



encompass
—Community Supports—

Formerly Known As – Rappahannock-Rapidan Community Services

The S.E.E. Recovery Center

Support, Encourage, Empower

710 U.S. Ave, Culpeper, VA 22701

540-825-3366

SEERecovery@ecsva.org



The S.E.E. Recovery Center

Encompass Community Supports is providing immediate access to recovery services and enhancing the continuum of care to our community with the S.E.E. (Support, Encourage, Empower) Recovery Center in the heart of Culpeper, Virginia.

The concept of the Support Encourage Empower or S.E.E. Recovery Center stems from Thomas Pratt, Certified Peer Recovery Specialist, DBHDS Certified Trainer, Navy Veteran, developer of the Veteran X Peer led Mental Health Recovery program, and Orange County Resident. During Tom's trainings, he inspires future Peer Recovery Specialists with the idea that peers can SEE others recovery through support, encouragement, and empowering individuals on their path to discover, maintain, and strengthen their recovery.

The S.E.E. Recovery Center offers an array of recovery-oriented groups, meetings, and the opportunity to speak with someone about mental health or substance use recovery. A staff member will be available from 8 am to 9 pm Monday through Friday to assist with attending appropriate groups or other services. First Responders, Law Enforcement, and Emergency Department Personnel; please call (540) 617-0774 or (540) 825-5656 Option 7 to arrange connection with services at the S.E.E. Recovery Center. The S.E.E. Recovery Center is open to all in need of recovery services in the area.

Current Hours:

Monday – Friday: 8:00am to 10:00pm

Saturday: 9:30am to 3:30pm

Sunday: 4:30pm to 8:30pm

We welcome all community members to come to the S.E.E. to learn and grow in recovery from all of life's challenges and to connect with others to create a community of wellness!

Our December schedule of services and events is attached.

To be added to our schedule distribution list please send an e-mail to SEERecovery@ecsva.org with the subject – SEE Distribution List Request.



SEE Recovery Center

December 7 – December 13

Saturday, December 7 Sunday, December 8			Monday, December 9		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY		8:30a-12Noon	<i>Support Coordinator Office Hours</i>	Drop In Office
12Noon	Movie Day	At the SEE	9:30a	Coffee and Conversation	Encouragement Café
2:00p	Substance Use Education Series	Empowerment Area	11:00a	The Courage to Change	Empowerment Area
			12:00p	When Anxiety Hits	Recovery Zone
	SUNDAY		1:00p	Seeking Safety	Empowerment Area
7:00p	Back to Basics AA	Support Space	2:00p	Positive Affirmations	Awakening Room
			5:00p	MARA	Empowerment Area
			7:00p	Common Ground AA	Support Space
Tuesday, December 10			Wednesday, December 11		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	1:00p-4:30p	<i>Support Coordinator Office Hours</i>	Drop In Office
11:00a	Progressive Relaxation	Awakening Room	9:30a	Coffee and Conversation	Encouragement Café
1:00p	Securing Housing	Empowerment Area	10:30a	Anger Management	Recovery Zone
5:00p	Recovery from Grief	Recovery Zone	1:00p	Positive Affirmations	Awakening Room
6:00p	Healing Minds	Encouragement Cafe	2:00p	Journaling	Empowerment Area
6:30p	SMART Recovery	Empowerment Area	4:00p	POUND Fitness	Support Space
			4:00p	Finding Our Voice Through Music	Recovery Zone
			6:00p	We Care (Family Support)	Empowerment Area
			6:30p	Pride Support Group	Recovery Zone
			7:00p	Alive & Free NA	Living Room
Thursday December 12			Friday, December 13		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Cafe		Closed until 6pm	
11:00a	Values and Responsibilities	Empowerment Area		<i>(Staff Holiday Event)</i>	
2:00p	Coping with Gaslighting	Recovery Zone			
3:30p	Substance Use Education Series	Empowerment Area	7:00p	Alive & Free NA	Support Space
5:00p	Social Safety and Support	Recovery Zone			
6:00p	Celebrate Recovery	Recovery Zone			

SEE Recovery Center

December 14 – December 20

Saturday, December 14 Sunday, December 15			Monday, December 16		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY		9:30a	Coffee and Conversation	Encouragement Café
12Noon	Movie Day	At the SEE	11:00a	The Courage to Change	Empowerment Area
2:00p	Substance Use Education Series	Empowerment Area	12:00p	When Anxiety Hits	Recovery Zone
			1:00p	Seeking Safety	Empowerment Area
	SUNDAY		2:00p	Positive Affirmations	Awakening Room
7:00p	Back to Basics AA	Support Space	5:00p	MARA	Empowerment Area
			7:00p	Common Ground AA	Support Space
Tuesday, December 17			Wednesday, December 18		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
8:30a-12Noon	<i>Support Coordinator Office Hours</i>	Drop In Office	9:30a	Coffee and Conversation	Encouragement Café
9:30a	Coffee and Conversation	Encouragement Café	10:30a	Anger Management	Recovery Zone
11:00a	Progressive Relaxation	Awakening Room	11:00a	Art Day	Creativity Commons
1:00p	Securing Housing	Empowerment Area	1:00p	Positive Affirmations	Awakening Room
5:00p	Recovery From Grief	Recovery Zone	2:00p	Journaling	Empowerment Area
6:00p	Healing Minds	Encouragement Cafe	4:00p	POUND Fitness	Empowerment Area
6:30p	SMART Recovery	Empowerment Area	4:00p	Finding Our Voice Through Music	Recovery Zone
			6:00p	We Care (Family Support)	Empowerment Area
			6:00p	Hearing Voices Network	Recovery Zone
			7:00p	Alive & Free NA	Living Room
Thursday, December 19			Friday, December 20		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
1:00p-4:30p	<i>Support Coordinator Office Hours</i>	Drop In Office	9:30a	Coffee and Conversation	Encouragement Café
9:30a	Coffee and Conversation	Encouragement Cafe	12:00p	Day to Day	Recovery Zone
11:00a	Values and Responsibilities	Empowerment Area	1:00p	Shenanigans at the S.E.E.	Support Space
2:00p	Coping with Gaslighting	Recovery Zone	2:30p	MORE	Recovery Zone
3:30p	Substance Use Education Series	Empowerment Area	7:00p	Alive & Free NA	Support Space
5:00p	Social Safety and Support	Recovery Zone			
6:00p	Celebrate Recovery	Recovery Zone			
6-8p	Family Dinner	Support Space			

SEE Recovery Center

December 21– December 27 Child Services and Prevention

Saturday, December 21 Sunday, December 22			Monday, December 23		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
SATURDAY			9:30a	Coffee and Conversation	Encouragement Café
12Noon	Movie Day	At the SEE	11:00a	The Courage to Change	Empowerment Area
2:00p	Substance Use Education Series	Empowerment Area	12:00p	When Anxiety Hits	Recovery Zone
			1:00p	Seeking Safety	Empowerment Area
SUNDAY			2:00p	Positive Affirmations	Awakening Room
7:00p	Back to Basics AA	Living Room	5:00p	MARA	Empowerment Area
			7:00p	Common Ground AA	Support Space
Tuesday, December 24			Wednesday, December 25		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	Holiday Hours			Holiday Hours	
	12Noon-8p			4:00p-8:00p	
6:00	Annual Holiday MARA-thon	Virtual	7:00p	Alive & Free NA	Living Room
			Until 8p	Annual Holiday MARA-thon	Virtual
Thursday, December 26			Friday, December 27		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
1:00p-4:30p	<i>Support Coordinator Office Hours</i>	Drop In Office	9:30a	Coffee and Conversation	Encouragement Café
9:30a	Coffee and Conversation	Encouragement Cafe	12:00p	Day to Day	Recovery Zone
11:00a	Values and Responsibilities	Empowerment Area	1:00p	Shenanigans at the S.E.E.	Support Space
2:00p	Coping with Gaslighting	Recovery Zone	2:30p	MORE	Recovery Zone
3:30p	Substance Use Education Series	Empowerment Area	7:00p	Alive & Free NA	Support Space
5:00p	Social Safety and Support	Recovery Zone			
6:00p	Celebrate Recovery	Recovery Zone			

SEE Recovery Center

December 28 – January 3

Saturday, December 28 Sunday, December 29			Monday, December 30		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY		9:30a	Coffee and Conversation	Encouragement Café
12Noon	Movie Day	At the SEE	11:00a	The Courage to Change	Empowerment Area
2:00p	Substance Use Education Series	Empowerment Area	12:00p	When Anxiety Hits	Recovery Zone
			1:00p	Seeking Safety	Empowerment Area
	SUNDAY		2:00p	Positive Affirmations	Awakening Room
7:00p	Back to Basics AA	Living Room	5:00p	MARA	Empowerment Area
			5-9p	Tabletop Role-Playing Games	Recovery Zone
			7:00p	Common Ground AA	Support Space
Tuesday, December 31			Wednesday, January 1		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	Holiday Hours			Holiday Hours	
	8a-4p			4:30p-8:30p	
9a-3p	Developmental Screenings	Meeting Room A	7:00p	Alive & Free NA	Living Room
9:30a	Coffee and Conversation	Encouragement Café			
11:00a	Progressive Relaxation	Awakening Room			
1:00p	Securing Housing	Empowerment Area			
Thursday, January 2			Friday, January 3		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Cafe	9:30a	Coffee and Conversation	Encouragement Café
11:00a	Values and Responsibilities	Empowerment Area	12:00p	Day to Day	Recovery Zone
2:00p	Coping with Gaslighting	Recovery Zone	1:00p	Shenanigans at the S.E.E.	Support Space
3:30p	Substance Use Education Series	Empowerment Area	2:30p	MORE	Recovery Zone
5:00p	Social Safety and Support	Recovery Zone	7:00p	Alive & Free NA	Support Space
6:00p	Celebrate Recovery	Recovery Zone			



The S.E.E. Recovery Center

Support, Encourage, Empower

Contact and Access Information:

First Responders, Law Enforcement, and Emergency Department Personnel

Please call (540) 718-4238; to arrange connection with services at the S.E.E. Recovery Center.

The S.E.E. Recovery Center

710 U.S. Avenue

Culpeper, VA 22701

*Please take the right fork after the railroad tracks and proceed to the lower parking area.

(540) 825-3366

SEERecovery@ecsva.org

Robyn Hantelman

Director of Treatment and Recovery Services

(540) 423-7796

rhantelman@ecsva.org

Shannon Frick

Recovery Services Manager

(540) 640-2226

sfrick@ecsva.org



Group/Meeting/Event Descriptions

Class/Group	Description
Alive & Free – NA	Open Narcotics Anonymous meeting which allows families, prospective participants, and other members of the community to be present during the gathering.
* Anger Management	Anger Management for Mental Health and Substance Use is a 12-week cognitive-behavioral anger management group treatment model. The content includes specific instructions and suggested remarks for groups leaders, and exercises for group members. *Meets Legal Requirements
Art Day	Come enjoy a day of arts and crafts in a sober, safe, and social environment. Activities include paint days, tie dye activities, and much more!
Back to Basics – AA	Open meeting that deals with the basics of Alcoholics Anonymous are: Stop drinking/drugging, go to meetings, get a sponsor, work the steps, help another alcoholic.
Celebrate Recovery	Celebrate Recovery presents Life's Healing Choices: a small group study that offers a faith-based solution to our hurts, hang-ups and habits in 8 weekly sessions on DVD, along with a study guide for personal study. You don't have to hurt alone. Make healing choices by taking this important spiritual growth journey."
Coffee and Conversation	An opportunity for those in recovery to meet and expand their recovery network. Members of the community in recovery that want to connect with others in recovery in an open and welcoming environment are welcome to come!
Common Ground – AA	Open Topic meeting. Anyone present can speak for as long as they like, and there are no rules governing turn-taking, topic adherence, or other constraints on the discussion.
Coping with Gaslighting	Gaslighting is a form of psychological and emotional abuse that causes victims to question their reality, judgement, self-perception and in extreme circumstances, their sanity. Gaslighting can have a ripple effect across your life. This class will help you begin the journey to recovery by helping you identify and understand the effects of gaslighting in your life.
Day to Day	Have a goal or need help with setting goals? Smart goals will teach you step by step how to structure your goals and achieve your goals using an evidence -based approach.
Developmental Screenings	Infant and Toddler Connection staff will be conducting free developmental screenings for children between the ages of birth to 3 years old. These screenings help to catch any developmental delays that are appearing early in the child's life. We will have staff on site to receive and process any referrals should a screening reveal developmental delays.
Finding Our Voice Through Music	In this group, participants will be able to utilize song lyrics to identify and communicate the feelings that they may have, as well as challenges with finding their voice in recovery. The emphasis will be on identifying feelings and being able to express them more easily. Music is a powerful recovery tool, and we can tap into its ability to speak for us.
Healing Minds	A support group for people living with Mental Health issues that focuses on coping skills and group support.
Hearing Voices Network	Once a month, this peer lead, focused group meets to discuss and destigmatize auditory experiences, hallucinations, intrusive thoughts, and voices. This is a safe place to discuss how these voices help shape our experiences and daily life.
Journaling	Looking for a reason to start journaling? Try these: relieves depression and anxiety symptoms, boosts immune function, assists with post-traumatic stress disorders, helps foster gratitude, enhances learning and critical thinking skills. Participants will try examples of many different journaling styles to determine the format that works best for them
MARA	Medication-Assisted Recovery Anonymous... For ANYONE with a desire to live a safely TODAY! Join us for our hybrid (virtual and in-person) MARA Music, Mindfulness, and More meeting every Monday at 5pm. We welcome all and <i>Nonjudgment is Our Code!</i> Join us at the S.E.E. or on Zoom (Meeting ID: 81920544432 Password: MARA)
MORE	My Ongoing Recovery Experience (MORE) is an evidence-based online program to support program participants in the critical months after treatment and move them toward effective self-management. This group uses core education, guidance, and skill-building activities to help participants succeed in initiating and sustaining recovery. This

	is a three series program that will help to build a stable lifestyle to support recovery, make a daily habit of implementing practices and skills that support recovery. The group offers deeper guidance on putting recovery principles into action and seeing the work pay off in significant personal growth.
Positive Affirmations	Positive statements that affirm something to be true. Sometimes having a little pick-me-up or a reset for the day can help with moving your thinking in a positive direction. This group will teach you how to reframe negative thinking into positive strength-based language.
POUND Fitness	Channel your inner Rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.
PRIDE Support Group	New support group starting for individuals that identify as a sexual/gender minority or an ally. As this is a new group, the direction of the group will be determined by its participants.
Progressive Relaxation Techniques	Want to learn total body relaxation and become more aware of physical sensations. Come join the progressive relaxation techniques group where you will start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head.
Recovery From Grief	There is no right or wrong way to process grief and loss. This group is an interactive and inclusive journey, sharing the many ways we can feel grief and loss in recovery. In December of 2024, this NEW group will discuss how to support each other while journeying through grief and loss during the holiday season.
Securing Housing	Thanking about living independently, looking for apartment, or just want information come learn about securing housing. We all know housing is a necessity in creating a basic sense of safety, and a crucial foundation in achieving further personal development. Each session will provide individuals with the tools to establish and secure housing
Seeking Safety	Seeking Safety is designed for women only with co-occurring PTSD and substance use. This group helps individuals discontinue substance use, letting go of dangerous relationships, and gaining control over extreme symptoms as dissociation and self-harm. Each topic provides highly practical tools and techniques to engage patients in treatments; teach "safe coping skills" that apply to both disorders; and restore ideals that have been lost, including respect, care, protection, and healing. Available in Spanish.
Shenanigans at the S.E.E.	An afternoon of fun and games. Connect with others in recovery while playing cornhole, ping pong, foosball, darts, and board games.
SMART Recovery	Self-management and Recovery Training is a 4-point program that offers specific tools and techniques for each point. People using SMART learn tools and techniques for self-directed change and move towards satisfying lives.
Social Safety and Support	Leaving treatment, incarceration, school, a career path or the isolation of trauma can often leave individuals feeling lost in every day social experiences. How do we create the safety within when things seem unsafe? In this group we share our challenges and coping strategies, support each other with storytelling, and end with a mindfulness exercise
Substance Use Education Series	The <i>What You Need To Know</i> series provides education surrounding addictive substances, prevention, and use. The series includes an overview of opioids, meth, nicotine, cannabis, alcohol, cocaine, club drugs, inhalants, and hallucinogens. Each session includes a video that covers different aspects of the substance and its use, a discussion surrounding prevention and use, highlighting facts, and dispelling myths about substances and their use. *Meets Legal Requirements
Support Coordination Office Hours	When Encompass Community Supports Support Coordinators are present at the S.E.E. Recovery Center, feel free to "drop in" for support and connect with them. These services are a way for the Support Coordinators to hear from current clients about what is going well in life and what areas of life could use some change. Upon accessing Support Coordination services, client and staff work together on a plan that will outline a plan for reaching goals, from housing to mental health treatment. While connecting with Support Coordinators during drop-in hours at the S.E.E. Recovery Center, participants may also complete a screening to verify eligibility for these services, as well as get access to specific benefits and resources in the local community. Stop by during the listed hours if you are curious or have questions. Support Coordinators would love to support and connect with YOU!

Tabletop Role-Playing Games	This is a beginner campaign of Dungeon and Dragons 5 th edition aimed at new players. Participants are welcome to drop in the group whenever they are available. Participants take on the role of characters in a fantasy setting where they will be presented with puzzles and challenges requiring teamwork, communication, and critical thinking to successfully navigate.
The Courage to Change	The Courage to Change Interactive Journaling® System is an evidence-based through the use of this cognitive-behavioral Interactive with their facilitator and participants to address their individual problem. This is interactive journal series personalizes the information presented in the Journals to their own circumstances, participants will develop a record of their commitments and progress throughout course and a roadmap to success in their efforts to make positive behavior change. Available in Spanish.
Values and Responsibilities	We can only make the changes needed to live a healthy life if we take responsibility for ourselves and our problems. Taking personal responsibility means learning to look at problems as opportunities for growth and for changing self-defeating attitudes and behaviors. Our values are revealed in the way they fulfill our responsibilities. They also guide who we become and how they impact others and the world.
When Anxiety Hits	This group will help you identify and address symptoms of mild to moderate anxiety and ways to manage it. Group instruction will include topics like mindfulness, progressive muscle relaxation, healthy sleep, and time management techniques.
We Care	A Family Support group for families and caretakers of someone living with mental health challenges.

Groups with an * are facilitated by a QMHP; an ** denotes a closed group.

Support Coordination Office Hours for December 2024

- Tuesday, December 3, 2024, from 8:30 am – 12 Noon
- Thursday, December 5, 2024, from 1:00 pm – 4:30 pm
- Monday, December 9, 2024, from 8:30 am- 12 Noon
- Wednesday, December 11, 2024, from 1:00 pm—4:30pm
- Tuesday, December 17, 2024, from 8:30 am – 12 Noon
- Thursday, December 19, 2024, from 1:00 pm – 4:30 pm
- Thursday, December 26, 2024, from 1:00 pm – 4:30 pm



It's time again for the 26-hour Annual Holiday MARA-thon. Hosted by Medication-Assisted Recovery Anonymous, this is a round-the-clock virtual (Zoom) meeting which runs from 6:00 PM EST on December 24th until 8:00 PM EST on December 25th. Recovery is simply the desire to live safely today. Join the MARA family for this annual event, where YOU define your Recovery and NONJUDGEMENT is our code!

For additional details, please go to www.mara-international.org.