

Virginia Commonwealth University

Rams in Recovery

Richmond, Virginia

Program Overview

Rams in Recovery (RIR), VCU's Collegiate Recovery Program, is a large program with about 60-90 students. It offers robust support for recovery students, including a Recovery Scholars Program, Recovery Housing, a Recovery Clubhouse, and 10+ Recovery meetings per week on campus. Our more than 3,000 sq. ft. space on campus offers 24-hour access for students in recovery and serves our very own "Recovery Roast Coffee" with an ample supply of snacks. We have two full-time staff and numerous part-time student workers, interns, and AmeriCorps members. Most of them are in recovery and are certified or working towards certification as Peer Recovery Specialists.

Meet the Team!

Tom Bannard, CADC, MBA; Assistant Director, Recovery Support – Tom is a person in long-term recovery, a Certified Peer Recovery Specialist, and an addictions counselor. He started working with Rams in Recovery in 2013 as a volunteer and has been on staff since 2015. Tom loves supporting people in recovery as they find their passion and purpose.

Lauren Powell, M.Ed.; Program Coordinator – Lauren is a woman in long-term recovery. Lauren's professional interests include substance use education, stigma reduction, the intersectionality of recovery identity, increasing equity and inclusion in recovery spaces, mindfulness to disrupt the habit loop, and using Motivational Interviewing as a bridge in the help-seeking process. Her priorities are to be a consistent source of support for students searching for the pathway to recovery and be a compassionate advocate for all people with substance use disorders.



Services Available

- ✓ Large Program (50+)
- ✓ Advisory Board
- ✓ Dedicated Space
- ✓ Individual Recovery Coaching
- ✓ Priority Registration for Classes
- ✓ Recovery Ally Program
- ✓ Recovery Focused Social Events
- ✓ Recovery Graduation
- ✓ Recovery Meetings
- ✓ Recovery Scholarships
- ✓ Student or Recent Grad Workers

RIR organizes numerous activities and trips each semester, including the Mid-Atlantic Collegiate Recovery Retreat, Recovery Spring Break, Busch Gardens excursions, and monthly community meals.

“Since finding recovery, I have gotten nearly all A’s and found the dearest friendships in my life.”

- Lauren, RIR Student

Want to learn more?



Call us! 804-828-1663



Visit our website:
Recovery.vcu.edu



Email us!
recovery@vcu.edu



Drop by the **Rams in Recovery Clubhouse** located at 1103 W. Marshall Street

University of Virginia

Hoos in Recovery

Charlottesville, Virginia

Program Overview

Using an approach based on addiction research, Hoos in Recovery offers UVA students, faculty, alumni, and staff in recovery a supportive space to rediscover who they are. We're committed to making UVA a place where people at all stages of recovery know they belong and feel empowered to achieve at the highest level. Our diverse community consists of 25 students, alumni, and staff that are actively engaged in various recovery life resources based upon each student's needs. At our meetings, fun social events, and educational webinars, you'll have the chance to explore and share your own experiences. You can forge lasting friendships with people who "get it," gain vital skills for recovery and life and learn how to act as an ally by advocating for people in recovery on UVA's campus.

Meet the Team!

Tia Mann, MS; *CHES Associate Director of Office of Health Promotion* – Tia has twelve years of experience in the field of substance misuse prevention and early intervention in higher education. She has witnessed the experience, strength, and hope of recovery in others and desires to spread recovery allyship across UVA.

Jennifer Cervi, MSW; *Recovery Support Specialist* – Jennifer hails from the University of Michigan, where she launched a Collegiate Recovery Program while obtaining a Masters in Social Work degree. Jennifer's motivation to help others directly results from her personally being an individual in long-term recovery. Her passion is to engage with students actively in recovery or seeking recovery while thriving academically and vigorously sustaining the authentic college experience.

“I value the refreshingly authentic camaraderie and I am grateful to have this during my undergraduate years.” - Jane, UVA Student



Services Available

- ✓ Medium Program (20-50)
- ✓ Dedicated Space
- ✓ Individual Recovery Coaching
- ✓ Recovery Ally Program
- ✓ Recovery Focused Social Events
- ✓ Priority Registration for Classes
- ✓ Recovery Meetings
- ✓ Recovery Scholarships
- ✓ Student or Recent Grad Workers

Our drop-in space features study spaces, video games, expresso makers, and after-hours access. We are working with our Peer Health Educators and LBGTQ Center to expand our educational and social programming. We regularly have social events attended by our community, such as UVA Football games, apple picking, back-to-school BBQ, and Thanksgiving gratitude night!

Want to learn more?



Email Jennifer Cervi at:
jcl7st@virginia.edu



Visit our website:
<https://crp.virginia.edu/>



In the area? Drop by our space in the **Student Health and Wellness Building - 550 Brandon Ave!**

Longwood University

Longwood Recovers

Farmville, Virginia

Program Overview

Longwood Recovers is Longwood University's Collegiate Recovery Program, offering a supportive and informal voluntary support group to assist students in, or considering, recovery from alcohol and other substance use issues. The program provides a non-judgmental, non-critical, private forum for discussion and support with university community members who share common challenges. Longwood Recovers is a place for those in recovery to come together to discuss how to support one another and how to reach out to members of the larger collegiate recovery community.

The student Resident Assistants and leaders of other student organizations have been important partners. Regular outreach occurs with faculty and staff to reinforce the availability of Longwood Recovers as a campus resource. There is also a professional connection with Crossroad Community Service Board, the local community mental health service provider.

Meet the Team!

Megan Giannini; *Graduate Assistant* – Megan has primary responsibility for directing Longwood Recovers and its programs. She also supervises two student assistants who provide additional campus outreach and educational efforts about Longwood Recovers, especially peer-to-peer with individual students and student organizations.

Cheryl Steele; *Dean of Student Engagement* – Cheryl provides administrative support and facilitates networking opportunities with students, faculty, and staff.

“We, and our students, identify most with the quotes ‘Progress is not linear. Storms don’t last forever.’” - Longwood Staff

Longwood Recovers



Services Available

- ✓ **Small Program (Less than 20)**
- ✓ **Dedicated Space**
- ✓ **Advisory Board**
- ✓ **Individual Recovery Coaching**
- ✓ **Recovery Focused Social Events**
- ✓ **Recovery Graduation**
- ✓ **Recovery Meetings**
- ✓ **Recovery Scholarships**
- ✓ **Student or Recent Grad Workers**

Additionally, Longwood Recovers has developed important partnerships with key offices at Longwood, including Counseling and Psychological Services, Drug and Alcohol Abuse Prevention Programs, and the Residential and Commuter Life office at Longwood, to make information and resources available and visible to the campus community.

Want to learn more?



Visit our website:

<http://www.longwood.edu/longwoodrecovers>



Call us! (434) 395-2267



On campus? You can find Megan Giannini at Upchurch University Center Room 309C, located centrally on campus, - feel free to come by!

Washington and Lee University

The Washingtonian Society

Lexington, Virginia

Program Overview

The Washingtonian Society is a supportive social group open to all students who have had past difficulty with alcohol or other substances and want help with change. To be a part of this group at W&L, students need only to recognize that alcohol or substances have caused problems in their lives and want help with change. Complete sobriety is not required, and this is not a treatment group, but a social support group intended to help students find friendship and support for their desire for change. The Washingtonian Society began as a group in Baltimore who realized that drunkenness was damaging their lives and pledged mutual support to help one another achieve sobriety.

Meet the Team!

Dr. Kirk Luder; Collegiate Recovery Community's Supervisor – Kirk is a psychiatrist working in University Counseling. He helps facilitate the Friday peer support group meetings and provides additional treatment support as needed for Washingtonian participants through University Counseling as needed. All University Counseling staff are available to provide counseling to Washingtonian participants.

Katana Evans; Part-time Student Worker – Katana is a senior W&L student who is in long-term recovery. This past summer, she went through the training to be a Peer Recovery Specialist. She has been hired by the University part-time this year to provide individual support to any W&L students struggling with alcohol or substance issues, and she co-facilitates the Friday peer support group. She also helps organize and host Washingtonian social functions and holds numerous Recovery Ally training for student groups around campus.

“**Support-Friendship-Change**”

- Washington Society Motto



Services Available

- ✓ **Medium Program (20-50)**
- ✓ **Advisory Board**
- ✓ **Dedicated Space**
- ✓ **Individual Recovery Coaching**
- ✓ **Recovery Ally Program**
- ✓ **Recovery Focused Social Events**
- ✓ **Recovery Graduation**
- ✓ **Recovery Meetings**
- ✓ **Recovery Scholarships**
- ✓ **Student or Recent Grad Workers**

The group meets weekly on Friday evenings for mutual support and a communal meal. Additionally, there are frequent substance-free social events, such as Oktoberfest and movie or game nights in the Washingtonian House. This sober student residence serves as the clubhouse for the group.

Email us!

 kluder@wlu.edu

 kevans22@mail.wlu.edu

Call us!

 540-458-8590

 501-326-8482



Stop by the Washingtonian House at 212 N. Main St.!



<https://my.wlu.edu/student-life/student-activities/>

University of Richmond

Spiders Support Recovery

Richmond, Virginia

Program Overview

Spiders Support Recovery (SSR) supports students in or seeking recovery from a Substance Use Disorder and others working to reduce risky substance use or addictive behaviors. The program provides outreach to the greater student body, families, alumni, faculty, and staff, so the hope of recovery is a known reality for them and those they may support in the future. Additionally, we work to increase awareness of the stigma that threatens individuals in recovery on college campuses. Our vibrant community is varied in academic studies, backgrounds, and challenges. Still, we share a willingness to connect with others in authentic, meaningful, and supportive ways as we consider and make choices and changes around substance use because we find we are stronger together.

Meet the Team!

Slade Gormus, RN, HCLC-C; Student Health Nursing Supervisor – In her work as a nurse and supervisor for UR's Student Health Center, Slade is experienced in recognizing and responding to the health needs and risks that students encounter. As a Certified Health Care Life Coach, she knows that college years provide powerful experiences and opportunities to develop values and behaviors that lead to lifelong health and wellbeing.

Sarah Wood, PhD, PRS; Recovery Support Specialist – Sarah has pursued a career in education, working as an elementary school teacher, court mediator, educational specialist, and researcher in Educational Psychology. Her work has been informed and driven by her most powerful credentials - professional, partner, parent, and person who has found her answers for life's challenges for over three decades as a person living in long-term recovery.



Services Available

- ✓ **Small Program (Less than 20)**
- ✓ **Dedicated Space**
- ✓ **Individual Recovery Coaching**
- ✓ **Recovery Ally Program**
- ✓ **Recovery Focused Social Events**
- ✓ **Recovery Graduation**
- ✓ **Recovery Meetings**
- ✓ **Recovery Scholarships**

We offer a part-time Peer Recovery Specialist to share guidance, weekly meetings, and substance-free social activities. As a growing, voluntary, positive, non-judgmental, private community, SSR students provide one another with support and companionship as they seek to become more empowered and self-aware, consider substance use and behavior changes, and continue their education at UR.

“To thine own self be true.”

- Spider Support Recovery Motto

Want to learn more?



Email us!
ssr@richmond.edu



Call us! (804) 287-1236



SSR can be found on the **3rd Floor of the Wellbeing Center**, above Student Health.



Visit our website:
<https://healthpromotion.richmond.edu/alcohol-drugs/spider-support-recovery.html>

Radford University

Collegiate Recovery Community

Radford, Virginia

Program Overview

In the Fall of 2021, the Collegiate Recovery Community opened a Recovery Lounge accessible to the students across campus. The opening of the lounge provides a safe, relaxing space for students, and we have seen an increase in students who have been utilizing the space. Reed Yearwood was hired in the Fall of 2021 as the Recovery Support Specialist for the Collegiate Recovery Community and has been instrumental in student outreach and involvement for the community. The Collegiate Recovery Community works in partnership with the Southwest Virginia ROCCS program to collaborate and provide resources for students.

Meet the Team!

Reed Yearwood, CPRS; Recovery Support Specialist – Reed is intimately familiar with the nature of addiction and the trauma that disseminates internally and touches our loved ones. Reed is a person in long-term recovery and is an invaluable asset to our students as an advocate and model for what recovery can look like. His role is essential to helping others explore wellness and succeed on their academic journey.

Ashlea Hough, AOD; Alcohol & Other Drug Counselor – Ashlea joined Radford in August 2021 after working in crisis and substance use services for five years. In her position, Ashlea engages students in individual and group therapy sessions while also providing training and advocacy services. She received her Bachelor of Science in Psychology from Virginia Tech and her Masters of Science in Clinical Mental Health Counseling from Radford University.

“**The recovery lounge is my safe space.**”

- Radford Student



Services Available

- ✓ **Small Program (Less than 20)**
- ✓ **Dedicated Space**
- ✓ **Individual Recovery Coaching**
- ✓ **Recovery Ally Program**
- ✓ **Recovery Focused Social Events**
- ✓ **Recovery Graduation**
- ✓ **Recovery Meetings**
- ✓ **Student or Recent Grad Workers**

Radford's Recovery Lounge is accessible to students Monday-Friday, 8 am-5 pm in the lower level of Tyler Hall. Currently, the program is offering one in-person group per week but hopes to increase meetings over time. Radford's Collegiate Recovery Community will also be seen around campus coming Spring 2022 on their brand-new coffee bike.

Want to learn more?



Email us! crc@radford.edu



Call us! 540-391-0060

Or reach out to SAVES



saves@radford.edu



540-831-5709



You can stop by the Recovery Lounge in Taylor Hall located at 301 Tyler Avenue.

Virginia Tech Recovery Community

Blacksburg, Virginia

Program Overview

The Virginia Tech Recovery Community works to ensure that students do not have to choose between their recovery and their education. We support students inside and outside the classroom, organize events and trips, and provide space for recovery meetings. We have 40+ students in our community and run 5-6 meetings each week, plus a weekly recovery scholars' program and monthly speaker meetings. We run all recovery meetings and meetings specifically for women and non-binary folk and rainbow recovery for LGBTQ students in recovery on the month's 1st, 3rd and 5th Sunday.

Meet the Team!

Monica Piercy; Recovery Community Coordinator – Monica leads the recovery ally training program and the recovery scholars' program, raises the profile of the recovery community on campus and helps to engage Virginia Tech departments with recovery.

Jon Dance, CPRS; Recovery Support Specialist and Recovery Outreach Specialist – Jon works for Hokie Wellness and oversees their ROCCS program. He is a Certified Peer Recovery Specialist, REVIVE Trainer for the Commonwealth of Virginia Opioid Response program and a Recovery Ally Trainer.

Joshua Redding, LPC; Assistant Director, Hokie Wellness – Joshua is a proud recovery ally. He sees students individually and manages the BASICS program. Joshua also advises the Virginia Tech Recovery Community.

“The Recovery Community is where I feel *THE* safest to be myself. There is no judgment or criticism; its 100% support and love.”

- VT Student



Services Available

- ✓ **Medium Program (20-50)**
- ✓ **Dedicated Space**
- ✓ **Individual Recovery Coaching**
- ✓ **Priority Registration for Classes**
- ✓ **Recovery Ally Program**
- ✓ **Recovery Focused Social Events**
- ✓ **Recovery Graduation**
- ✓ **Recovery Meetings**
- ✓ **Recovery Scholarships**
- ✓ **Student or Recent Grad Workers**

Virginia Tech has a coffee bike which we take out around campus regularly to connect with the VT community. During football season, we run sober tailgating and at the Roost, the community space for students in recovery, where you will find a great space to hang out, study, or eat with fellow students.

Want to learn more?



Email us! rc@vt.edu



Visit us at The Roost, 1C
Payne Residence Hall!



Visit our website: <https://hokiewellness.vt.edu/recovery.html>



Call us! 540-231-2233

*We use GroupMe for program updates, email us to be added to the group.

Recovery Organization for Community College Students

Community Colleges of SW VA

Program Overview

In addition to working with their campus community, leaders at Virginia Tech saw an opportunity to increase access to recovery support and resources in the rural Southwestern Virginia area. The Recovery Organization for Community College Students (ROCCS) partners with community colleges to offer support to Community College Students who are in recovery themselves, curious about recovery, or know friends or family who are struggling and want to volunteer. ROCCS provides support and resources to help you thrive or transition into Community College. We currently work with Virginia Highlands CC, New River CC, Wytheville CC, Southwest Virginia CC, and Mountain Empire CC.

ROCCS also gives students support and purpose. We help students find resources for all kinds of things, from academics to concerns they may be dealing with personally. We at ROCCS are like family and keep up with each other, especially if someone is struggling so that no one struggles alone. Students hold each other accountable for accomplishing weekly goals or sometimes basic self-care (because sometimes self-care isn't so basic).

Meet the Team!

Jon Dance, CPRS; Recovery Outreach Specialist – Jon works for Hokie Wellness and leads the ROCCS program. He is a returning student to Virginia Tech and pursuing his degree in the College of Liberal Arts and Human Science and the Department of Human Development and Family Science. Jon hopes to find a career where he can help others and give back to Virginia Tech and the community. Jon is a Certified Peer Recovery Specialist, REVIVE Trainer for the Commonwealth of Virginia Opioid Response program and a Recovery Ally Trainer.

“The recovery community has given me the opportunity to share my personal experiences and understand the struggles of others along their way to recovery.”

- ROCCS Student



Services Available

- ✓ Small Program (Less than 20)
- ✓ Individual Recovery Coaching
- ✓ Recovery Ally Program
- ✓ Recovery Meetings
- ✓ Recovery Scholarships
- ✓ Student or Recent Grad Workers

ROCCS holds weekly Recovery Meetings online, where students check in with each other and get real about their lives and celebrate accomplishments in their personal life, school, or recovery. Additionally, we host Recovery Ally and Naloxone (REVIVE!) training at our partnership schools. To get the word out about this program, you can visit us at community college resource fairs and stop by our Coffee-Bike when it's on campus!

Want to learn more?

Contact Jon Dance:  swvaroccs@vt.edu  540-632-2408



Visit our website:

<https://hokiewellness.vt.edu/students/recovery/swvaroccs.html>

University of Mary Washington

Eagles in Recovery

Fredericksburg, Virginia

Program Overview

Eagles in Recovery is the University of Mary Washington's (UMW's) small but growing Collegiate Recovery Program. It is structured to support students in different stages of exploring their recovery. We work to ensure students do not have to choose between their recovery and education. We support students through their journey here at UMW with meetings and organized events, and we provide a safe space for recovery meetings and peer support.

Eagles in Recovery is available to all UMW students who want to support or sustain their recovery or who want to help support peers in recovery. Our students can join us for any of the three recovery meetings we host every week, both virtually or in person. We also offer one-on-one meetings and Recovery Ally training for anyone interested in learning how to support the recovery community better. Eagles in Recovery also assists students looking for ways to get help with their active addiction and puts them in touch with the appropriate resources. We partner with treatment centers in the area to create more seamless transitions for students exploring recovery who might need support beyond the resources available at UMW.

Meet the Team!

Hunter Rauscher and Ray Tuttle; Co-Chairs – Hunter oversees weekly meetings and assists students with one-on-one meetings as needed. Ray provides administrative support, including working with on and off-campus community outreach.

Jiamie Pyles; Peer Recovery Support Specialist – Along with helping to facilitate meetings and offering direct peer-to-peer support, Jiamie helps coordinate outreach events, runs the Recovery Coffee Bike, and keeps regular weekly office hours during which students are more than welcome to drop in.



Services Available

- ✓ Small Program (Less than 20)
- ✓ Dedicated Space
- ✓ Individual Recovery Coaching
- ✓ Recovery Ally Program
- ✓ Recovery Focused Social Events
- ✓ Recovery Meetings
- ✓ Student or Recent Grad Workers

Our Recovery Coffee-Bike has arrived! We look forward to having our bike as another space for our recovery community to connect and talk openly about lived recovery experiences. To promote wellness in our recovery community, we collaborate to create a community garden greening project. Eagles in Recovery plans to co-tend a recovery garden space connected with UMW's Sociology department.

“This program provides me with a support system to navigate the challenges and stressors of academic life to ensure that I excel in my studies.”

- UMW Student

Want to learn more?



Email us!
eaglesinrecovery@gmail.com



Call us! 540 654-1058



Drop by our recovery space, the Link Room 306.