

# NEWSLETTER

## RICHMOND RECOVERY COURT



Did you know?

May is National Treatment Court Month where we celebrate the life-changing impact of Treatment Courts!

Stay tuned of how we will be celebrating together throughout the month of May!

Welcome to the Team, Case Manager, Mr. Fitzgerald! We're excited to have you with us!



# PARTICIPANT OF THE QUARTER

## TIANNA MELVIN



This month, we are proud to recognize Ms. Tianna Melvin whose commitment to recovery continues to inspire those around her. Through her actions, she demonstrates what it means to fully engage in the process, not only for herself, but for her peers, family, and future-self, as well.

She consistently attends scheduled treatment groups, actively participates, and plays a meaningful role in the recovery community by holding her peers accountable with honesty and respect. Her leadership reflects both personal growth and a deep understanding of the recovery journey.

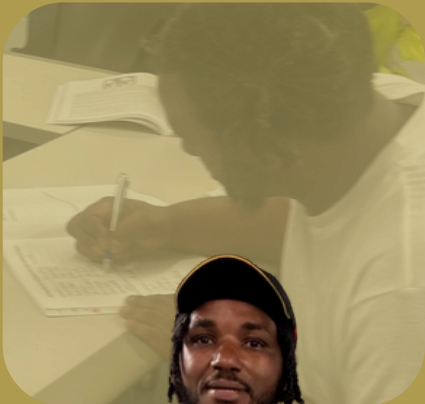
In addition to her dedication to treatment, she has maintained steady employment, and continues to look for new opportunities.

We also celebrate her successful completion of the STEP program, a rigorous component of Richmond Recovery Court.

Her journey is a powerful reminder that recovery is strengthened through consistency, accountability, and community. We are honored to support her continued progress and look forward to all that lies ahead.

# RECOGNITION OF ACHIEVEMENT

## TYRELLE JOHNSON



This month, we're celebrating Mr. Tyrelle Johnson who is celebrating a meaningful milestone, successfully earning his license.

It reflects perseverance, accountability, and a renewed sense of independence.

Milestones like these open doors to employment opportunities. Mr.

Johnson has already begun applying for new employment that incorporates driving.

Recovery is not just about overcoming challenges, it's about rebuilding, rediscovering purpose, and reclaiming independence, one step at a time. We are proud to witness and support these moments of progress, and we celebrate the determination it takes to get there.

Here's to continued growth, resilience, and the many milestones still to come.

# USE OF ACUPUNCTURE TO SUPPORT RECOVERY AND STRESS MANAGEMENT

Establishing routines and coping skills that support both physical and emotional well-being becomes essential in recovery. Alongside traditional recovery supports, many treatment programs are discovering the benefits of incorporating holistic practices into their journey such as, Acupuncture.

Participation in acupuncture services support Clients who are navigating cravings, anxiety, sleep disturbances, or lingering physical discomfort. Acupuncture can provide a gentle, yet effective complement to clients' overall treatment goals.



Richmond Recovery Court Clients and staff reported a noticeable reduction in tension and an increased sense of emotional balance.

We encourage Clients to continue building healthy habits and supportive services like acupuncture!



# CLIENT ACCOMPLISHMENTS

## PHASE ADVANCEMENT



### WELCOME

M. Allen, E. Christian, A. Davis, A. Price, J. Proffitt, C. Sherard, M. Walker, A. Wimbish



### PHASE I

C. Mealy, E. Obier, D. Tyler, C. Williams, J. Williams



### PHASE II

S. Akkawi, L. Boone, B. Becton, D. Brown, M. Carter, W. Harvey, T. Johnson, T. Melvin, R. Harrison



### PHASE III

L. Butler, R. Curlis, A. Dawkins, M. Grove, A. Starks, M. Tillman, K. Wright



## AFTERCARE

T. Courts  
Y. Wisniwski



## PERSONAL VICTORIES

### WORKFORCE CHAMPIONS

E. Obier, L. Butler, R. Curlis, M. Tillman, T. Johnson, W. Harvey, S. Akkawi, A. Dawkins, L. Boone, M. Carter, B. Becton, M. Grove

### ATTENDANCE ALL STARS

A. Davis, J. Proffitt, T. Courts, T. Melvin, L. Butler, M. Grove

### TESTING EXCELLENCE

D. Tyler, J. Williams, S. Akkawi, L. Boone, B. Becton, D. Brown, M. Carter, W. Harvey, T. Johnson, T. Melvin, R. Harrison, L. Butler, R. Curlis, A. Dawkins, M. Grove, M. Tillman, K. Wright, C. Courts, Y. Wisniwski



# RESOURCES

## COMMUNITY RESOURCES

### Feed More Help Line

(804) 237-8617  
Monday - Friday  
9AM - 4PM

### ALIVERVA

www.aliverva.org  
1.833.4peerva  
8am-12midnight

### SAMHSA NATIONAL HELPLINE

1.800.662.4357

### Smart Recovery

www.smartrecovery.org

## RBH RESOURCES

### Adult Education GED (High School Equivalent)

Contact RPS Adult Education  
at 804.780.8311 to register!

### Fitness Warriors Class

Every Monday 6:30PM -  
7:30PM at Ginter Park

### Peer to Peer Group

Every Wednesday 1PM-2PM  
107 S. 5<sup>th</sup> Street  
Register at 804.659-1408

### Women Wellness Workshop

Every Tuesday 10:30am -  
12:00PM - Register at (804)  
429-7982