



SUBSTANCE ABUSE PREVENTION

2021 CAYA COALITION ANNUAL REPORT

covers the period from
November 1, 2020 through
December 31, 2021

“Due to your dedication to the recovery community and generous grant, we were able to show people that you can still have fun and enjoy life in recovery! ...I know that I felt as if the “fun” was over, and if I had to continue to do meetings and stay in recovery, I would never have a good time again. Sessions by the Sea was the first recovery convention I have attended, and it made an impact on myself and many others” –Sessions by the Sea AA Conference Attendee

MISSION

The mission of the Come As You Are Coalition is to connect people who are impacted by addiction to support and treatment resources, and to collaborate with community organizations to support local prevention programs in Culpeper and Fauquier Counties.

WWW.CAYACOALITION.ORG



\$57,430 IN GRANTS AWARDED BY CAYA

CAYA raises money to help fund community programs throughout Culpeper, Rappahannock and Fauquier counties. CAYA awarded grants to the following organizations between November 1, 2020 and December 31, 2021.

\$10,000 Verdun Adventure Bound for the purchase of a new bus

The 15-person passenger bus allows Verdun to provide transportation to campers and program participants. The Verdun bus serves youth and adults in need of services.

\$5,000 Northern Piedmont Community Foundation Sallie Morgan Scholarship

Fills a gap for individuals wishing to pursue a degree in the mental health field.

\$5,000 Sex, Drugs, & God Community Care Partner Step-Work Scholarship Program

Providing peer coaching, mentoring, support, and financial aid to individuals struggling with addiction.

\$3,200 Mental Health Association to support the training of an instructor for the Teen Mental Health First Aid Program

The effect that this pandemic is having among our youth has impacted their emotional well-being. Equipping them with coping skills can help them in the years to come and even save a life.

\$3,000 RRCS Mind-Body Workbooks for Addiction & Sessions By the Sea AA Conference

The mind-body workbook for addiction is certified as an evidenced-based method to help people in recovery become more aware of their negative thoughts and teaches them how to regulate strong emotions such as anxiety, anger, worry and stress—all emotions that lie at the core of addiction issues. CAYA sent five people in recovery to the Sessions By the Sea AA Conference. This was an opportunity for individuals in early recovery to interact with others of all ages and backgrounds who are in both early and long-term recovery.

\$1,000 EACH to Culpeper, Fauquier, Eastern View, and Liberty high schools

For end-of-year celebrations to combat the negative effects the pandemic had on students from isolation with virtual learning.

\$1,000 Team Jordan suicide and drug prevention efforts

\$500 OR LESS TO EACH of the following CARS, Verdun Adventure Bound programming, and Oxford House of Cottonwood.

2021 CAYA Coalition Substance Abuse Prevention Grant

The COVID pandemic really hit the substance abuse program community. We know that many 12-step and support group meetings were impacted heavily and so were other worthy efforts to help people with substance abuse disorders. CAYA saw a reduction in the number of grant requests made to us. We hope that by opening a grant cycle, we can help new efforts that we just don't know about. Substance Abuse Prevention Grant awarded \$2,500 to each of the following groups:

Sex, Drugs, & God, Inc. to offer financial aid to individuals struggling with addiction who are working on their recovery so they can re-enter society as a contributing member of the community.

SpiritWorks Foundation to help expand the Apprentice Program that serves to train a generation of individuals in recovery to contribute to the workforce as productive citizens.

Spiritual Care Support Ministries, Inc. to purchase a training module, "Breaking Free" and fund support materials/notebooks for 20 counselors who provide one-on-one counseling to individuals suffering from an addiction disorder.

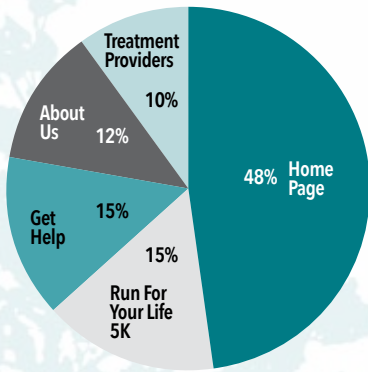
CARS Christ-Centered Addiction Restoration Services to purchase program materials for the 2022-2023 year for weekly support groups.

Charitable Giving

CAYA awarded **Herren Wellness at Twin Oaks** \$15,000 to advance charitable and educational purposes through relief of the poor and distressed by providing funds to HWTO so it may provide important direct holistic substance use recovery services to one or more residents of Fauquier County, Culpeper County, Rappahannock County, or one or more residents of other counties contiguous to these counties, who due to financial limitations are not able to otherwise afford the services offered by HWTO.



TOP 5 PAGE VIEWS



GRANTS AWARDED TO CAYA

\$3,649.26

Give Local Piedmont

\$2,500.00

PATH Foundation

\$1,375.00

100+ Women Who Care

\$25.00

Women of the Moose

CAYA DRIVEN COMMUNITY PROGRAMS

CAYA Website

Over the past year, our top five most visited pages now include *Get Help* and *Treatment Providers*. CAYA is pleased to see that the information we have culled and vetted is being accessed by guests to the website.

CAYA Coalition Run for Your Life 5K

The 2021 5K event was held at Verdun Adventure Bound and raised \$35,830, which will be used to help fund substance abuse and prevention programs. This 5K has become a well-regarded event for individuals and families impacted by substance use especially during the pandemic when both mental health and addiction disorders are on the rise.

- 239 registered runners
- 190 finishers
- 45 sponsors
- Baby Jim's food vendor
- Chris Herren, event speaker and national role model for recovery

Platinum sponsors: Country Chevrolet, Breeden Companies, Battlefield Toyota - Battlefield Chevrolet - Battlefield Ford, Strategic Alliance Consulting-Strategic ACI Foundation, UVA Health

Gold sponsors: Blaser Physical Therapy, George Mason Mortgage - Peter Conto, Recovery Centers of America, S.W.I.F.T., Team Jordan, Warrenton Toyota

Silver sponsors: Appleton Campbell-Plumbing-Heating-Air Conditioning-Electric, Brown's Fairfax Nissan, Bryce Tree Service, Century 21 New Millennium-Mary Ann Dubell Realtor, Cherry Street Building Supply, Colvin Floors, Gaithersburg Architectural Millwork, Kash Imprints, Mental Health Association of Fauquier County, Dr. Vincent & Janelle Murray, Pinnacle Treatment Center of Culpeper, Rappahannock Rapidan Community Services, Sex, Drugs, & God, SpiritWorks Foundation, Stampede Technical Solutions, Transamerica, Urological Associates of the Piedmont-David Pfeffer MD, Walker Jones, PC, Warrenton Wellness, XS Telecom

14 Bronze sponsors

Gym RAT (Recovering-Addiction-Today)

- Research indicates that regular exercise can increase abstinence rate for substance use by up to 95%.
- In partnership with Culpeper Powell Wellness Center, CAYA Coalition funds an 8-week doctor referred exercise program at a certified Wellness Center.
- Individualized exercise sessions will meet twice weekly and include a nutrition session.
- This program is intended for individuals transitioning from or managing a medical condition or needing additional support to improve their level of physical activity and overall health.



BOARD OF DIRECTORS



CHAIR:
Chelsea Moore,
Rappahannock
Rapidan Community
Services Prevention
Support Coordinator



Brittany Dwyer,
Headwaters
Foundation,
Executive Director



Caroline Folker,
Families
Overcoming Drug
Addiction



Jo Tartt, Jr., FODA
Group Facilitator



Moira Satre,
Come As You Are
Founder, CEO



Powell Duggan,
Walker Jones Law



Ray Acors,
Retired Major
Ray Acors, School
Resource Office



Tim Chilton,
Culpeper Town
Police Department



STAFF:
Aimée O'Grady,
Outreach
Communications
Coordinator

ORGANIZATION HISTORY

Launched in 2016, Come As You Are was formed by Moira Satre in response to the sudden and tragic death of her son, Bobby, from a drug overdose on April 18, 2015. Moira felt she navigated the merciless waters of drug addiction alone, without a life raft. Information on the internet was overwhelming and local resources were lacking. The loss of her son was traumatic enough, but feeling alone and hopeless throughout his addiction worsened her circumstances. Moira wanted to carry her son's memory in a positive way and created an organization aimed to help those in similar situations without judgement. Come As You Are was born.

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"If we can make a difference on just one person's perspective and outcome then it is well worth it in my eyes." –Claire Corbin, Peer Support Specialist RRCSB

COMMUNITY PARTNERS

Battlefield Toyota-Chevrolet-Ford
Blaser Physical Therapy
Breedon Companies
Chris Atwood Foundation
Country Chevrolet
CRUSH
Culpeper Baptist Church
Culpeper County Public Schools
Culpeper Overdose Awareness
Culpeper Sheriff's Department
Culpeper Town Police
Fauquier County Public Schools
Fauquier Sheriff's Department
Families Overcoming Drug Addiction
George Mason Mortgage-Peter Conto
Herren Wellness Center
Highland School
K Art & Design, Inc.
Kash Imprints
Living the Dream Foundation
Mental Health Association of Fauquier County
PATH Foundation
Powell Wellness Center
Rappahannock Rapidan Community Services (RRCS)
Recovery Centers of America
Rusty Bowers Foundation
Sex, Drugs, & God
SpiritWorks Foundation
Strategic Alliance Consulting, Inc.
S.W.I.F.T.
Team Jordan
UVA Health
VA Dept of Health
Verdun Adventure Bound
Warrenton Police Department
Warrenton Toyota