

December 2019

“It’s a family thing.”

Family has always been important to Kevin. He came from a big one - 5 sisters and 2 brothers. Mom was at home to raise 8 kids and kept the house impeccably clean. Kevin says you could eat off of the floor. Dad was in the Korean War and kept to himself. The family was part of the Loyal Order of Moose.

Military duty called for Kevin too. In 1976 he joined the Army, and in 1978, he was stationed in Germany to serve our country. He was a Light Vehicle Mechanic and also did some work on tanks. Kevin came back to the U.S. in 1982 with a discharge due to drug and alcohol use.

Drugs were not something new in Kevin’s life. He started smoking pot when he was 12 and drinking when he was 14. In high school, Kevin started experimenting with heavier drugs. Life in the Army in a foreign country provided quick and easy access to alcohol. Kevin knew he needed some assistance, but was told it was only available to military personnel who had served in a war zone. He also didn’t want to apply for any benefits because he felt there were other soldiers who were in greater need.

But Kevin’s need was significant. He was struggling and was trying to find his own way to take care of himself. That search led him to drinking and using opiates. Unfortunately, the options Kevin was trying weren’t working for him. He wasn’t feeling any better. Things got tough; so tough that Kevin tried to take his own life.

Kevin was also losing connections with friends and family. His kids wrote him a letter telling him he needed to get off drugs. He listened. Kevin went to his doctor and worked with him to get the medical attention he needed to break his addiction. He also knew he needed something more if he was going to get and stay clean. He needed a family.

Kevin was living near the Recovery Center on Brooklyn Street in Morrisville. He heard they had a food pantry and hoped this would be a place that could help him get his life back on track.

Kevin met many people who wanted to help him. He made an immediate connection with Daniel. Daniel had a lot of good information about the groups that were available at the Recovery Center (AA, NA, Survivors of Suicide Loss), but what Kevin says mattered the most to him was how encouraging Daniel was. This was a tough time in Kevin’s life. He didn’t have much hope or faith in himself, but Daniel did.

Daniel became Kevin’s Recovery Coach. They met weekly and connected regularly as needed. Daniel was able to get Kevin vouchers for food and transportation. Kevin met another visitor to the Recovery Center who helped him find housing. Daniel connected Kevin with Megan. She was able to help him apply for the VA benefits he was actually eligible for back in 1982.



There are other members of the Recovery Center family for Kevin. They are the people he hangs out with on Sunday afternoons watching a football game. They are the people who set him up with computer access so he could work on his resume and get connected to family and friends through Facebook. They are the people who have given Kevin a chance to give back to the family - he helped Mike and Daniel clean the carpets and helps out with the picnics and open houses at the Recovery Center.

Kevin has been clean for 2 ½ years and life is looking good. He is living in Hardwick with his two cats. He's right next door to the library with access to all kinds of books and movies. He's spending time with his kids and his granddaughter. She's almost two and sometimes comes to visit. Kevin likes to spend time at the American Legion. He has gotten to know some Veterans who served in the Korean War, just like his dad.

What's next for Kevin? He wants to get his driver's license and a car. He's got places to go and people to see. He wants to get to Burlington to spend some time where his parents are buried. He wants to get more time with his kids and his granddaughter - wants to stay connected. He wants to get to a Red Sox game with his son and maybe visit Cooperstown.

Kevin continues to come to the Recovery Center. He says he likes "the vibe." He gets advice and guidance. For him, it's time with family.

Please consider supporting the Recovery Center and the resources that have made a difference in Kevin's life and in the lives of his family. Every year over 6000 people find their way to the Recovery Center. They come for the groups. They come to meet with their Recovery Coach. They come to get something to eat, to work on their resumes and to watch a game. They come to spend time with family.

Your donation will go a long way. You can make checks payable to "North Central Vermont Recovery Center" or through the "donate" button on our website's homepage. \$20 pays for a Recovery Coach session. \$50 covers the cost of a SMART Recovery or All-Recovery group. \$100 pays the daily cost of rent. \$500 pays for 2 months of Reiki, Yoga, and AcuDetox. \$1000 covers the cost of training a new Recovery Coach.

To learn more about the life-changing work at the Recovery Center, please check out our website www.ncvrc.com or look us up on Facebook. You can also call us at (802) 851-8120 or stop by for a visit.

Appreciatively,



Dr. Rick Barnett
Board President



Kevin Fernald
Honorary Chair



Daniel Franklin
Executive Director

North Central Vermont Recovery Center - Celebrating 10 years of providing hope in the Lamoille Valley.

