Telephone Recovery Support (TRS) helps people in recovery stay in recovery! The SAARA Center for Recovery is now offering weekly peer-to-peer telephone recovery support services to people early in recovery.

Trained volunteers make weekly calls to consenting participants to check in and see how they are progressing in their recovery.

TRS helps reduce relapse and enhances recovery, not only for the recoveree, but also for the volunteer calling.

Discussing his excitement of the newly launched program, one of SAARA's TRS volunteers stated, "When I was early in my recovery, no one ever called me when I was scared and needed to talk to someone. I remember wishing that someone would call me and offer some help. Being in recovery, and having the TRS program, is a perfect way of giving back by making that phone call that I never got."

Evaluations of the TRS program in other communities have shown great success. 93% of 4,036 people contacted reported they were still in recovery — many of who have been in recovery for over a year. Of the 70 people reported to relapse, volunteers were able to help 32% of them back into recovery.

If you are interested in volunteering for the TRS program, or if you or someone you know would like to enroll in TRS, please call us at 804-762-4445 for more details.

SAARA is Virginia's statewide Recovery Community Organization. We are a recovery community organization. Members include hundreds of people in recovery, their families, friends, and recovery-friendly businesses and other organizations. We are putting a face on recovery and showing our communities that recovery happens. We are building services and supports to develop recovery capital. We are filling gaps in services so that we may help people initiate and sustain recovery. We are showing our communities how recovery happens!

Mission Statement

SAARA promotes recovery from substance use disorders for individuals, families, businesses and communities in Virginia. We are a recovery community membership organization committed to prevention, education, treatment, advocacy, empowerment, collaboration and service.

For additional information, contact:
Mark Blackwell, Executive Director
SAARA Center for Recovery/SAARA of Virginia
306 Turner Road, Suite L, Richmond, VA 23225
http://www.saara.org/
804-762-4445
Fax: 804-762-4333
Email: markb@saaracenter.org