



Turning Point Recovery Center

7 Morgan St. Springfield, VT 05156

802.885.4668 - spfldtp.org

Establishing a Recovery Friendly Community

Recovery friendly designations let people know and see exactly what kind of place our community is. There are elements that people must see to give them a sense that the town stands behind being a “Recovery Friendly” community,

They are:

1. Being Recovery Friendly means creating a safe environment where people can be open about their recovery from SUD* and about what supports it. People don’t want to be thought of as morally weak and that they can be honest without risking relationships, jobs or opportunities to grow. They want to see that people are recognized for their courage and their commitment.
2. Recovery friendly businesses foster healthy interactions at work and also at recreational events. Official functions center on an emphasis on participating in meaningful work, cultivating positive relationships and setting healthy boundaries and encourages wellness. Healthy behaviors are modeled across the organization at all levels

A community that cares:

3. We all need support from time to time. We are communal beings. Community is so very important in early recovery. It encourages people to support each other and connects them to resources when needed. Asking for help is not seen as a sign of weakness, but a sign of strength.
4. Education is everything. At Turning Point Recovery Center of Springfield, VT folks learn about the disease of addiction, trauma and stress and how to address those feelings and heal. Educating ourselves and others about the disease of addiction/SUD is one of the central tenets that leads to discovery and growth.
5. Every individual and organization stands up publicly in support of recovery against addiction and healing. This is the key that opens the door to healing. It is also the way we hold each other accountable for our commitment to one and another.
6. A recovery friendly community makes it easier for people to maintain their sobriety if they are in recovery from drug or alcohol addiction. A recovery friendly community would consider the cultural aspects of the recovery community and means including goals and policies that reflect this.

*“Enhancing the spiritual, mental, physical, and social growth
of our community affected by any form of addiction”*



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Actions your community can take:

7. Review your town ordinances and bylaws to see if they support recovery-friendly conditions in town. Look at the town's zoning practices to see if they promote recovery housing. Does the town have ordinances prohibiting alcohol and smoking in public spaces, events and town owned properties.
8. Interested community members can form a committee to act on addiction and recovery related issues. Employment and economic opportunities are vital to recovery friendly communities
9. Employment and economic opportunities are vital to recovery friendly communities. Towns can lead, by example, to ensure it is recovery friendly <https://www.spfldtp.org/rw>.
10. Towns and businesses are very important in early recovery. Healthy behaviors should be portrayed by community leaders and modeled for others to see and follow. People in recovery ask for help in various ways. Everyone needs to listen, act and support them for this; and most of all, respect them for having the strength to admit they need help. When a person in recovery experiences acceptance for being honest about their situation and asking for help, others will follow. This is how we build and change our culture.
11. During town budget times, we need to pass resolutions that will provide help and assistance to seekers of wellness. Actually making these efforts will show there is sincere support in helping create a recovery friendly community. Soliciting members from the community to help sponsor and head programs that can address the community and send the message that people in recovery need not be afraid to admit their issues while they continue to work in their recovery program. Towns need to have paid employees in the community to go to the schools, churches and local businesses and send the message that there will be training, support and guidance while creating an environment that is a Recovery Friendly Community.

It takes a whole village to address societal issues. - George Bush, Sr

Alone we can do so little, together we can do so much. - Helen Keller

***Substance use disorder (SUD)** is the persistent use of drugs (including alcohol) despite substantial harm and adverse consequences.^{[1][2]} Substance use disorders are characterized by an array of mental/emotional, physical, and behavioral problems such as chronic guilt; an inability to reduce or stop

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consuming the substance(s) despite repeated attempts; driving while intoxicated; and physiological withdrawal symptoms.

Questions? Thoughts? Ideas to share? Please email Zach Labelle zach@spfldtp.org or Astrid Bradish-Hoyt astrid@spfldtp.org We're here to help!