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The logo features a stylized star shape composed of blue and purple geometric lines and circles.

Greater Falls CONNECTIONS

A Monthly Community Newsletter

Volume 1 | December 2022



Zach Labelle, a recovery coach with Turning Point Recovery Center - South in Bellows Falls, shares his story about addiction and recovery during a community conversation with Beth Ann Stancui about opioid addiction and community healing.

Stancui highlights opioid addiction and community healing

Last month we held a community conversation about opioid

and partners attended the event. Beth Ann shared her personal story and Zach Labelle, a recovery coach at Turning Point Recovery Center - South in Bellows Falls, shared his story. The event ended with the attendees splitting up into two groups to discuss how we could each help stitch the community back together.

GFC receives Greater Springfield CHEP grant

Southeastern Vermont Community Action (SEVCA) has awarded GFC a \$16,000 Greater Springfield Community Health Equity Partnership (CHEP) grant to help support the hiring of an intern who will be helping with communications as well as creating a program to address the stigmatization of young adults with substance abuse disorder and/or recovery in partnership with Turning Point Recovery Center-Springfield. The program is called Project Be Seen and will connect up to eight young adults with therapy horses. Horses are uniquely able to connect with people and help them be seen in a way that people typically do not experience.

New Year, New Chapter: Giving Up Tobacco

If quitting smoking is part of your plans for the new year, there's help. Sign up now for classes to help quit the habit. Free classes are available online offering you tools for success:

- Coping skills
- Craving tips
- Patches and gum

The logo for "MY HEALTHY VERMONT" is displayed in white, uppercase letters on a solid green rectangular background.

Nancy Shafer brings humor, compassion, and experience to her coaching. If you've been thinking about quitting and are ready to get started, she's here to help!

Sign-up for free classes by calling 802-289-0045 or going online at myhealthyvt.org.

Coping in the Holiday Season

The holidays can be difficult for many reasons. If you're struggling this holiday season, here are a few things you can do:

- Text or email an old friend
- Take a nap
- Journal about your feelings
- Seek inspiration
- Read a book or work on a puzzle
- Spend time with a furry friend
- Set boundaries, you can say “no”
- Remember: Seasons will change, so will you



Annual Appeal

Will you help us reach our goal of \$4,000 for our annual appeal? As we approach the end of 2022, we want to reflect on the direction we are taking as we seek to meet the needs of our diverse and wonderful community. It's community members like YOU who have helped guide us as we continue to bring a collaborative and holistic approach to our work with youth and families impacted by substance use disorder and trauma. Click [here](#) to make a donation online.

Job Opportunities

- Central Vermont New Directions Coalition seeks public health/community development professionals to lead our grant-funded efforts to support partnerships that encourage healthy behavior and decreased substance use for youth in Washington County. Job openings include Prevention Coalition Program Director and Communications/Media/Outreach Coordinator. Based in Montpelier, we want to hear about your skills and experience. Generous pay, paid time off, HSA and flexibility. Contact: <https://cvndc.org/new-directions-is-hiring> or by email info.cvndc@gmail.com.
- The VT Dept of Health, Division of Substance Use Programs (DSU) is recruiting for several Prevention Consultant positions in Brattleboro, Springfield, Burlington and Bennington. For all positions, visit <https://careers.vermont.gov/go/Community-and->



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