

# Virginia Collegiate Recovery Guide

2023-2024



# Welcome to Collegiate Recovery!

Dear Friends,

It has been my privilege to collaborate with my colleagues at Collegiate Recovery Programs (CRP) across the state, the Virginia Department of Behavioral Health and Developmental Services (DBHDS), and OMNI Institute to bring you this Collegiate Recovery Guidebook. We firmly believe that students should not have to choose between their recovery and their college education, and that when students in recovery are supported in their recovery, they thrive and contribute to their Universities, their families and their communities. The first Collegiate Recovery Program in Virginia was founded in 2006 by Kevin Doyle at the University of Virginia. As an early participant of that program, I got to experience what a tremendous difference it could make to have supportive staff and peers as I navigated early recovery. Since then, I have seen countless lives transformed through these programs, careers launched, and lifelong friendships made.

Virginia is one of the national leaders in the Collegiate Recovery movement, through the support of the Virginia DBHDS State Opioid Response Team, and through the work of the JHW Foundation which supports each program in the Commonwealth. These efforts have allowed for the growth of Collegiate Recovery over the past 5 years and created a statewide network of events and support. For students in recovery that attend a school that does not have a CRP, you can participate in the statewide [Recovery Scholars Program](#) or join us for one of our Trips or Retreats. For future students, parents, counselors and loved ones, I hope you will find this guidebook useful and, we are incredibly excited to welcome more students in recovery to our campuses.

With Deep Gratitude,



Tom Bannard  
Assistant Director for Recovery Support  
Statewide Collegiate Recovery Lead  
Virginia Commonwealth University



Scan to learn more about  
the Recovery Scholars  
Program

## What is a Collegiate Recovery Program?

A Collegiate Recovery Program (CRP) is a college or university-provided program that includes a supportive environment within the campus culture. CRPs reinforce the decision to engage in a lifestyle of recovery from addiction/substance use disorder. It is designed to provide an educational opportunity alongside recovery supports to ensure that students do not have to sacrifice one for the other. To learn more, visit the Association of Recovery in Higher Education (ARHE) at [collegiaterecovery.org](http://collegiaterecovery.org)



# Longwood University

## Longwood Recovers

Farmville, Virginia



We, and our students, identify most with the quotes 'Progress is not linear. Storms don't last forever.'

- Longwood Staff



Email us!

[longwoodrecovers@longwood.edu](mailto:longwoodrecovers@longwood.edu)



Call us! 434-395-2146



Visit our website:

[longwood.edu/longwoodrecovers](http://longwood.edu/longwoodrecovers)



Drop by our space at

Upchurch University Center Room 305A and 309B. The Recovery Lounge is in room 306.

## 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, or any habit that community members wish to break or reduce. 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 Crossroads Community Services Board, the local community services board.

## Meet the Team!



**Lucas Baker, PRS; Graduate Assistant** – Lucas is a graduate student in the Masters of Counseling Program, Mental Health track, and has primary responsibility for coordinating Longwood Recovers and offering direct peer-to-peer support. He supervises several student assistants who provide additional campus outreach and educational efforts such as leading recovery meetings and spreading awareness with the world renowned, Coffee Bike!



**Sasha Trent Johnson, MPH, CHES; Director of Education and Prevention Programs** – Sasha has worked with Longwood Recovers since its inception in 2012, alongside founder, Dr. Kevin Doyle. Sasha specializes in college health, specifically substance use, recovery, sexual misconduct, hazing, and most recently, human trafficking. Sasha provides oversight and administrative support for the program and facilitates networking opportunities with on and off campus partners. Sasha is also a University Alumna.

## Available Services



Advisory Board



Dedicated Space



Individual Recovery Coaching



Recovery Ally Program



Recovery Focused Social Events



Recovery Graduation



Student or Recent Grad Workers



Small Program (<20 students)

We have an awesome Coffee Bike to assist in marketing the program around campus. Lancers can expect to see it outside most Student Government Association Meetings and around campus, usually on Brock Commons and by the library. We also host Recovery Ally trainings and Narcan Trainings. We are happy to partner with other departments and student organizations to build an even stronger Lancer community.



# Radford University

## Collegiate Recovery Community Radford, Virginia



The recovery lounge is my safe space.

- Radford Student



Email us! [crc@radford.edu](mailto:crc@radford.edu) or [saves@radford.edu](mailto:saves@radford.edu)



Call us! 540-391-0060



Visit our website:  
[radford.edu/content/saves/home/programs-services/recoveryunited.html](http://radford.edu/content/saves/home/programs-services/recoveryunited.html)



You can stop by Heth Hall

## Program Overview

In the Fall of 2021, Radford Recovery Community inaugurated its name and opened a lounge accessible to all students. Our small (< 20 students) but mighty! CRP has enjoyed the legacy of Recovery Spring Break and regularly partners with other CRP's for exciting & recovery-minded events. Named Highlander's Top #10 during the 2022-2023 school year, Radford Recovery Community now engages with students and the community sporting its own #coffeebike.

## 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, LPC, NCC, CSAC; AOD Counselor** – Ashlea joined Radford University in August 2021 after working in crisis and substance use services for 5 years. Her clinical areas of interest include trauma, substance use, grief, and animal assisted therapy. She received her Bachelor of Science in Psychology from Virginia Tech and her Masters of Science in Clinical Mental Health Counseling from Radford University. She is currently pursuing her doctorate in Counseling and Supervision.



**Cora Taylor, CSAC, QMHP-A, B.S.; Assistant Director** – Cora joined Radford University in August of 2020 after working in community mental health and substance use for 10 years. Her areas of interest and passion include substance use, providing trauma informed care, leadership, collaboration, and building programs. She is a Certified Substance Abuse Counselor and is also a University Alumna.

## Available Services



Dedicated Space



Recovery Graduation



Individual Recovery Coaching



Recovery Meetings



Recovery Ally Program



Student or Recent Grad Workers



Recovery Focused Social Events



Small Program (<20 students)

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.



# University of Lynchburg

## Hornets in Recovery Lynchburg, Virginia



**I value consistent and diverse support, because recovery can be different for everyone.”**

- GA Evan Clark



Email us!  
[clark\\_e@lynchburg.edu](mailto:clark_e@lynchburg.edu)



Connect with us:  
Tiktok: @hornetsinrecovery  
Instagram: @hornetsinrecovery



You can stop by Center for Family Studies (located in the Courts)

## Program Overview

Hornets in Recovery, launching at the University of Lynchburg in the fall of 2023, will offer opportunities for self-expression, education, and networking to those seeking or in recovery either on campus and in the community. Hornets in Recovery exists to provide a safe, comfortable place to share experiences and support one another. Activities include, but are not limited to, group discussions, trips to the Claytor Nature Center, campus Sangha meditation sessions, and other creative projects. An important partner of Hornets in Recovery is the local Roads to Recovery, a supportive resource that offers center-based, residential, and outdoor adventure programs for those experiencing adversity regarding substance use.

## Meet the Team!



**Evan Clark; Graduate Assistant** – Evan, a graduate student in Lynchburg’s Clinical Mental Health program, has a personal connection and family history of substance use disorders, which led to the topic becoming a career ambition and service outlet. This summer, he will undergo Peer Recovery Training to further his understanding of how to serve the community best. He will be responsible for using education, experience, and empathy to resonate with those considering recovery. Duties include leading group sessions, peer-to-peer meetings, and facilitating programming.



**Dr. Sara Bailey; Program Director** – Dr. Bailey, professor and clinician, will assist in administrative support, resource identification, and networking facilitation.

## Available Services

- ✓ Dedicated Space
- ✓ Individual Recovery Coaching
- ✓ Recovery Ally Program
- ✓ Recovery Focused Social Events
- ✓ Recovery Meetings
- ✓ Student or Recent Grad Workers

⊕ Small Program (<20 students)

Hornets in Recovery will work closely alongside Roads to Recovery, a non-profit community recovery organization. Activities, training, and support groups will be offered. More information will be provided as we approach the program’s debut this fall!

# University of Mary Washington



## Eagles in Recovery Fredericksburg, Virginia



**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



Email us!

[eaglesinrecovery@gmail.com](mailto:eaglesinrecovery@gmail.com)



Call us! (540) 654-1660



Visit our website:

[students.umw.edu/eagles-in-recovery/](https://students.umw.edu/eagles-in-recovery/)



You can stop by The Club House - The Link room 305!

## 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!



**Ray Tuttle; Chair** – Ray provides administrative support, including working with on and off-campus community outreach. .



**Jiamie Pyles; Certified Peer 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.

## Available Services



Dedicated Space



Individual Recovery Coaching



Recovery Ally Program



Recovery Focused Social Events



Recovery Meetings



Student or Recent Grad Workers



Small Program (<20 students)

Our Recovery Coffee Bike has been a favorite on campus and continues to provide a space for our recovery community to connect and talk openly about lived recovery experiences. Our first annual Recovery Concert was a success, and we hope to engage even more students from collegiate recovery programs around the mid-Atlantic and beyond in the coming years.



# University of Richmond

## Spiders Support Recovery

Richmond, Virginia



To thine own self be true.

- Spider Support Recovery Motto



Email us!  
sarah.king3@richmond.edu



Call us! 804-287-1236



Visit our website:  
[healthpromotion.richmond.edu/alcohol-drugs/spider-support-recovery.html](http://healthpromotion.richmond.edu/alcohol-drugs/spider-support-recovery.html)



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

## Program Overview

Spiders Support Recovery (SSR) is a close-knit community of students and staff on campus spanning the spectrum of recovery from alcohol, substance use disorder, disordered eating, trauma and other non-constructive behaviors. SSR fosters an environment amenable to myriad recovery paths including harm reduction, 12-Step, yoga and meditation and cognitive- and behavioral-science-based approaches. SSR comprises a vibrant community varied in academic studies and interests, backgrounds and challenges, and strives to decrease stigma and increase awareness and community to cultivate the most meaningful and fulfilling collegiate experience through education, events and strong relationships.

## Meet the Team!



**Heather Sadowski, EdD, MPH; Director of Health Promotion**—

Heather oversees health promotion, employee and student well-being, Well-being Center operations, and the Center for Awareness Response and Education (CARE). Her duties include employee and student well-being outreach and implementation of campus wide well-being programming. Heather is a certified Wellness Coach, Certified Health Education Specialist, and Tobacco Treatment Specialist; trained through the Mayo Clinic. Heather is an instructor of the wellness graduation requirement WELL 100 and WELL 101 courses.



**Sarah King, PRS; Recovery Support Specialist** – Sarah is a

person in recovery from substance use disorder who has worked in the recovery field since 2020, when she was hired to help open the CARITAS Healing Place for Women in-patient treatment center in south Richmond. She is also a 200-hour Registered Yoga Teacher trained in trauma-informed practices and a certified NARCAN trainer. Sarah cares deeply about connecting with and educating communities to decrease stigma and make the spectrum of recovery more accessible to all.

## Available Services

- ✔ Dedicated Space
- ✔ Individual Recovery Coaching
- ✔ Recovery Ally Program
- ✔ Recovery Focused Social Events
- ✔ Recovery Graduation
- ✔ Recovery Meetings
- ✔ Recovery Scholarships
- ⊕ Small Program (<20 students)

SSR offers a drop-in clubhouse space, variety of weekly on-campus recovery meetings, daily campus connector stops to off-campus 12-Step mutual aid meetings, partnerships with Athletics, Law School and Counseling Services, and a strong network of alumni and academic staff. SSR also cultivates a community garden plot and participates in statewide seminars and fellowship events and retreats.



# University of Virginia

## Hoos in Recovery Charlottesville, Virginia



**I value the refreshingly authentic camaraderie and I am grateful to have this during my undergraduate years.**

*- Jane, UVA Student*



Email us!  
[Jenniferhall@virginia.edu](mailto:Jenniferhall@virginia.edu)



Visit our website:  
[crp.virginia.edu](http://crp.virginia.edu)



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

## Program Overview

Using an approach based on addiction research, Hoos in Recovery offers a robust suite of supportive programming including a brand-new Recovery Clubhouse, Recovery Housing, a Recovery Scholars Program, weekly recovery meetings, and individual coaching. Allyship and supporting recovery-ready Grounds are a vital part of our culture. We provide tailored ally training for our student, staff, and faculty populations, and individual consultation with students who are concerned about a friend or loved one's substance use. 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. 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!



**Jennifer Hall, B.I.S, CPRS-T; Recovery Support Specialist** – Jennifer joined the Office of Health Promotion in August of 2022 as the Recovery Support Specialist and Program Coordinator for the Collegiate Recovery Program. As a person in long-term recovery, Jen works to engage students, staff, and faculty in reducing stigma around substance use disorder and providing resources for students seeking recovery support. She's a Certified Peer Recovery Specialist and Trainer, a Registered Yoga Teacher specializing in Body Positive and Recovery yoga and is a member of the Yoga for Eating Disorders faculty.

## Available Services

- ✔ 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
- ⊕ Medium Program (20-50 students)

Our drop-in space features study spaces, video games, espresso makers, and after-hours access. We are working with our Peer Health Educators and LGBTQ 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!



# Virginia Commonwealth University



## Rams in Recovery

Richmond, Virginia



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

- Lauren, RIR Student



Call us! 804-828-1663



Email us!

[recovery@vcu.edu](mailto:recovery@vcu.edu)



Visit our website:

[Recovery.vcu.edu](http://Recovery.vcu.edu)



Drop by the **Rams in**

**Recovery Clubhouse** located at 1103 W. Marshall Street

## 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.



**Omri Morri, CPRS;** *Peer Recovery Support Coordinator* – Omri became interested in peer recovery support services after she got sober from drug and alcohol addiction. She is passionate about ending the stigma associated with people who are challenged with substance use disorder and mental health disorders especially in the people of color and LGBTQ+ communities. At Rams in Recovery she supervises a team of wonderful peer specialists.

## Available Services



Advisory Board



Dedicated Space



Individual Recovery Coaching



Peer Recovery Specialist Training



Priority Registration for Classes



Recovery Ally Program



Recovery Focused Social Events



Recovery Graduation



Recovery Housing



Recovery Meetings



Recovery Scholarships



Student or Recent Grad Workers



Large Program (50+ students)

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.



# Virginia Tech

## Recovery Community Blacksburg, Virginia



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



Email us! [rc@vt.edu](mailto:rc@vt.edu)



Call us! 540-231-2233



Visit our website:  
[hokiewellness.vt.edu/recovery.html](http://hokiewellness.vt.edu/recovery.html)



You can stop by The Roost, 1C  
Payne Residence Hall!

## Program Overview

The Virginia Tech Recovery Community works to ensure that students do not have to choose between their recovery, their education, and a dynamic college experience. We support students inside and outside of the classroom, organize events and trips, and provide space for individualized support and recovery meetings. We have 20+ students in our community and run 4 meetings each week, which include meetings specifically for male-identifying students, women and non-binary students, and loved ones of individuals who have struggled with addiction. We are in the planning process to begin offering on-campus, Recovery Housing in Fall 2024, which will be open to both incoming and returning students. Our community welcomes individuals from all recovery pathways, including those practicing harm-reduction.

## Meet the Team!



**Kaitlin Carter, MS, LPC; Assistant Director**— Kaitlin is a passionate recovery ally and advocate, as well as an Adult Child Of Addicted Loved Ones (ACOA). She first joined the Virginia Tech Recovery Community in 2022 but has worked in addiction treatment and recovery spaces since 2018. She works with students individually, facilitates recovery meetings, spreads awareness and education to campus and community stakeholders, and helps foster campus partnerships in an effort to normalize recovery on Virginia Tech’s campus..



**Amy Terry, MA; Recovery Community Coordinator** – Amy is an individual who started her recovery journey during her undergraduate degree and is passionate about connecting and sharing with others. She joined the Virginia Tech Recovery Community in 2022, but has worked in a community development capacity since 2017. She works to plan outreach events, meets with students individually, and helps spread awareness to the greater campus community.

## Available Services

- ✔ 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

### + Medium Program (20-50 students)

You can frequently see staff and members of the Recovery Community out and about on their Free Coffee Bike, which helps to spread awareness about the resources we offer! Our recovery lounge space, The Roost, is located in Payne Hall and we love when students stop by to hang out, study, play video games, or enjoy a cup of coffee, tea, or a seltzer water! We frequently host recovery-oriented social events that include sober tailgates, milestone celebrations, trips/outings, and group meals.



# Wytheville Community College

## HEALS

Wytheville, Virginia



**HEALS provides me with a place to be me. At home, I am a parent, on campus a student, but when I get to hang out in the recovery space, I can just be an adult talking to other adults.**

- HEALS Student



Email us!  
[mbryant@wcc.vccs.edu](mailto:mbryant@wcc.vccs.edu)



Visit our website:  
[wcc.vccs.edu/wcc-heals](http://wcc.vccs.edu/wcc-heals)



Connect with us:  
[facebook.com/healswcc](https://facebook.com/healswcc)



Call us! 276-223-4837

## Program Overview

Harm reduction, Empathy, Advocacy, Safe Spaces, or H E A L S seeks to help students who struggle with substance use disorder and those on a recovery journey. H E A L S reaches out to members of our campus who have friends or family members who are in recovery or active use. H E A L S works to decrease stigma and raise awareness of substance use disorder and the mental health struggles that often co-occur with substance use disorder.

H E A L S offers Recovery Fitness - an all-inclusive workout for everyone, no matter their level of mobility. "Everyone is in Recovery from something."

H E A L S provides sober spaces for local events and group activities for students in recovery. HEALS partners with Workforce Development to recruit new students for short-term programs such as Power Line Installation, Truck Driving, and HVAC.

## Meet the Team!



**Michelle Bryant; Recovery Support Specialist**—Michelle is the Recovery Support Specialist for Wytheville and New River Community Colleges. Michelle is a REVIVE Trainer for the Commonwealth of Virginia Opioid Response Program, a Recovery Ally Trainer, and a graduate of Wytheville Community College. Michelle has her B.S. in Human Services from Bluefield University. She is working to make WCC and NRCC Recovery-Ready Campuses by training all faculty and staff to administer Naloxone.

As a member of Wythe/Bland Chamber of Commerce’s Mental Health and Substance Use Disorder Taskforce, Michelle advocates for students in recovery to be welcomed into the local workforce and community.

## Available Services



Dedicated Space



Individual Recovery Coaching



Recovery Ally Program



Recovery Focused Social Events



Recovery Graduation



Recovery Scholarships



Small Program (<20 students)

Additional services offered – *REVIVE!*, Recovery Fitness, Peer Support, Weekly Check-Ins, Wildcats Recovery Newsletter

