

# Vermont Alcohol and Drug Abuse Council Meeting Minutes

Department of Liquor Control  
13 Green Mountain Drive  
Montpelier, Vermont  
Wednesday, June 22, 2016  
10:00AM – 12:00PM

## I. Welcome and Introductions:

### Welcome

**Present:** Peter Espenshade, Mitch Barron, Stuart Friedman, Robert Uerz, Maria D’Heane, Suzie Walker, Barbara Cimaglio, Marcia LaPlante

**Regrets:** Chauncey Liese, Scott Davidson, Melanie Gaiotti, Kalev Freeman, Beth Tanzman, Keith Flynn, Frank Reed, Melissa Bailey, Hal Cohen, Harry Chen, Willa Farrell, Keith Flynn, Jessica Gingras, John Gramuglia, Emily Hawes, Kreig Pinkham, Lori Augustiniak, Maria D’Heane, Mark Depman, Mark Weikart, Teresa Randall, Frank Reed, Cynthia Thomas

I. **Approval of the Minutes:** Meeting minutes for May 25, 2016 approved.

## II. **Recovery Services Overview and Update**

Suzie Walker, Director of the Turning Point of Windham County presented on behalf of the Vermont Recovery Network (VRN). The Network includes centers located around the state. Directors meet regularly and VRN has established standards for the centers. Centers offer a core set of recovery services, including peer support groups, recovery coaching, opportunity for skill-development, information and referral. Centers have a partnership with Prevent Child Abuse -VT whereby the Nurturing Parent Program for Families in Recovery is offered at the centers. A “Pathway Guide” is placed at each center to provide coaching to consumers who are participating in medication assisted treatment. Recovery is a lifelong process and being part of a community of people is key to healing. Centers serve people prior to entering treatment and post treatment. VRN welcomes all paths to recovery. It takes a lot of work to assure that the centers are safe, and VRN trainings a core group of volunteer staff. Staffing is an ongoing challenge and VRN estimates that each center would need about an additional \$50,000 to have adequate staffing levels. Please see Suzie’s presentation attached, as well as the VRN’s annual report and legislative testimony.

Peter Espenshade presented priorities for the Vermont Association of Mental Health and Addiction Recovery (VAMHAR). They are: education and information on substance use disorders as a public health issue; advocacy on priorities for addressing mental health and substance abuse issues; training. VAMHAR has experienced a significant increase in utilization of the Information

Clearinghouse serving prevention, treatment and recovery programs. VAMHAR is increasing focus on the needs of recovering youth, young adults (including collegiate recovery supports) and the sixty plus population. The Recovery Coach Academy has trained approximately 300 coaches. Future development includes the question of peer coach certification. There is a need to involve peers in clinical workforce development programs such as medical schools early on. VAMHAR sees investment in recruiting people into the field early as a high need. They work with many college age volunteers at Camp Daybreak. VAMHAR's data suggest 60% of those volunteers enter careers in the field.

Barbara Cimaglio presented an overview on sober housing in Vermont, including the summer study report to the Senate Health and Welfare Committee attached. The Department of Health provides approximately \$700,000 in grants to support sober housing. Those grant agreements outline standards. However, there are also private sober housing providers in the state, and there is no consistent definition or common understanding of what constitutes sober housing. One recommendation of the summer study group was that the sober housing stakeholders adopt the definitions and standards of the National Association for Recovery Residences (NARR). Angus Chaney is the Agency of Human Services Director of Housing.

### **III. Next Steps**

#### **Extended planning session**

7/27/16 – 10:00am – 2:00pm, Randolph VT. Lunch will be provided. RSVP to Kate (Katherine.davies@vermont.gov).