Collegiate Recovery Program

RECOVERY ALLY TRAINING

Oct. 20th, 11am - 1:30pm EST
with Tia and Jen in Newcomb Hall, Rm 481

Nov. 17th, 11am - 1:30pm EST
with Tia and Jen in Newcomb Hall, Rm 389

CLICK HERE TO REGISTER

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.
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.