
*REGION 4 RECOVERY
SERVICES WELCOME LETTER*

WE ARE GLAD YOU ARE HERE



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GREETINGS

WELCOME TO REGION 4 RECOVERY SERVICES



From Carla Pappas and Bently Wood

Region 4 Lead Regional Peer Recovery Specialist Coordinators

We are excited 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

Our vision is to create strong collaboration between Peer Recovery Specialists, Family Support Partners, clinical staff, peers receiving services, and stakeholders. We strive to educate and provide resources for peers, supervisors, and community partners. We do this to ensure that peer services are valued, utilized, and are a meaningful part of the process for providing recovery-oriented services. We recognize that working together we can make recovery a reality for anyone who desires to find their best self.

WHAT WE DO

- **PROVIDE AND FACILITATE TRAININGS**
 - Emotional CPR
 - Certified Personal Medicine Coach Training
 - 72-Hour Peer Recovery Specialist Training
 - Action Planning for Prevention and Recovery (APPR)
 - Mentorship Training
 - Ethical Decision Making
 - Integrated-Forensic Peer Recovery Specialist (iFPRS) Training
 - Certified Older Adult Peer Specialist (COAPS) Training
 - Peer Recovery Services in Emergency Departments and First Responder Settings
 - Documenting Peer Support Services
 - PRS Certification Exam Prep
 - Recovery Oriented Work Support
 - Medicated Assisted Recovery Support
 - Supporting Individuals with LGBTQIA+ Identities
 - ACE Interface – Understanding Adverse Childhood Experiences

- **MANAGE AND OPERATE THE ANNUAL REGION 4 PEER ACADEMY 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 virtual or in person environment around topics relevant to your career
- Watch your email for information on upcoming dates and topics
- Held the 3rd Wednesday of the month from 11:45 am – 1:00 pm
 - Use this link to join: <https://us02web.zoom.us/j/84438698017>

- **PROVIDE A MONTHLY VIRTUAL CHECK-IN FOR PEER RECOVERY SPECIALIST AND FAMILY SUPPORT PARTNERS**

- A great way to meet, connect and receive mutual support from other Peer Recovery Specialists & Family Support Partners from the region.
- This one-hour Peer Specialists and Family Support Partner Check In is on the third Monday of each month at 2 pm. Use this link to join: <https://us02web.zoom.us/j/83171721268>

- **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.
- Watch your email for more information.

- **KEEP A PULSE ON WHAT IS HAPPENING IN REGARD 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 (ORS); follow this link to learn more about ORS 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 CARLA & BENTLY

Bently: I began my career in the Behavioral Health field in 2018 as a peer recovery specialist with New River Valley Community Services Board. I have provided peer support services to individuals in Drug Treatment Court, a Behavioral Health Docket, residential treatment, jail diversion programs, to name a few. I am a 2019 graduate of the Montgomery County Drug Treatment Court. I work to build and support the peer workforce in Region 4 delivering evidence based and best practice methods and approaches for the current peer and family support workforce. Additionally, overseeing and managing the Region 4 Peer Academy Internship program providing opportunity for individuals to obtain the 500 hours needed for certification. I participate in workgroups at the local, regional, and state level, build and maintain relationships with community partners. I advocate for local, regional, and state level policy and legislation change. I am a 2021 graduate of the Office of Recovery Services Recovery Leadership Academy.

I enjoy reading, life-long learning, binge watching a good series on streaming tv, cooking, baking, and spending time in nature during my time away from work. I am a proud member and advocate for the LGBTQIA+ community. 

Bently provides support to Crossroads, D-19, Goochland-Powhatan, RBHA, & the Richmond VA Medical Center while supporting Carla in other program areas of Region 4.

Email: bently.wood@rbha.org

Cell: 804 217-4138

Carla: I began my career in 2007 by founding and running a support group for my peers. I have worked at two different day programs for the CSB's. I also co-founded non-profit peer run center and served as Executive Director at that center. I have supervised and managed staff and volunteers in that role. 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. I work to build and support the peer workforce in Region 4 delivering evidence based and best practice methods and approaches for the current peer and family support workforce. Additionally, overseeing and managing the Region 4 Peer Academy Internship program providing opportunity for individuals to obtain the 500 hours needed for certification. I participate in workgroups at the local, regional, and state level, build and maintain relationships with community partners.

I enjoy swimming, painting, writing, woods baths, 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 provides support to Chesterfield, Hanover, Henrico, and Central State while supporting Bently in other program areas of Region 4.

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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>