



SAARA  
*of* V I R G I N I A

Advocacy. Community. Recovery. *Unlimited* Potential.

# What (Or Who) is SAARA?

The Substance Abuse and Addiction Recovery Alliance of Virginia.

- \* Grassroots Recovery Community Organization
- \* All friends of recovery are invited and welcome to join us. Our members include individuals in recovery from Substance Use Disorders, their families, friends and dedicated community supporters.
- \* SAARA advocates for social, educational, legal, research and health care resources and services that support accessible, effective and accountable addiction prevention, treatment and recovery.
- \* In addition to our advocacy efforts we offer trainings and group meetings at SAARA Center for Recovery, located at our offices at 2000 Mecklenburg St. Richmond, VA 23223.

## Mission

SAARA maximizes the power of the people to advocate for treatment and recovery in order to prevent the harmful effects of substance abuse upon families, businesses, and the community.

## SAARA's Vision

Our vision is a day when the stigma of addiction is eradicated and all who seek recovery will find it.

# *We transform communities through hope, education and advocacy for addiction prevention, treatment and recovery.*

- \* We believe in a holistic approach to recovery
- \* We believe in the power of Peer Recovery Support
- \* We want to remove the stigma attached to addiction so that it's viewed as the brain disease it is and not a moral failing
- \* We advocate for removing barriers to effective prevention, intervention and treatment for those with Substance Use Disorders
- \* Promoting cooperation and collaboration among the diverse elements of the community in support of recovery
- \* Sponsoring and promoting community activities that promote healthy life-style choices and foster drug and alcohol-free environments.
- \* We work to support advocates throughout Virginia

Every 4 minutes someone in the US dies from an overdose or alcohol-related cause. That's the equivalent of a jumbo jet crashing every day with no survivors.

22 million Americans are suffering.

23 million more are in recovery.

1 in 3 households are directly impacted by Substance Use Disorders.

In 2016 an estimated 1,420 Virginians died from drug overdoses, with 1,133 of those tied to opioids.

What works? Every person is different.

Short & Long Term Recovery Housing

Employment Supports

Transportation Assistance

Peer Recovery Supports

Support Groups

Medication Assisted Treatment (MAT)

Intensive Outpatient Programs (IOPs)

Mental Health Supports

# SAARA Center for Recovery

Total Unique SAARA Center Visits: 70 (1/1/18-3/31/18)

- \* 10 Years of Peer Recovery
  - \* Group meetings daily
  - \* Monthly REVIVE! Trainings (42 people through 3/31/18)
  - \* Certified Peer Recovery Specialist Classes
  - \* Volunteer Hours
  - \* Computer Lab
  - \* Resource Hub
  - \* A sober FUN environment
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- \* In the Future: Medication Assisted Treatment (MAT) Trainings and Family Support Groups



- \* Alive-RVA is a pilot program that is funded by the OPT-R Grant, started in November 2017 and launched in January 2018.
- \* The base of operations is at SAARA Center and involves a team of Certified Peer Recovery Specialists from SAARA of Virginia, Mental Health America-Virginia, Friends 4 Recovery, Richmond Behavioral Health Authority and Chesterfield County.
- \* The program offers telephonic support on a “warm line” to those with questions, concerns or seeking resources. They are also deployed to nearby hospital Emergency Departments to assist in substance use overdose and relevant crisis situations as a recovery resource.
- \* Total Unique Calls : 115 (1/1/18-3/31/18).
- \* Total Calls 220.



# RECOVERY UNHOOKED

*part deux*

CO-HOSTED BY



Community. Recovery. *Unlimited* Potential.



@Saara Of Virginia, Inc.  
@Recovery Coaches Inc.

**TAP GOING OR INTERESTED  
SHARE EVERYWHERE  
TAG YOUR FRIENDS**



\* **Advocacy:** any activity that a person or organization undertakes to influence policies.

\* Some consider advocacy to be all activities that are not specifically lobbying, such as public demonstrations, sharing information on social media or in person at events.

\* **Advocacy**

- \* **Tell Your Story.** Make your voice heard by sharing your recovery story and putting a face on Substance Use Disorders.
- \* **Join (Or Start) An Affiliate.** Our affiliates focus on advocacy efforts specific to the needs in their region. Explore the Affiliates portion of our website or email [paigeb@saaracenter.org](mailto:paigeb@saaracenter.org) to learn more.
- \* **Write A Letter To The Editor.** This is a simple and effective way to educate the public at large.
- \* **Follow Us On Facebook.**
- \* **Sign Up For our Newsletter.**
- \* **Deliver Public Comments.** Public policy and budget decisions can have a big impact on the recovery community. It's critical that those with lived experience and friends of recovery make their voices heard. Share your thoughts with legislators via email, phone calls, letters, and in person meetings.
- \* **Learn The Process.** An informed advocate should know the basics of how a bill becomes a law and what the budget process is in Virginia.
- \* **Get To Know Your Legislators.** Make your voice heard by educating public policy makers on a year-round basis. You can find your legislators easily online and even through Facebook!
- \* **Participate in Advocacy Day.**
- \* **Post Social Media Updates.** Post on your social media platforms about the importance of protecting and expanding Substance Use Disorder recovery resources. Be sure to tag your legislators on your post.
- \* **Speak at the annual Budget Hearings**

# 2018 Legislative Priorities

Expand Peer Recovery Support (SB555)

Increase Permanent Supportive Housing

Support creation of Harm Reduction Sites

Expand access to Naloxone

Expand Medicaid

Fully Fund the Behavioral Health initiatives proposed in the Governor's Budget

*Affiliates are independent chapters that work together to advocate for recovery resources needed in their communities. They are comprised of volunteers in long term recovery or friends of recovery. Services they offer vary by chapter and can include workshops, clothing drives, advocacy campaigns, workshops and fundraisers.*

### **Current Locations:**

Bay Counties, Peninsula, Central Virginia, Southwest, Northern Virginia

\* Focus Areas: Far Southwest Virginia and Culpeper

\* Support offered by SAARA to affiliates includes funding afforded by 501( c) 3 status, development and training support. Advocacy trainings and opportunities, and strategic planning support.

\* affiliates

\* <https://www.recoveryanswers.org/addiction-ary/>

- \* Person Centered Language
- \* Addict v. person with Substance Use Disorder
- \* Disease vs. choice
- \* Substance Abuse v. Substance Use Disorder
- \* Using v. in active addiction
- \* Clean v. in recovery

\* **Addiction language & stigma**



# Questions?

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