

## Peer Support Offers:

**Empowerment**

**Understanding**

**Acceptance**

**Validation**

**Empathy**

**Compassion**

**Open Communication**

## Links to Community Resources

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### VCSB Peer Recovery Specialists:

Zed Kosowitz  
Certified Peer Recovery Support  
Specialist  
540-430-1152

Clayton Fitzgerald  
Certified Peer Recovery Support  
Specialist  
540-480-7631



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### **Suicide & Crisis Lifeline: 988**

VCSB does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations.



## Valley Community Services Board

Adult Program



## Peer Recovery Substance Use Treatment



## Resources

**12-Step Recovery meetings**

**SMART Recovery meetings**

**Case management**

**Celebrate Recovery**

**OBAT: Office-Based Addiction**

**Treatment**

**Intensive Outpatient treatment**

**Outpatient treatment**

**Private, one-on-one counseling**

[Narcotics Anonymous](http://www.brana.org)

[www.brana.org](http://www.brana.org)

[Alcoholics Anonymous](http://www.district47.org)

[www.district47.org](http://www.district47.org)



## Peer Support

Peer support occurs when people provide knowledge, experience, and emotional, social or practical help to each other.

The peer relationship is based on trust, respect and dignity; the ability to understand and empathize with the difficulties that an individual is experiencing; and sharing our own experiences and accepting an individual's chosen recovery path.

## Peer Support Specialist

The Peer Support Specialist does not:

- ◇ Do the work for you
- ◇ Tell you what to do
  - ◇ Act superior
  - ◇ Judge
- ◇ Act as a sponsor

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## Recovery



Everyone's recovery path is unique and "person-centered." VCSB provides support to people with identifying goals, hopes, dreams and through creating self-determined lives for themselves.

Recovery will look different for everyone. The goal is to ensure that you have the resources needed, no matter where you are on your path.

*Recovery is a journey, not a destination.*