Collegiate Recovery Program

What is a Recovery Ally?
A Recovery Ally supports, values, and celebrates recovery journeys. They foster an inclusive, Recovery-Ready Grounds where those in recovery or exploring their substance use are affirmed, feel comfortable asking for help, and are easily directed to accessible resources.

RECOVERY ALLY TRAINING

Pick one!

- **March 23rd, 1 - 4pm EST** with Tom and Jen
- **April 20th, 1 - 4pm EST** with Tia and Jen
- **May 25th, 1 - 4pm EST** with Tia and Jen

Department of Student Health and Wellness
Session Overview

Each three-hour training will cover:

- An introductory overview of substance misuse, addiction, and recovery
- Stigma-reducing strategies, including recovery-friendly language
- On-Grounds and community resources for substance misuse and recovery
- Ally intervention skills
- A personal story of recovery
- A question and answer session

PRESENTER: Tia Mann, MS, CHES
Associate Director, Office of Health Promotion, UVA Department of Student Health and Wellness

Tia has worked in OHP since 2016, and has twelve years of experience in the field of substance misuse prevention and early intervention in higher education. She has witnessed the experience, strength, and hope of recovery in others, and desires to spread recovery allyship across UVA.

PRESENTER: Jennifer Cervi, LLMSW
Recovery Support Specialist, Office of Health Promotion, UVA Department of Student Health and Wellness

Jen hails from the University of Michigan where she launched a Collegiate Recovery Program while obtaining a Masters in Social Work. She has also launched CRP programs at the University of Texas at San Antonio and the University of North Carolina, Wilmington. Jen’s motivation to help others is a direct result of her personally being an individual in long term recovery.

PRESENTER: Tom Bannard, CADC, MBA
Program Coordinator, Rams in Recovery Virginia Commonwealth University

Tom Bannard is the Program Coordinator for Rams in Recovery at Virginia Commonwealth University and a graduate of University of Virginia. VCU’s program has grown rapidly in the past two years with more than 60 students members, recovery housing, a recovery clubhouse open 7 days a week, 14 weekly recovery groups on campus, and a Family Education Program.