**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 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. We are working toward being able to obtain funding through the Virginia Department of Criminal Justice (VDCJ) and the Virginia Department of State Health Services (VSHS). Other funding streams that we are exploring are United Way, the U.S. Probation Office–Southern District of Virginia, and private donations, in addition to other short-term grant opportunities.

We have raised over $12,000.00 through our GoFundMe page. This money is being raised to complete the remodeling of the barns and of Recovery Hall, the main meeting and dining area. [https://www.gofundme.com/recovering-hands-building-fund](https://www.gofundme.com/recovering-hands-building-fund).

DLN: 26053612002185

4067 Beulah Road
Nathalie, VA 24577
(434) 349-9789

**Reclaiming the Planet**

**One Life at a Time**

We are a quality substance abuse residential health and well-being extended-care center in Nathalie, Virginia. Our mission is to rebuild healthy minds and bodies through integrating therapy, counseling and intensive life skills.
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
- Certified therapists, counselors, Wellness Recovery Action Plan (WRAP) facilitators and life skills coaches
- Community meeting and dining rooms
- 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, grief and loss, sexuality, trauma survival, self-esteem, family patterns, assertiveness and interpersonal relationships
- Recreational therapy, exercise classes, access to our on site gym, yoga, meditation, art and equine therapy, farming, ranching, wood working, gardening, canning, candle making, soap making, and aquaponics
- 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

**Our Board**

We are very fortunate to have Linda Oberst, LSATP. Linda is a psychologist who practices in Danville, VA and at OnSite in TN. Without Linda’s faith and vision our dream would more than likely still be unrealized. Linda is indeed a force of nature. Her services will be made available to our residents as needed. Our second Board Member, Jack Cook is a successful local entrepreneur and wonderful friend. Laverne Williams, CPRS, ALWFT, CIT, is a trained WRAP facilitator and a Certified Peer Specialist. Laverne joined us in December of 2016. With a strong spiritual background, and a passion for helping people she will be leading our Bible based 12-Step Meetings. Enid Osborne and Kathy Woods joined our board in February 2016. Together they contribute an abundance of passion for helping recovering women, grant writing and non-profit experience.

**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.