

# Colorado Consortium for Prescription Drug Abuse Prevention

## 8<sup>th</sup> Annual Meeting

### Recovery

October 22, 2020



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# Welcome!

## Housekeeping:

- Participants have been muted upon entry
- Recommended to view in “Presenter” mode as opposed to “Gallery”
- Please add any questions or comments to the chat box
- Remember to unmute yourself during Q&A at the end of the session



# Welcome – RCO Headliners

## Advocates for Recovery CO

- Tonya Wheeler

## Embark/Peer Coach Academy

- Rod Rushing

## Springs Recovery Connection

- Cathy Plush
- Trudy Hodges
- Julia Brownfield



# Session Overview

1. Introductions and background of the 3 cornerstone recovery community organizations in Colorado
2. Shared insights on:
  - Keys to Sustainability
  - National resources & ROSC
  - Meeting the needs of diverse populations
3. Q&A



# Advocates for Recovery Colorado

**Tonya Wheeler, CPFS**, is a founding board member of Advocates for Recovery Colorado and has been the Executive Director of the organization since 2009. Tonya began working in the substance use disorder field in 1992 and previously worked as a Certified Addictions Counselor III in Colorado and as a Licensed Chemical Dependency Counselor in Texas.

As a woman in active and sustained recovery since 1990, Tonya's passion for helping others has remained evident in her work in the recovery field and advocacy. Tonya is a sought-after trainer and speaker across Colorado and the United States, with experience training on a variety of SUD and recovery-related content. She has received multiple community and advocacy awards including the *Vernon Johnson Award* and *Community Recovery Beacon Award* and is a past Board Member for Faces & Voices of Recovery in Washington, D.C..



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# Springs Recovery Connection

- **Cathy Plush**, Founder and Chief Development Officer, understands firsthand the importance of community involvement in the recovery process. As a woman in long-term recovery she has made it her work to promote recovery by educating about substance use disorder and the hope of healing. Her passion is to make SRC's mission understood in the community one step at a time. She values interpersonal relationships and feels that it is important to make people feel valued, whether they are old friends or first time acquaintances. She is a firm believer in, and an example of how, one person can be an agent of change.
- **Julia Brownfield, MPH** offers several years of experience in program management, workforce development and substance abuse prevention education. She's a woman in long-term Recovery with her Masters in Public Health Education and her Graduate Certificate in Drug and Alcohol Counseling. She believes that Recovery is a process where a person learns how to value their own unique gifts and live to their fullest potential.



# Springs Recovery Connection

- **Trudy Strewler Hodges**, Chief Executive Officer, has over three decades working in non-profit management in Colorado Springs and the surrounding area, demonstrating success in organizational leadership, aligning business goals, board strategies, and implementation. Trudy's personal and professional commitment to the mission of SRC has been demonstrated in her guidance as our strategic consultant to the board and SRC leadership over the last three years. SRC remains driven by the vision to strengthen the recovery community through peer and family support, public education, and advocacy.



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# Embark / Peer Coach Academy

**Rod Rushing** is a Certified Addiction Counselor III, a Certified Core CCAR Recovery Coach Trainer, a certified Colorado Peer & Family Specialist, and a community organizer with over 15 years of experience mentoring/supporting people as well as discovering new applications of peer-to-peer support. Rod works tirelessly to strengthen access and remove barriers to recovery support systems and facilitate people's reintegration into wellness/recovery.



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Colorado's Statewide  
Strategic Plan for Substance  
Use Disorder Recovery:  
**2020-2025**

AUGUST 2019



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***Thank You!***

***Please join us for the general session***

***at 9:45***

***Meeting ID: 94087018876***



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