caters to the needs of parents and encourages their children to be involved in the recovery journey. The program also assists people throughout the reunification process, offering essential support to both parents and families every step of the way.

Vermont supports
parents in recovery.

For more information, contact AHS.VDHDSU@vermont.gov.