SAARA of VIRGINIA

Advocacy. Community. Recovery. *Unlimited* Pote

The SAARA Advocate Augus

From Our Executive Director

Hello Wonderful SAARA Friends and Family!

August has been an active month here at SAARA. We have been planning our 2nd Advocacy Symposium to be held on September 19th in Radford. We are serving on the steering committee and handling the logistics for the 2019 Suicide Prevention and Substance Use Disorder Conference that will be held in Richmond on September 17th. SAARA of Virginia and its affiliates are planning Recovery Month activities to be held in September. The Peer Recovery Specialists Stakeholders Roundtable meeting was held at the SAARA Center on August 13th. The SAARA Center hosted an Applied Suicide Intervention Skills Training (ASIST) on August 20th through August 21st. Nineteen people graduated from this training! Three Medically Assisted Recovery Supports (MARS) trainings have been held, or are scheduled to be held, at the SAARA Center in August. Need I say more? Again, August has been an active month here at

Several staff, volunteers, and affiliate members of SAARA attended RECON 2019. What a wo and enlightening event! I had the privilege of serving as moderator for the Advocacy Forum RECON Statewide Recovery Conference. RECON supports recovery principles in personal and professional lives and provides information on the field of recovery support services in Virgir

This month I visited SAARA friends in Hampton, Newport News, Portsmouth, Norfolk, Chesa and Clifton Forge in the Alleghany region. In Hampton, Newport News, SAARA of the Penins affiliate president, Johnnie Mullins, gave me a tour of the Hampton/Newport News Communi Services Board (CSB). In Portsmouth, delegate Cliff Hayes and I met for lunch and Jessica a Harbor Recovery Center and I discussed having a SAARA affiliate in the area. In Norfolk, Ra Barnes and Sarah Fuller gave me a tour of their new CSB facility and we discussed a partne friends in Portsmouth to start a local SAARA affiliate. Earlier this year, I met with CSB Execu

Director Ingrid Barber and Sheriff Kevin Hall in Clifton Forge to discuss having a SAARA affil region. I returned to the Alleghany region this month to meet with a local Pastor to further p SAARA affiliate in the area.

As always, we at SAARA continue to meet with community stakeholders, legislators, and par on policy and other committees to discuss Substance Use Disorder and Advocacy.

There is more information in this newsletter about the events and activities mentioned in thi Executive Director letter. Please read on to learn more about the many activities and events mentioned and events and activities yet to come. You don't want to miss the awesome SAAI Recovery Month activities to be held in September!

Together we make a difference!

Respectfully,

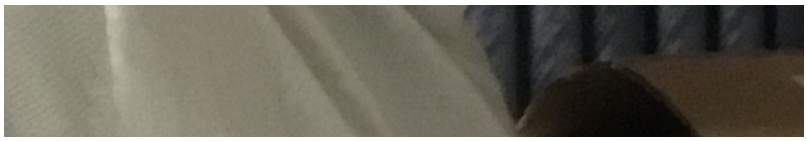
Kathy Harkey

Kathy Harkey, MA-MPP, BSP, BSMDS
Executive Director

Where We've Been

Welcome SAARA of t Peninsula President Johnnie Mullins

Johnnie B Mullins Jr. is an indiv living in long term recovery. He abstinent from all substances f years. Johnnie works as a Regis Certified Peer Recovery Special homeless program called Road2 under the HNNCSB (Hampton/N News Community Service Boar umbrella. He has always felt he much more for society which le the SAARA of the Peninsula affi Johnnie was voted in as the Vic President and served in that po approximately two years. He is to step into the position of Pres SAARA of the Peninsula.



SAARA of Virginia Executive Director, Kathy Harkey meeting with new SAARA of the Peninsula President, Johnnie Mullins

Executive Director, Kathy Harkey visited the Peninsula region to meet with the new SAARA of the Peninsula President, Johnnie Mullins. He gave Kathy a tour of the center and shared information on the recovery activities and events SAARA of the Peninsula is involved in.

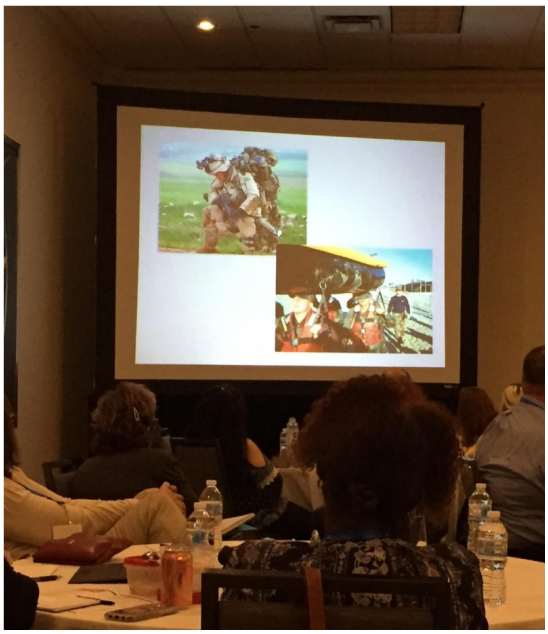
Meeting with Delegate Cliff Ha

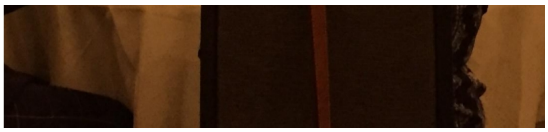
This month Kathy Harkey met with Delegate C
of the 77th district. They had lunch at East Sid
in Portsmouth to discuss Substance Use Disor
Recovery and Legislation.

Alive RVA Presenting for Dept. of Social Services

Alive RVA Interim Lead Coordinator, Carrie Parnell and Peer Recovery Specialist, Katherine McKenzie visited the Department of Social Services. They met with foster care supervisors from different districts and provided them with information on resources available in the community. Alive RVA is spreading awareness to help parents of children who have been placed in the foster care system.

Recon 2019





SAARA of Virginia and SAARA affiliates attended Recon 2019. Several speakers and moderat shared their personal experience with addiction. Kathy Harkey served as moderator for a pa discussion on Advocacy. Pictured above is SAARA of Charlottesville President, Sherri Cotten SAARA of Washington County President, Jason Pritchard.

August Additions to SAARA Resource Library

Medicaid Expansion

Experts Project a Record Number of Drug Fatalities by Year's End

Fatal Drug Overdose 2019 1st Quarter Report

2018 National Survey on Drug Use and Health

Check out the SAARA Resource Library for downloadable resources such as the Advocacy Reference Sheet and the Advanced Medical Directive.

Affiliates Corner

SAARA of Northern Virginia continues to actively be involved in the community by advocating for Substance Use Disorder and Recovery.

SAARA of Bay Counties is hosting a walk for recovery month on September 21, 2019. Vendor and sponsorship opportunities are available. For more information or to register online, please visit the SAARA **website**.

SAARA of the Peninsula is having a Red Carpet Gala September 28th from 3:00 PM to 6:00 PM at Elite Youth Motivational Center located at 95 Tude Mill Lane, Hampton, Virginia 23666. Join us in celebrating the many pathways to recovery. Dress to Impress! Admission is free. Please RSVP by September 14th to peninsula@saaracenter.org or (301) 741-7152.

Virginia General Assemb News

Virginia Crime Commission

An ongoing General Assembly session safety began this year on July 9th. On 19th, the session included presentatio discussions on firearms, criminal justi mental health. After hearing from exp delegate Les Adams said, "The expert presentations demonstrate that there and multiple causes that contribute to of life in Virginia." The General Assem reconvene the special session on Nove 18th.

In the News

The Importance of Treating Opioid Us in the Justice System

First Time Drug Use More Common in Summertime

Drug Use and Its Consequences Incre Among Middle-Aged and Older Adults

Co-Prescribing Naloxone in Medicare F Increases

Teens Who Misuse Medicines Get Ther Multiple Sources

Woman Charged With Smuggling Drug After Exposure Sent 10 To Hospital

Expansion of Data-Sharing Program T Addiction Crisis In Western Virginia

SAARA of Central Virginia is having an old fashioned field day and cook-out for recovery month in September. This Recovery Month event will be held on the last Friday or Saturday in September at the RBHA North Campus. (outdoor weather permitting). Stay tuned for further information.

SAARA of Charlottesville is having a movie screening in partnership with the health coalition in celebration of recovery month. Please stay tuned for further information.

SAARA of Southwest holds regular meetings and partners in the community to discuss advocacy and increase Substance Use Disorder and addiction awareness.

SAARA of Washington County is targeting potential board members such as law enforcement members, faith-based members and community services board members.

Would you like to start an affiliate in your region? Reach out to kathyh@saaracenter.org.

Upcoming SAARA Events & Trainings

Recovery Month Celebration

Join Us
September 13th, 2019
12:00 PM - 3:00 PM
SAARA Center Conference Room
2000 Mecklenburg Street
Richmond, VA 23223

- Voices of Recovery Presentation
- Substance Use Disorder & Recovery Awareness Information
- Movie Screening
- Pizza & Popcorn

Judge Orders Johnson & Johnson To P
Million For Its Role in The Opioid Crisis

September Is National Recovery Mont

The Flow Of Fentanyl In The Mail Over
Border

President Donald Trump Called On Ma
Package Carriers To 'Search For & Ref

Study Shows In 2016 United States D
Spent Over $150 Billion on Illegal Sub

Dept. Of Health & Human Services An
Proposed Changes To The Federal Reg
Governing The Confidentiality Of Patie
Records

Crime Commission Meets To Discuss M
To Keep Virginia Communities Safe

Statewide Educational Opportunities & Events

Recovery Ally Training - Fairfax
September 16th
9:00 AM - 4:00 PM
Northern Virginia Regional Commissio
3040 Williams Drive
Suite 200
Main Conference Room A
Fairfax, VA 22031
Click **HERE** to register.

Recovery Ally Training - Roanoke
October 10th
9:00 AM - 4:00 PM
First Baptist Church
321 Marshall Ave SW
Roanoke, VA 24016
Click **HERE** to register.

Advanced Level WRAP Facilitator T
September 9th - 13th
9:00 AM - 5:00 PM
Roslyn Retreat Center
8727 River Road
Henrico, VA 23229
For more information, contact Megan at megan@vocalvirginia.org.

2019 Suicide Prevention & Substance Use Disorder Conference

This event has reached full capacity!
If you are registered, please click **HERE** for information on creating a centerpiece!

September 17th, 2019
10:00 AM - 3:00 PM
Delta by Marriott
555 East Canal Street
Richmond, VA 23219

- Voices of Recovery Presentation
- Breakout Sessions
- Suicide Prevention Take-Away Resources
- Substance Use Disorder Take-Away Resources
- Wellness Breaks
- Door Prizes and More!

Hill Day 2019
September 17th - 18th
Washington, D.C.
For more information or to register, cl
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2019 Suicide Prevention & Substa Disorder Conference
September 17th
10:00 AM - 3:00 PM
Delta by Marriott
555 East Canal Street
Richmond, VA 23219
Cost $10
Click **HERE** to register.

7th Annual Eastern State Hospital Reunion
September 18th
11:00 AM - 2:00 PM
Eastern State Hospital Picnic Grove
4601 Ironbound Road
Williamsburg, VA 23188
Please RSVP to Melissa Evans at melissa.evans@dbhds.virginia.gov or 208-7293

Whole Health Action Management Workshop
September 23rd & 24th
9:00 AM - 4:30 PM
2000 Mecklenburg Street
Richmond, VA 23223
Click **HERE** to register

Rise Phoenix Rise Support Groups
Tuesday Evenings
6:30 PM - 7:30 PM
Parham Doctor's Hospital
Medical Office Building Room 312
For more information, contact Traci Jc
traci@risephoenixrise.org.

Recovery is Real Conference
November 12th & 13th
Holiday Inn Roanoke/Valley View
3315 Ordway Drive
Roanoke, VA 24017
Click **HERE**, for registration form
For more information, contact Robin H
rhubert@rvonourown.com.

Substance Use Disorder and Addiction Advocacy Symposium

Join us to discuss;

- Barrier Crimes
- Housing
- Gaps in Services
- Effective Advocacy

September 19, 2019
10:00 AM - 1:00 PM
New River Valley Commuinity Services
401 West Main Street
Radford, VA 24141
Click **HERE** to register.

Voices of Recovery Training

Peer Recovery Specialist Tra

PRS Training in Abingdon
September 9th - 13th & 17th - 19th
8:00 AM - 5:00 PM
Virginia Highlands Small Business Incu
Inc.
851 French Moore Jr. Blvd
Abingdon, Virginia 24210
For more information, contact Logan H
ahome@highlandscsb.org.

PRS Training in Gloucester
September 13th - November 15th
9:00 AM - 5:00 PM
7603 Hospital Drive
Gloucester, VA 23061
For more information, contact Avis We
awebster@mpnn.state.va.us or (804)
758-8014.

PRS Training of the Trainer in Win
September 16th - 18th
Click **HERE** for application.
Application deadline August 16th.
For more information, contact Mary M
at mary.mcquown@dbhds.virginia.gov

PRS Training in Fredericksburg
September 26th - December 5th
9:00 AM - 5:00 PM
John F. Fick Conference Center
1301 Sam Perry Boulevard
Fredericksburg, VA 22401
Cost $125
For more information, contact Tracy R
at tringquist@rappahannockareacsb.o
(540) 300-7308.

PRS Training in Midlothian
October 5th - December 7th
Cost $330
For more information, contact Jim Koc
peerrecoveryrva@gmail.com.

Do you have a training or com
event you would like featured
newsletter? Reach out to Kels
at kelsis@saaracenter.or

Do you want to become a SAARA Voices of Recovery presenter? If so, this training is for you!

Learn to tell your story to create positive change in your community. This training teaches how to effectively tell your story in 3 powerful segments, Before Addiction, Addiction Years, and Life in Recovery. SAARA's Voices of Recovery train the presenter training provides participants with tools and skills to present their story and spread addiction awareness in the community. This training and all materials are provided free of charge.

Join Us
September 20th, 2019
12:00 PM - 4:00 PM
SAARA Center Conference Room
2000 Mecklenburg Street
Richmond, VA 23223

Click **HERE** to register.

SAARA of BAYCOUNTIES

Advocacy. Community. Recovery. *Unlimited* Potential.

2019 Recovery Walk

Job Opportunities

Manager of Peer Recovery Suppor Trainings
SAARA of Virginia is seeking a Manage Recovery Supports & Trainings. The p responsible for overseeing the daily op of the SAARA Center and directly supe Peer Recovery Specialists, Recovery C and Volunteers. For more information duties and responsiblities click **HERE**. submit your resume to Kathy Harkey kathyh@saaracenter.org.

Part-Time Outreach Worker
The Chris Atwood Foundation (CAF) is two Peer Outreach Workers who will b responsible for meeting the needs of p risks for, or affected by: opioid overdo substance use disorder, HIV/AIDS, an hepatitis. For further information, click Please submit your resume to sonya@thecaf.org by September 6th,

Recovery Support Navigator
Magellan Health is currently seeking a Support Navigator who lives in the Ly Roanoke or Staunton, Virigina area. T position provides non-clinical, evidenc peer support services, serves as a me advocate, shares coping skills, and pr recovery information for members. Th performs a wide range of tasks to ass care coordination designed to assist m regaining control over their own lives individual recovery planning, wellness self-management, and strengthening to improve personal health outcomes. position will role model competency in resiliency, and wellness practices. For information or to apply click **HERE**.

Peer Recovery Specialist
Chesapeake Integrated Behavioral He seeking Certified Peer Specialists. The Recovery Specialist is an integral part CIBH team and will be responsible for peer support services to individuals w health and/or substance use issues in settings, to include hospitals, court, ja the community. Please send resumes inquires to Rebecca Choquette at rchoquette@chesapeakeibh.net.

Join Us
September 21st, 2019
Town Office Park
915 Church Lane
Tappahannock, VA 22560

- Speakers
- 3k Recovery Walk
- Live Music
- Children's Activities
- Vendors
- and More!

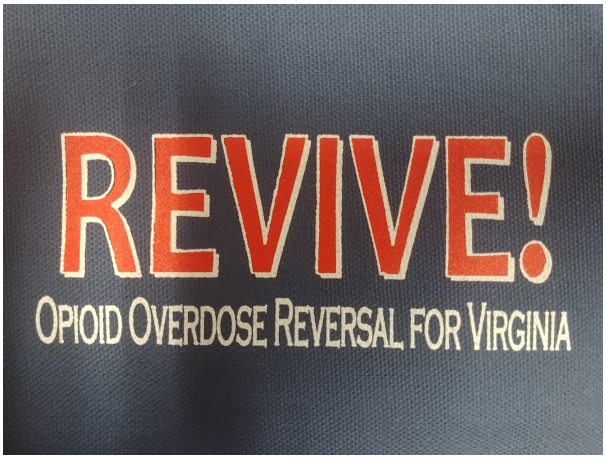
Onsite Registration 9:00 AM - 10:00 AM
Online Registration Click **HERE**

Vendor and Sponsorship Opportunities!

For more information, visit
www.saara.org/communityevents.

REVIVE! Trainings

Opioid Overdose & Naloxone Education



Are you:

- Currently using opioids such as heroin or prescription pain medications?
- Abstinent from opioid use, but have used in the past?
- A friend or family member of someone who currently uses opioids?
- Working in a setting where opioid overdoses occur?
- Interested in learning how to save life?

Click **HERE** to view employment oppo
at Richmond Behavioral Health Author
(RBHA).

PEER-TO-PEER RECOVERY
ALIVE RVA
1-833-4PEERVA

Alive RVA has received over 3,214 uni
since its inception. We continue to see
success with each caller! For more inf
visit the AliveRVA website and Facebo

833-4PEERVA (833-473-3
8:00AM - Midnight, 7 Days a

Alive RVA is Supported 100% with a S
grant awarded to DBHDS #TI-17-014

Volunteers

SAARA is seeking peer volunteers to b
the Voices of Recovery Program and f
member volunteers to lead a family su
group. Volunteers are also needed to
SAARA exhibit tables at health fairs. I
interested, contact us at info@saarace
or call 804-762-4445.

Support SAARA

Your donations allow us to continue ou
advocacy work and offer daily Peer Re
opportunities at the SAARA Center.

Donations can be made payable to SA
Virginia and sent to 2000 Mecklenburg
Richmond, VA 23223. Or, you can clic
donate online.

If so, then consider attending a REVIVE! training. Training's are held at the SAARA Center, 2000 Mecklenburg Street, Richmond VA 23223.

The next Lay Rescuer Training will be held on September 12th from 10am - 12noon.

To register for trainings click **HERE** and select your preferred training date.

SAARA Programs & Trainings

Ethical Considerations for Recovery Coaches
Participants learn to understand how critical it is to be ethically responsible in a peer-to-peer support role.

Peer Recovery Specialist Training
A 72 hour training required for PRSS certification. Participants get an understanding that the relationship between peers is characterized by mutual trust and respect, sharing experiences, learning about the recovery process, and supporting the peer in multiple settings.

Medically Assisted Recovery Supports Training
Participants learn the significance of Medically Assisted Recovery Support and how medication can supplement the recovery process.

REVIVE! Lay Rescuer Training
This training provides information to professionals, stakeholders, and others on how to recognize and respond to an opioid overdose emergency with the administration of naloxone.

Voices of Recovery Training
Participants learn how to effectively tell their story in 3 powerful segiments: Before Addiction, Addiction Years, and Life in Recovery. This training provides individuals with the tools and skills needed to present their story and spread addiction awareness in the community.

Friends & Family Program
This is an educational program for family and friends of people with addiction. The Friends and Family Program provides information on Substance Use Disorder, Recovery, Taking Care of your Loved One with Addiction, and Self-Care.

Ethics & Professionalism Workshop

Don't want to mail a check or pay onli

Consider becoming one of SAARA's Pl Direct partners. Pledge Direct is a saf way to send your gift to SAARA autom each month. Your financial institution electronically transfers the amount yo to SAARA from your checking account help those living with addiction reach by enrolling in Pledge Direct. Simply c for the enrollment form and mail it to Virginia.

Attention Kroger Shoppe

SAARA of Virginia can receive donatio you shop at Kroger and use your loya To select SAARA of Virginia as your ch choice please click **HERE** to create an account. For further assistance linking loyalty card, please visit customer ser your preferred Kroger location. SAARA appreciates your support of our missio

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SAARA Groups

Many peer to peer recovery groups m at the SAARA Center. There are 11 to recovery based groups being facilitate include; All Recovery, Letting Go, Res Time, Life Skills, Women's Recovery, Recovery, Early Recovery, MARS Reco Addictive Thinking, Narcotics Anonym Marijuana Anonymous.

View the SAARA **calendar** for group s Visit the SAARA **website** to learn mor our groups.

This is an interactive workshop that focuses on ethics and professionalism in the workplace. Discussions include: What is Ethics, Professional Ethics, Universal Ethical Values, Who Gets Hurt, Evaluating Ethical Choices, Business Ethics, Accountability, Rationalizing, Ethics vs. Professionalism, and 10 Characteristics of Professionalism.

Please visit our website at **www.saara.org**
Follow us on **Facebook**
Visit Us: 2000 Mecklenburg St., Richmond, VA 23223
Phone: (804) 762-4445 | **Fax**: (804) 762-4333