

# RECOVERY IS POSSIBLE!

## WE ARE HERE FOR YOU!

We envision a day when the stigma of addiction will be eradicated and all who seek recovery will find it.  
Recovery happens!



Advocacy. Community. Recovery. *Unlimited* Potential.

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[www.SAARA.org](http://www.SAARA.org)

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ADVOCACY  
COMMUNITY  
RECOVERY  
*UNLIMITED*  
POTENTIAL

Substance Abuse and Addiction  
Recovery Alliance

## WHO WE ARE

SAARA is the Substance Abuse and Addiction Recovery Alliance of Virginia. We advocate for addiction to be treated as the chronic disease that it is, and not a moral weakness. We believe in a holistic approach to recovery. Most of all, we believe that "the therapeutic value of one addict helping another is without parallel."<sup>\*</sup>

<sup>\*</sup> Narcotics Anonymous, Basic Text 1976





**Our goal is to help those seeking recovery maintain long-term success.** We offer confidential one-on-one appointments with Peer Recovery Support Specialists. We fill the gaps in services by connecting people with local resources, including medical services, employment, housing, food, clothing, transportation needs, and much more. The SAARA Center for Recovery holds groups each week that are representative of the many pathways to recovery, including but not limited to 12 Step Groups. We offer meetings that address gender-specific recovery, anger management, mindfulness and meditation, co-occurring issues, recovery planning, and more. Visit our website for the full list and schedule of our weekly groups.

We aim to **remove the stigma associated with addiction** by putting a face on recovery and showing that millions of people who have struggled from Substance Use Disorders go on to recover and lead full lives. We **believe in the power of a holistic approach to recovery** with multiple pathways and supports, including support from Certified Peer Recovery Specialists.

SAARA representatives attend the General Assembly, State Budget Hearings, meet one-on-one with state legislators, attend rallies at the State Capitol, and work side by side with other advocacy organizations statewide to **effect change on Virginia's policies and funding.**

We are working to **strengthen affiliates throughout the state so that groups of Virginians are equipped with information** and resources to effect change in their local communities. SAARA also has an online Resource Library and regularly publishes opportunities for the community to take part in advocacy efforts on the website at [www.SAARA.org](http://www.SAARA.org).

Through the SAARA Center for Recovery, **we work to educate both those in recovery and the community** at large by offering workshops. We currently offer Peer Recovery Specialist Trainings, Virginia Certification Board Exam Review workshops, and Medically Supported Treatment workshops, and provide supervision opportunities for interns and those in the Peer Certification process at our facility. We also partner with the Department of Behavioral Health and Developmental Services to offer REVIVE! Trainings on Naloxone administration. (Naloxone is an opiate overdose reversal drug that is available to the general public.)

**SAARA is a participating member of organizations which share our values and promote our core mission.** Examples include Substance Abuse Free Environment (SAFE), the Virginia Association of Community Service Boards, The Virginia Association of Treatment and Recovery Providers, the Virginia Association of Addiction Professionals, Facing Addiction with the National Council on Alcoholism and Drug Dependence, the National Council for Behavioral Health, the Virginia Recovery Initiative, the Governor's Substance Abuse Services Council, Community Coalitions of Virginia, and the Behavioral Health Advisory Council.

**We also sponsor drug and alcohol-free community events. To learn how you can get help or get involved, visit our website at [www.SAARA.org](http://www.SAARA.org)**



The SAARA Center for Recovery shares its location with SAARA of Virginia, at 2000 Mecklenburg St. in Richmond, Virginia. The Center is open from **9am-5pm Monday through Friday**. In 2018 the SAARA Center will proudly celebrate our 10th anniversary of providing Peer Recovery Support Services to those living with Substance Use Disorders, and co-occurring mental health challenges. The staff is comprised of people in long-term recovery who are trained to provide holistic support in a safe, community environment.



## ALIVE RVA

SAARA is a member of the Alive RVA program, which operates out of the SAARA Center for Recovery. Trained individuals with lived experience in addiction recovery offer telephonic support, and recovery resources in Central Virginia, including Methadone and Suboxone referrals, treatment and recovery support options, housing, food, and medical care. We encourage those struggling with addiction, their loved ones, and community members to reach out.

**ADDICTION RECOVERY SUPPORT WARM LINE**  
**833-4PEERVA (833-473-3782)**  
 8am-12midnight / 7 Days a Week