

# CVAB

www.CVABonline.com

*We Share Hope and Empower People*

## OUR VALUES

<b>RESPECT</b>	<i>We treat people right</i>
<b>GENUINE</b>	<i>We value transparency</i>
<b>WELCOMING</b>	<i>We are open and attentive</i>
<b>RELATIONSHIPS</b>	<i>We practice healthy connections</i>
<b>INNOVATION</b>	<i>We make life better</i>
<b>EMPOWER</b>	<i>We support self-action</i>
<b>JUSTICE</b>	<i>We seek equity</i>

## OUR WORK

*We use peer support—people with lived experience and in recovery—to support people who are vulnerable or in crisis, or wanting to experience healing, recovery and wellness.*

### Clark County Services

REACH Center: 360.397.8050  
 Val Ogden Center: 360.253.4036  
 Employment Link: 360.787.8405  
 REACH Too: 360.773.8054  
 Warm Line: 360.903.2853

### Skagit Valley Services

REACH Center: 360.873.8635

### Statewide Services

REACH Academy: 360.397.8050  
 PRO AP: 360.787.8406

<b>REACH CENTER</b>	<i>Self-directed participation in groups, classes and activities</i>
<b>VAL OGDEN CENTER</b>	<i>Employment and education supports and services</i>
<b>EMPLOYMENT LINK</b>	<i>Supported employment services</i>
<b>REACH TOO</b>	<i>Support and prosocial activities for individuals in therapeutic courts (SAMHSA CSAT Grant)</i>
<b>WARM LINE</b>	<i>Phone peer support</i>
<b>SKAGIT VALLEY REACH CENTER</b>	<i>Self-directed participation in groups, classes and activities</i>
<b>REACH ACADEMY</b>	<i>Training for peers, peer leaders, systems and the community</i>
<b>PEER RUN ORGANIZATION ALLIANCE PROJECT</b>	<i>Supporting peer delivered services across Washington (SAMHSA CMHS Grant)</i>

# SAMHSA's Definition and Guiding Principles of Recovery

***A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.***

Through the Recovery Support Strategic Initiative, SAMHSA has delineated four major dimensions that support a life in recovery:

- ◇ **Health:** overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way;
- ◇ **Home:** a stable and safe place to live;
- ◇ **Purpose:** meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and
- ◇ **Community:** relationships and social networks that provide support, friendship, love, and hope.

## Guiding Principles of Recovery

- ◇ ***Recovery emerges from hope***
- ◇ ***Recovery is person-driven***
- ◇ ***Recovery occurs via many pathways***
- ◇ ***Recovery is holistic***
- ◇ ***Recovery is supported by peers and allies***
- ◇ ***Recovery is supported through relationship and social networks***
- ◇ ***Recovery is culturally-based and influenced***
- ◇ ***Recovery is supported by addressing trauma***
- ◇ ***Recovery involves individual, family, and community strengths and responsibility***
- ◇ ***Recovery is based on respect***

## Some of CVAB's Services

W R A P	<i>Wellness Recovery Action Plan (EBP)</i>
W H A M	<i>Whole Health Action Management (Promising Practice)</i>
Supported Employment	<i>Individual Placement and Support (IPS) Supported employment services (EBP)</i>
C O S P	<i>Consumer Operated Services Program EBP TOOLKIT through programming</i>
Peer Support	<i>CMS Evidence-based model of care</i>
Money SMART	<i>FDIC financial management curriculum</i>
Benefits and Work Incentive Planning	<i>Trained and certified planners for people with disability benefits</i>
DVR Community Rehabilitation Program	<i>Contracted DVR CRP service</i>
Trauma-Informed Support	<i>Completion of National Center for Trauma-Informed Care Virtual Learning Community on topics of trauma-informed organizational change and trauma-informed peer-support</i>