



ROCKBRIDGE
AREA
PREVENTION
COALITION

ANNUAL PREVENTION FORUM

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ROCKBRIDGE AREA PREVENTION COALITION

OUR MISSION:

To reduce substance use among youth and build resilient youth and families through evidence-based strategies to achieve community-level change.

OUR VISION:

A Rockbridge community with resilient youth and families that are physically and mentally healthy.

SiRPHA YOUTH COALITION:

Students in Rockbridge Promoting Healthy Alternatives (SiRPHA) is our local youth coalition comprised of students from Parry McCluer and Rockbridge County High Schools. SiRPHA youth work together to help increase healthy alternative opportunities for youth in the Rockbridge area while decreasing risky behaviors.



FORUM SCHEUDLE

8:30-9:00AM

Registration and Welcome

9:00-10:00AM

Opioids & Social Media

10:00-11:00AM

Nicotine and Vaping

11:00-12:00PM

Drunk Driving & Alcohol Awareness/

12:00-1:00PM

**Lunch, Hidden in Plain Sight &
Vendors**

1:00-2:00PM

Breakout Rooms

2:00-3:00PM

Opioid, Recovery, & Resiliency

3:00-3:45PM

SiRPHA and Closing

MEET THE SPEAKERS

We are honored and excited to collaborate with this outstanding group of speakers, whose expertise, insights, and passion will elevate the quality and impact of the Prevention Forum.

Amy Neville



Ryan Leaf



Alaina Holt



Thomas Whitlock



Michael Sizemore



Derek Rush



Matthew E. Britt



Sean Fournia



Amy Neville

9am-10am



President of
The Alexander Neville Foundation

Bio

Amy Neville is the President of the Alexander Neville Foundation (ANF), an organization her family founded after the tragic loss of her 14-year-old son, Alexander. A drug dealer on Snapchat convinced Alex to buy a pill that killed him. This heartbreaking experience pushed Amy to dive deeply into understanding the fentanyl crisis and the role social media plays in it.

The work of ANF is rooted in collaboration with young people, aiming to educate and raise awareness about the new drug landscape and social media harms. ANF is now a guiding voice in the effort to curtail substance misuse and redefine the influence of social media on youth today. As a representative for ANF, Amy has shared her family's story and insights on CNN, FOX, CBS, and ABC.

To learn more about Alexander's story and the critical issues ANF is addressing, you can visit their website and read Rolling Stone's "Inside Snapchat's Teen Opioid Crisis," chronicling their journey and work.

Alaina Holt

10am-11am



Alaina K Holt, PhD, Associate Research Faculty,
Department of Forensic Science, VCU
friedrichak@vcu.edu

Bio

Dr. Holt completed her PhD in Forensic Toxicology from Virginia Commonwealth University and is now an Associate Research Faculty member in the Department of Forensic Science at Virginia Commonwealth University. Alaina works with her long-term mentor, Dr. Michelle Peace, studying the efficacy of electronic cigarettes, particularly as they pertain to substance use and abuse. Current projects include a clinical study to assess the impact of vaping on roadside impairment evaluations; developing testing strategies for emerging synthetic and semi-synthetic cannabinoids; and characterizing vaping products confiscated from Virginia school students. Alaina's interests include emerging toxicology issues; providing support for science-based legislation, regulation, and policies; and educating the public and key stakeholders about research findings that impact public health and safety.

Michael Sizemore

11am-12pm



Michael Sizemore
Advocacy Manager at
SAARA of Virginia

Bio

Michael Sizemore is the Advocacy Manager at SAARA of Virginia. Here, he leads the team and other area non-profits advocating to the Virginia General Assembly on issues of addiction, recovery, and mental health. In his time with SAARA, he has led the fight to successfully pass new laws on barrier crimes, opioid treatment programs, and plans for assistance for recovery residences in Virginia. Today, he will share his story of recovery from a nearly fatal traffic accident with a drunk driver to his rise in helping SAARA lead in advocating for individuals in recovery suffering from substance use disorder.

Derek Rush



Derek Rush

Co-founder of The Uhuru Foundation (now the Freedom Forward Foundation) and CEO of Rush Building & Development LLC.

Bio

Derek Rush, born in Esmont, Virginia in Albemarle County, is the co-founder of The Uhuru Foundation (now the Freedom Forward Foundation) and CEO of Rush Building & Development LLC.

A formerly incarcerated individual, Derek has transformed his experience into a driving force for change in reentry, housing, and workforce development.

He is a proud graduate of Leadership Charlottesville, Leadership Metro Richmond, and the Sorensen Institute's Political Leadership Program.

Matthew E. Britt



Matthew E. Britt
CPRS, I-FPRS-tot, CPRSPG, CPRSPG-tot, ADS*
Certified Peer Recovery Specialist
Virginia Partnership for Gaming and Health (VPGH), a program of Virginia
Commonwealth University (VCU)

Bio

Matthew E. Britt's personal journey with recovery and mental wellness has fueled his desire to support others in navigating similar challenges. He believes that no one should have to face challenges alone and is determined to make a difference in the lives of others. His mission is to ensure that everyone struggling with similar issues has access to the resources and support they need to thrive.

As a Certified Peer Recovery Specialist, Britt provides nonjudgmental and unconditional support to individuals seeking recovery. His approach emphasizes understanding, compassion, and empowerment. He holds additional certifications as a Forensic Peer Specialist Trainer of Trainers, a Mindfulness-Based Stress Reduction practitioner, and an Acudetox Specialist, reflecting his commitment to expanding his skill set to meet diverse client needs. Britt earned his bachelor's degree in psychology with a minor in human services from Old Dominion University and an associate degree in psychology from Germanna Community College.

Sean Fournia



Sean Fournia
IGRS, NCPRSS, CPRS-PG, CPRS-PG-TOT, RECOVERY ALLY
VCU College of Health Professions
Department of Rehabilitation Counseling
Virginia Partnership For Gaming & Health

Bio

Sean Fournia is committed to assisting individuals grappling with gambling disorders. Drawing from his personal journey of overcoming gambling and substance use disorders, Fournia found his calling in supporting others on their path to recovery. Prior to working with VPGH, Fournia spent 15 years in the information technology field at various Fortune 500 companies, leveraging his skills and experiences to excel in his career. However, it was his transition to peer support services that truly ignited his passion for helping others.

In 2017, Fournia was selected as an AmeriCorps member to provide peer support services as part of the governor's initiative to combat the opioid epidemic in the city of Richmond. Through his work at the Richmond nonprofit CARITAS, he quickly advanced from a peer mentor to roles such as Transition Peer Mentor, Peer Supervisor, and eventually Recovery Program Coordinator, where his servant-leadership qualities were nationally recognized. Fournia's commitment to serving extends beyond his professional roles. He actively participates in various organizations and initiatives, including the THP Alumni Association, CARITAS AfterWorks Committee, VCPG, NAADAC, and VAAP, and volunteers at Chesterfield County Jail and Beaumont Correctional Facility.

Fournia is a Nationally Certified Peer Recovery Support Specialist with a Problem Gambling endorsement from the DBHDS. As the owner of Teamwork Recovery Services LLC, he is leading efforts to provide peer support to Virginia citizens through partnerships with organizations. Outside of his professional endeavors, Fournia enjoys a range of adventures, hobbies and interests, including spiritual development, yoga, weightlifting, soccer, surfing, skydiving, water skiing, snow skiing, and fostering connections through fellowship and learning from others.

Thomas Whitlock



Thomas Whitlock
Peer Recovery Specialist
Rockbridge Area Community Services

Bio

Thomas Whitlock has been a Peer Recovery Specialist for two and a half years. He was awarded the Crisis Intervention Team Statewide Peer of the Year in 2024.

A formerly incarcerated individual, Thomas uses his lived experience to give others hope through strength. He is an advocate for recovery, and champions that recovery is possible for everyone. He is six and a half years into sobriety, using his past to provide others with the tools to help themselves into recovery.

Thomas tells his story to encourage others that recovery is achievable, made within reach through strength and hope.

Ryan Leaf- Keynote Speaker

2pm-3pm



Ryan D Leaf | President & CEO
RAM Consultant Inc.

Bio

Leaf is the CEO of RAM Consultant, Inc. as well as a college and NFL football game analyst for Westwood One Sports & the CFB lead analyst for CW Sports. He continues to host his SiriusXM radio show on NFL Radio, and is an analyst with VSiN Live.

He continues to lean in to conversations with the justice impacted and those involved with criminal justice reform. He travels and speaks to communities around the country addressing the mental health and substance abuse stigma. He is also an Ambassador in Recovery partnering with the Menninger Clinic.

His story in his own words is available wherever you get your podcasts. BUST: The Ryan Leaf Story.

Ryan D Leaf | President & CEO
RAM Consultant Inc.

PREVENTION FORUM

Thank you for helping to make our
community a healthier and safer place!



ROCKBRIDGE AREA
PREVENTION COALITION

WE'VE GOT YOU COVERED!