

# Skagit Valley REACH Center

a **CVAB** self-help recovery center  
Recovery, Empowerment, Advocacy, Community, Hope

**CVAB**  
CONSUMER VOICES ARE BORN, INC  
www.cvabonline.com 1-866-944-CVAB

## Skagit Valley REACH Center

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### Where is the SVRC?

1413 E College Way,  
Mt Vernon WA 98273

### When will the SVRC open?

Monday, February 6, 2012

### What will be the hours of the SVRC?

9 AM-6 PM, Monday — Saturday

### Who can participate?

Anyone wanting to be proactive in their mental health or addictions recovery and seeking a life of health and wellness. Participation is voluntary and an individual can choose to:

- Be present
- Be social
- Seek individual supports
- Engage in activities

### What can I expect the first time I visit?

Each participant will go through an individual orientation the first time to the SVRC and will be required to sign-in on each visit after that.

### What does this cost or what if I do not have insurance?

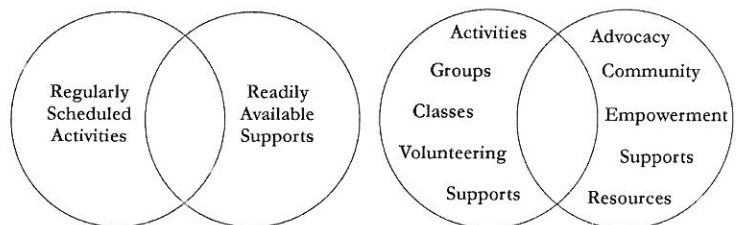
Participation is free. We will ask you about insurance but that is for our understanding of who we are serving and additional needs you may have.

### What will be happening at the SVRC?

You will find:

- Mutual support
- An inclusive and accepting community
- Support and services for living into and sustaining wellness and recovery
- A source of empowerment and advocacy.

The heart of center is peer-to-peer support and it will be provided through regularly scheduled activities and readily accessible peer support.



### What is expected of me as I participate?

We have three basic rules in CVAB centers: Respect, Responsibility, Recovery. The SVRC staff will encourage each participant to develop an individual wellness and recovery plan that includes goals for the year and how to use the SVRC to accomplish those goals. No matter what the level of participation, wellness and recovery activities are encouraged as a means of getting the most out of the center and in life.

### What is the phone number for the SVRC?

As soon as we have it we'll make it known.

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### Will meals be served?

No. There may be a participant potluck from time to time but no meals. The SVRC will work with individuals to find where in the community their nutritional needs can be met.

### Are there volunteer opportunities?

Yes. You will be able to volunteer in a number of roles after taking the Volunteer Orientation class.

### Will there be coffee?

Yes. If there are properly trained volunteers who have signed up to make it.

### Are service dogs or guide dogs allowed?

Yes. As long as the dog behaves as a service or guide dog, they are welcome.

### What kind of recreation is offered?

Depends on your definition of recreation. There are no pool or ping pong tables. Those opportunities exist in the community and our role is to assist you in finding them and accessing them. A Recovery Center can help you develop a comfort in being around people so you can more easily access those services in the community. There will be games and other activities.

### Can I sleep there?

No. This is a recovery center, not a drop-in

### What is there to do?

Participate in a safe and sober environment that includes:

- Support Groups
- Computers and Classes
- Employment Readiness
- Advocacy and Resources
- Social Activities
- Volunteer Opportunities
- Time to Talk
- Attentive Peers
- Nonjudgmental Caring
- Genuine Support
- Necessary Resources
- Confidence and Trust

### What if someone arrives that is suspected of not being sober?

The SVRC is a sober environment. An individual will have a discussion with a staff member and it will be left to the discretion of the staff to ask that individual to leave and return when sober.

### So, why would I want to go there?

The short answer: Why not? If you want to be proactive in your wellness and recovery this center can help. It isn't the perfect place but it is a place that peers can come together, support one another and be empowered to live the life that is most fulfilling and meaningful. Our desire is you find it to be a community of hope.