



### MISSION STATEMENT

To provide quality substance abuse residential support services leading to improved health, wellness, long-term recovery, employability and reintegration with society and families.

### VISION STATEMENT

To ensure women with substance abuse issues, who may or may not be coming out of rehabilitation treatment centers and Department of Corrections Facilities, have access to optimal substance abuse residential support services.

Recovering Hands is dedicated to providing support and residential extended-care to women suffering the effects of substance abuse. Through working with a consistent advising team familiar with each resident, and with input from the community, residents learn to recognize and manage the symptoms of illness and the hallmarks of addiction, acquiring the tools to reduce the impact of these devastating forces on their lives.



### FUNDING SOURCES

Recovering Hands is a 501(c)3. Donors can deduct contributions under IRC Section 170. Our program relies almost entirely on the generosity of our donors. We fight the effects of this Opioid Epidemic one grateful life at a time. Donations can be made through our website or please contact us for other options. We would love for you to schedule an appointment to tour the facility. PH: 860-309-1404

There is a short powerpoint presentation and a downloadable version of this brochure on our website at [www.recoveringhands.com](http://www.recoveringhands.com)

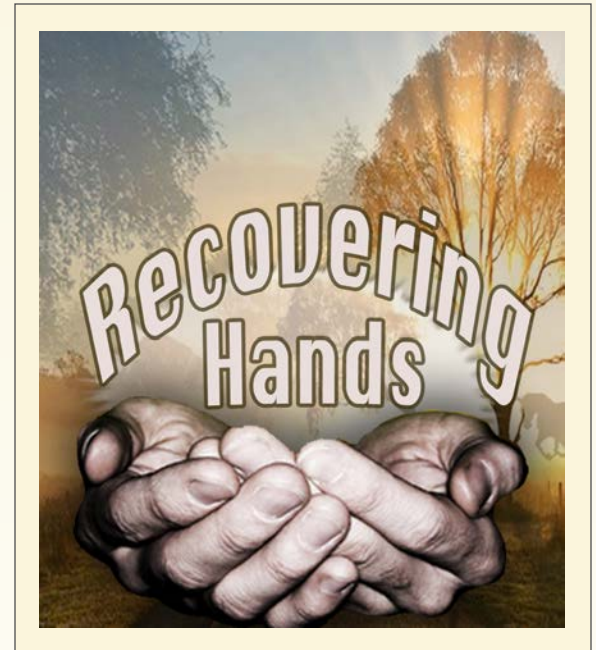
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NATHALIE, VA 24577



Accredited by the  
Virginia Association of Recovery Residences

# RECOVERING HANDS

RESIDENTIAL HEALTH & WELL-BEING  
EXTENDED-CARE CENTER



## RECLAIMING THE PLANET ONE LIFE AT A TIME

We are a Virginia Accredited Consumer Operated 501-3(c) residential extended-care center dedicated to providing support to women who want to turn their lives around. Our program focuses on teaching the life skills necessary to maintain long term recovery from substance use.





# How Can We Help?



Recovering Hands adheres to a professional competency standard and uses evidence based practice models in all of our programs. For women struggling with addiction, Recovering Hands offers a safe recovery based living environment, insulating them from the triggers that might otherwise pull them off their paths, giving them a chance to move into long-term recovery with a solid base in place.

## OUR SERVICES INCLUDE

- Comprehensive evaluation and recovery planning
- 24 hour supervision
- Medication accountability
- Communal dining, workshops and meetings
- Ongoing individual inventories of challenges and progresses
- Specialty group and peer group daily meetings with topics such as substance abuse, introduction to 12-step programs, faith based recovery, self-esteem, family patterns, assertiveness, boundary setting, taking responsibility, anxiety and stress reduction and navigating interpersonal relationships
- Recreational therapy, exercise classes, access to our on site gym, Yoga, meditation, art and equine therapy, wood working, gardening, canning, candle and soap making, crocheting, pottery, sewing, and painting.

- Life skills workshops geared towards increased learning on how to shop and prepare nutritional meals, time management -balancing life, children, work, recovery, how to buy and maintain a vehicle or take public transportation, budgeting 101, balancing a checkbook, parenting classes, how to create a resume, seeking gainful employment, becoming a useful productive member of society.
- Daily 12 Step and/or faith based recovery meetings



The 150-acre farm at Breezy Hill is home to Recovering Hands. Breezy Hill has its roots in the Tobacco Industry. Reclaiming the Tobacco depleted land was the first stage in our vision for healing lives and families. We have two Tobacco Barns and a 20'x60' pavilion that are being converted into cabins and a main meeting and dining hall. We built a new building in 2016 which contains our Group Room. We added a bedroom onto an existing trailer building which allowed us to be ready to open for our first three girls in April of 2017.



## OUR FOUNDERS

Bill and Kim Adams have been involved in long-term recovery since 1989. They bought Breezy Hill in 2004 and began working with the fields right away. By 2010 they began raising Black Angus on the recovering fields. Reclaiming this old farm is a labor of love and everywhere you look you can reap the rewards of their work.