



**Together
we can**

TALK ABOUT ALCOHOL

Recovery from Alcohol Dependence

For many people, recovery from alcohol abuse or addiction includes joining a self-help group. Self-help groups can be the primary path to abstinence and recovery or they can complement and extend the effects of professional treatment.

The most well known self-help group, Alcoholics Anonymous (AA), holds meetings in many communities around Vermont. In addition to AA, there may be other recovery groups in a community that utilize different approaches. Recovery self-help groups are an important network of peers that provide support to each other in their commitment to abstinence.

Did you know...?

- Friends of Recovery - Vermont is a grassroots advocacy

organization that helps to spread the word about the effects and value of recovery from drug and alcohol addiction. In addition to providing education about the success of recovery, it offers those recovering from addiction a forum where their voices can be heard. For more information, call 1-800-769-2798 or go to: www.friendsofrecoveryvt.org.

- There are over 375 Alcoholics Anonymous (AA) meetings throughout Vermont. For a complete list of meeting times and locations, call 1-800-253-0191 or go to: www.aavt.org.

"First of all, I never realized that I was an alcoholic. I was in denial and only knew that I didn't drink like my wife or friends drank. I drank to get drunk — period. I was depressed over this and there seemed no way out. The twelve steps of AA provide me with a structure of decent living. The word "alcohol is mentioned only once in the twelve steps. These steps provide me with guidelines to live by in ALL of life's situations and people who succeed with their sobriety know that and use them. For this structure, I am grateful." — Dick B.

- Vermont began developing a network of community recovery centers in 2002. Recovery support centers are consumer-driven centers providing peer-support groups, sober recreation, activities, advocacy, and community education.

The Vermont Department of Health, Division of Alcohol and Drug Abuse Programs provides funding for recovery centers through Governor Douglas' D.E.T.E.R. initiative in Burlington, Bennington, Barre, Rutland, St. Johnsbury, White River Junction, and Springfield. For a list of locations and more information, call 802-651-1550 or go to:

<http://healthvermont.gov> Alcohol and Drug Abuse Programs section.

A January 2006 report from Vermont recovery centers documented more than 20,741 visits to centers between October and December 2005.

Recovery centers also reported that 94% of participants surveyed said, "coming to the recovery center has helped me maintain my recovery (remain substance free). 93% said that "coming to the recovery center enhanced my recovery experience".

Recovery centers operate with minimal paid staff and rely heavily on volunteer hours. Volunteers worked 1,487 hours from October to December 2005.

- Vermont has a growing number of supportive housing opportunities. Some are halfway houses and some are based on the Oxford House model. Each Oxford house usually has between six to fifteen people who live together in a democratically run, self-supporting and alcohol free home. For more information or to find an Oxford House in Vermont, go to: www.oxfordhouse.org

The Vermont Department of Health, Division of Alcohol and Drug Abuse Programs provides funding for 67 slots of transitional housing for Vermonters who have completed intensive treatment and require ongoing treatment in a supportive transitional living situation.

April is Alcohol Awareness Month.



Together we can talk about alcohol.

For more information please visit the Vermont Department of Health website at:

<http://healthvermont.gov>