

My heart's desire is to serve our rural communities by helping others to live their best life possible. To help educate our communities to end stigma and to support those struggling. As a lifelong resident of Greenbrier County I have seen how the lack of education, support and resources can affect our rural communities. My goal is work within CRCH to make a positive difference in the lives of the students at WVSOM, our communities and those that live in our rural areas.

Training/certifications:

- Recovery Coach 1, Life Coach 1
- Sexual Assault Response Team
- Law enforcement Response to Domestic Violence
- Recovery Ally
- Suicide Prevention Gatekeeper QPR Institute
- Adolescent Addiction (OUD) in Appalachia
- ASIST (applied suicide intervention skills trained)
- Methamphetamine Use Disorders
- Recovery Coach Professional
- Understanding and Advocating for LGBTQ People Advocacy/Cultural Compency
- safeTALK (suicide alertness for everyone)
- Opioid Antagonist (Naloxone)
- Trauma 101 WVU Center for Excellence in Disabilities
- WVDII Naloxone course
- SMART recovery training program
- SMART Recovery 101
- De-Escalation Techniques for First Responders WVU
- Implementing Trauma Informed Positive Behavior Support WVU
- Peer Recovery Specialist/Community Health Worker
- Life Line Facilitator
- WV Leadership Academy TOT

Community Involvement:

- Crisis Intervention
- Providing Resources
- Facilitating suicide prevention and awareness training
- Homeless Outreach
- SMART recovery support group
- PRSS and Community Health Worker services

Affiliations:

- One Voice – onevoicewv.org
- WV Collegiate Recovery Network – marshall.edu
- WVCIA - wvcia.org
- Prevent Suicide WV – preventsuicidewv.com
- Brother Up LLC

