

Welcome to Region 4 Recovery Services

From Carla Heath and Bently Wood

Lead Regional Recovery Services Coordinators



Greetings

Welcome from Region 4 Recovery Services. We are excited that you are embarking on this new journey. We look forward to working side by side with you to inspire hope and bring recovery-oriented services to those we serve.

REGION 4 RECOVERY SERVICES VISION STATEMENT

To create strong collaboration between peer recovery specialists, family support partners, clinical staff, peers served and stakeholders. To ensure that peer services are valued and utilized and are a meaningful part of the process of providing recovery-oriented services. To recognize that working together we can make the goal of recovery a reality for all those who we serve.

WHAT WE DO:

- **PROVIDE AND FACILITATE TRAININGS**
 - Emotional CPR
 - Certified Personal Medicine Coach Training
 - Peer Recovery Specialist Training
 - Action Planning for Prevention and Recovery (APPR)
 - Mentorship Training
 - Ethical Decision Making

- **MANAGE AND OPERATE THE REGION 4 PEER ACADEMY AND INTERNSHIP PROGRAM**
 - 500 hour paid internship program within Region 4
 - Interns have the opportunity to work at a Region 4 CSB allowing for a hands on learning opportunity
 - Interns will complete a comprehensive peer recovery training curriculum

- In order to qualify for this program, individuals must have completed the 72-hour Department of Behavioral Health and Developmental Services (DBHDS) approved Peer Recovery Specialist Training
- Program is designed to meet the volunteer hour requirements in order to sit for the Certified Peer Recovery Specialist state exam

- **HOST LUNCH AND LEARNS**
 - Bring your lunch and enjoy a focused discussion in a casual environment around topics relevant to your career
 - Watch your email for information on upcoming dates and topics

- **PROVIDE A MONTHLY VIRTUAL PEER CHECK-IN FOR PEER RECOVERY SPECIALIST AND FAMILY SUPPORT PARTNERS**
 - A great way to meet, connect and receive mutual support from others doing recovery work

- **HOST AN ANNUAL MEET, GREET AND LEARN EVENT**
 - This event is for peer recovery specialist, family support partners and their supervisors
 - It is a chance to meet other peer specialist, family support partners and supervisors and has an educational component as well.

- **KEEP A PULSE ON WHAT IS HAPPENING IN REGARDS TO PEER SERVICES AT THE CSB'S AND IN THE COMMUNITY**
 - Represent the Region at community meetings at the state and local level

A FEW HELPFUL RESOURCES:

- **Certified Peer Recovery Specialist booklet (enclosed)**
- **Sign up for the e-digest to keep up to date on trainings and other events in Virginia**
www.vocalvirginia.org
- **Office of Recovery Services (OARS); follow this link to learn more about OARS and to sign up for the recovery blast** <http://www.dbhds.virginia.gov/office-of-recovery-services>
- <https://virginiapeerspecialistnetwork.org/e-newsletter/>

A LITTLE ABOUT US:

Bently: I began my career in the Behavioral Health field in 2018 as a peer recovery specialist with New River Valley Community Services Board. Drug Treatment Court, Behavioral Health Docket, residential, jail diversion and other programs are areas I have worked providing peer services. A lifetime of personal experience with mental health and substance use disorders provide ways to connect with and relate to others.

Reading, learning, cooking, baking, and spending time in nature are all activities I enjoy. I am a proud member of, and advocate for the LGBTQIA+ community.

Bently will be providing support to Crossroads, D-19, Goochland-Powhatan, & RBHA while supporting Carla in other program areas of Region 4.

Email: Bently.Wood@rbha.org

Cell: 804-217-4138

Carla: I have over twelve years' experience in the peer field developing, providing, and overseeing peer services. I feel my experience and skills acquired in serving as a co-founder and Executive Director of a non-profit center, combined with my work at Community Service Boards, gives me a unique perspective regarding peer and recovery-oriented services.

In my spare time, I enjoy swimming, painting, and spending time with family and friends. I am glad to be supporting my peers in providing services that I so passionately believe in.

Carla will be providing support to Chesterfield, Hanover, Henrico Area and Central State while supporting Bently in other program areas of Region 4.

Email: Carla.Heath@rbha.org

Cell: 804-363-6925

CHECK OUT REGION 4'S YOUTUBE CHANNEL:

<https://www.youtube.com/channel/UChzGVfpMXqkdR8BqBhwvjDg>

CHECK OUT TRAININGS OFFERED AT:

<https://www.region4programs.org/events/default.aspx>