



north central vermont
**RECOVERY
CENTER**

ANNUAL REPORT 2022

MESSAGE FROM THE DIRECTOR



Dear Community,

It's the week of July 17th and I'm reflecting on the events that mother nature has unfolded for us over the last 7 days. The devastation to our beautiful Lamoille Valley and state of Vermont is simply surreal. There is not a person I have spoken to that has not been impacted in one way or another. On the home front, staff and volunteers experienced some minor damages, and sentimental belongings were lost, and overall we are very fortunate. NCVRC's physical space was spared by any physical damage allowing us to continue offering our services to the community. We have had the capacity to expand our operational hours to meet the need. Donating time toward recovery efforts and offering additional peer recovery supports are a priority.

I'm grounded in our values not only during this time of crisis, rebuilding and connection with community, but grounded as we close out a fiscal year and embark on a new one.

Our Values:

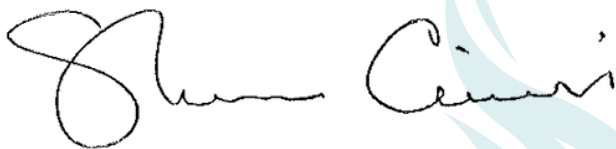
- Excellence – We set high standards to cultivate an atmosphere of peer professionalism with non-judgmental compassion. Our facility and conduct represent a clean, safe, welcoming, positive experience for all.
- Empowerment – Through education, support, and encouragement, we empower all people to make the best choices to fill their own needs for healing and growth in their lives.
- Community – We genuinely and transparently collaborate with our community partners toward an effort to holistically serve and support the human being and the community as a whole.
- Good Stewardship – We use all funds contributed to organization wisely, ensuring ethical and prudent financial practices.

The profound increase of lethal and toxic substances flowing into our community in 2022 challenged us on a daily basis. Challenged us to educate ourselves, to expand harm reduction resources, identify and navigate complex needs, and to be the best resource to our community as possible. I'm thankful to our community partners that we work with on a daily basis to support those with complex needs. The staff, volunteers and board of directors are dedicated to NCVRC and the mission and vision we use to guide our work.

As a leader of this resilient and heartwarming non-profit, I want to express my sincere gratitude to the foundations, private donors and all supporters of our fundraising efforts. Without your continuous financial support, we would not be able to perform the essential work being fulfilled day in and day out by this extraordinary peer-run organization. We strategically and successfully manage a budget with very diverse funding streams of \$525k+ to support our ever growing and evolving programs.

I am honored to lead this organization into a new year with a renewed sense of purpose and motivation. There are many people who have yet to walk through our doors, and when they do, we are prepared to compassionately meet them exactly where they are and walk beside them on their recovery journey.

Best Regards,



Shannon Carchidi, *Executive Director*



ABOUT

"NCVRC IS VERY DEAR TO ME- I HAVE SEEN FIRST HAND HOW YOU CAN CRAWL UP THOSE STEPS AND COME OUT WITH THE ABILITY TO WALK. I'VE SEEN PEOPLE BECOME WHOLE AGAIN- IT'S SO WONDERFUL TO SEE PEOPLE ACHIEVE SOBRIETY AND MAINTAIN IT"

-Anonymous
NCVRC Guest

"I REALLY APPRECIATE SHANNON'S LEADERSHIP AND EFFORTS TO COLLABORATE WITH COMMUNITY PARTNERS. I STRONGLY BELIEVE THAT ALL OF OUR WORK IS BETTER WHEN WE DO IT TOGETHER, LEAN ON EACH OTHER FOR SUPPORT, AND BUILD EACH OTHER UP. WE ALL HOLD DIFFERENT PIECES OF CREATING A STRONG COMMUNITY, AND SHANNON IS DOING A GREAT JOB AT HOLDING THE RECOVERY PIECE"

-Anonymous
NCVRC Community Partner

The North Central Vermont Recovery Center (NCVRC) serves the Lamoille Valley community, offering peer recovery support services FREE of charge to individuals and loved ones on their journeys to lasting recovery from substance use disorder. Our core staff members and volunteers are individuals in recovery themselves.

It is our mission to provide a safe, welcoming, supportive, and substance-free environment for people through all stages of their recovery. To accomplish this, we offer a wide range of recovery support services including 12-Step meetings, non-12-Step groups, health and wellness services, sober social events and activities, creative arts workshops, peer Recovery Coaching, and much more.

In the last year, we have partnered with multiple agencies within our community to offer an even broader range of supports including, job opportunities with recovery-friendly workplaces, access to rides to support recovery supports, assistance navigating safe housing options, increased resources for obtaining medication assisted treatment (MAT), assistance with food insecurity, family supports, and the distribution of harm reduction supplies like Narcan (Naloxone), Fentanyl test strips, and Harm-Reduction Packs (HRPs).

OFFERINGS:

- Recovery Coaching
- Recovery Coaching in the Emergency Department (RCED) program
- Volunteer opportunities
- All Recovery
- Reiki
- Reset Acupuncture
- Writers for Recovery
- Create with Clay
- Community Garden
- Community Lunch
- Parents in Recovery Support program
- Families Anonymous (FA)
- AI-Anon
- Alcoholics Anonymous (AA)
- Narcotics Anonymous (NA)
- Overeaters Anonymous (OA)
- Sober social activities and holiday events

2022 IN REVIEW

8000+
GUEST SIGN-INS

15
VOLUNTEERS

RECOVERY COACHING

North Central Vermont Recovery Center's Recovery Coaching Program is a peer-to-peer service, offering one-on-one, confidential guidance to help individuals achieve and maintain a fulfilling life in recovery. Our Recovery Coaches support all pathways to recovery, and work to identify and support each individual's personal recovery goals.



51 NEW INDIVIDUALS ACCESSING RECOVERY COACHING

850+ RECOVERY COACHING SESSIONS

RECOVERY COACHING IN THE EMERGENCY DEPARTMENT (RCED) PROGRAM

NCVRC, in collaboration with Copley Hospital, offers Recovery Coaching to patients on the Copley campus. Our RCED program team provides full on-call coverage 24 hours a day, 7 days a week, 365 days a year.

We offer immediate access to specially trained peer Recovery Coaches to individuals who have experienced an adverse effect from substance use.

Our RCED team offers compassionate, respectful, resource navigation and support from a place of lived experience for individuals in a time of crisis.

5 RCED RECOVERY COACHES

183 HOSPITAL VISITS BY NCVRC'S RCED TEAM

PRIMARY SUBSTANCE

ALCOHOL	69%	METHADONE (WITHDRAWAL)	2%
OPIOIDS	10%	MARIJUANA/CANNABIS, METHAMPHETAMINES, BENZODIAZEPINES	1% EACH
COCAINE	5%	OTHER, UNKNOWN, OR N/A	11%
POLYSUBSTANCE USE REPORTED		12%	



WORDS MATTER. YOU MATTER.

MILESTONES

- Partnered with Healthy Lamoille Valley to design and distribute a campaign to elevate the strong voices of people in recovery and combat the still lingering stigma those with substance use disorder face on a daily basis. An example of one of the ads we ran is *above*
- Consolidated our locations back into one primary facility to better service the needs of our community members with greater care and efficiency
- Revived our Annual Fundraiser to in-person! November 2022 was our first annual event in 3+ years. We look forward seeing you at our next Annual Fundraiser on November 4, 2023!

WHERE ARE WE GOING NEXT?

We're expanding! While we had the need to consolidate our services into just one location, that doesn't mean we're done growing. We're hoping 2023 will be the year we can offer more services under one (larger) roof. Stay tuned!



OUR STAFF

Shannon Carchidi
Executive Director

Liam Reynolds
Assistant Director

Carey Crozier
Programs Manager

Megan Goulet
Operations Coordinator

Aliah Montgomery
Volunteer Coordinator

Clarissa Stitely
Finance Manager

Tess Milner
Marketing & Communications
Coordinator

Sarah Henshaw
Grants Manager

Christi Pugh
Intern

John Sherwood
Emergency Dept. Recovery Coach

Liza Ryan
Emergency Dept. Recovery Coach

Holly Baker
Emergency Dept. Recovery Coach

Lauren Paine
Emergency Dept. Recovery Coach

Imelda Turner
Board President

Charles Goldstein
Board Secretary

Dr. Joe Brock
Board Treasurer

Stephanie Hoffman
Board Member

Greg Wells
Board Member

A MESSAGE FROM OUR BOARD OF DIRECTORS

We are delighted to share our 2022 North Central Vermont Recovery Center Annual Report with you. What a year it was! This past year energized the recovery movement in new ways, bringing increased visibility to individuals in recovery. We are pleased and humbled to be a resource to many individuals who recognize us as a contributor to our recovery community's well-being.

Our dedicated staff and community partners are critical components to the daily work we do. We are focused on the success of our guests – providing them with resources in discovering their strengths and passions and fostering resiliency to move forward in healthy ways.

We understand the ever-changing needs of the individuals and families we serve. It is with a deep commitment to work on meeting those needs through innovative programming and working collaboratively with our local and state partners.

Together we can build a better future. Thank you for your continued support and dedication to our mission.

Warm regards,
-NCVRC Board