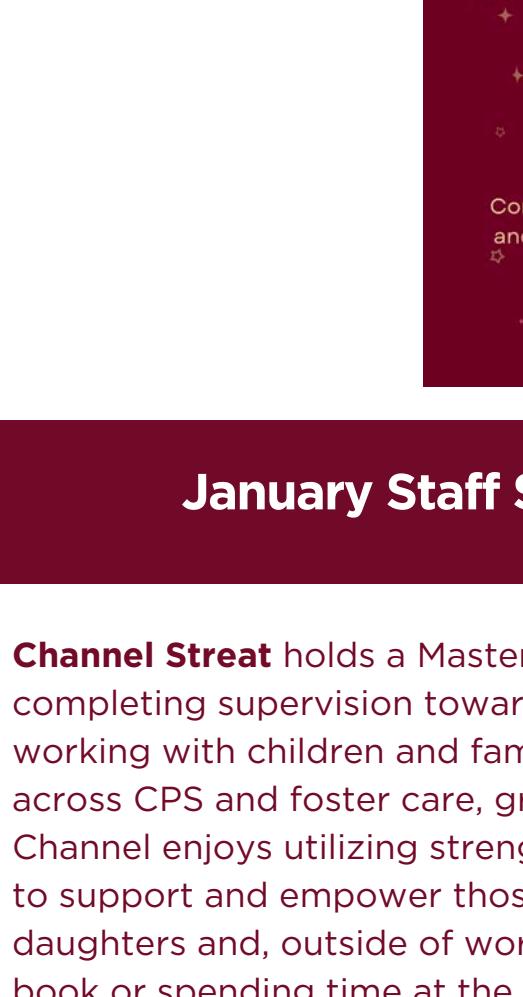
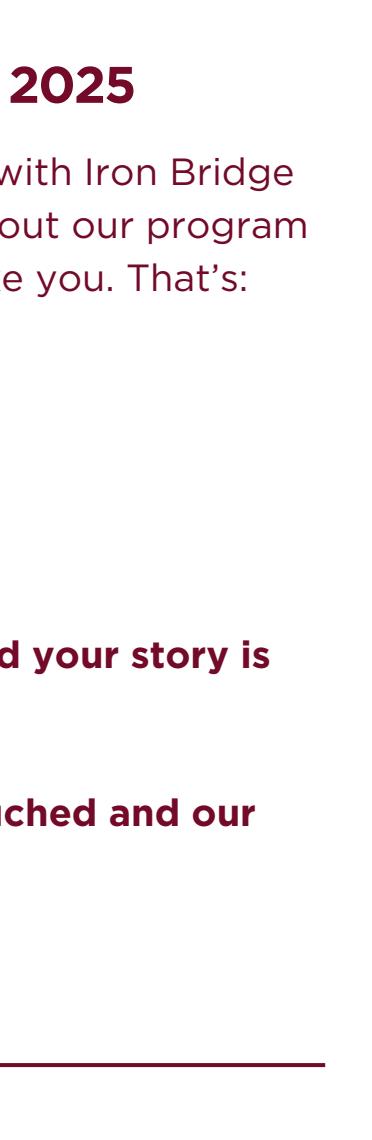
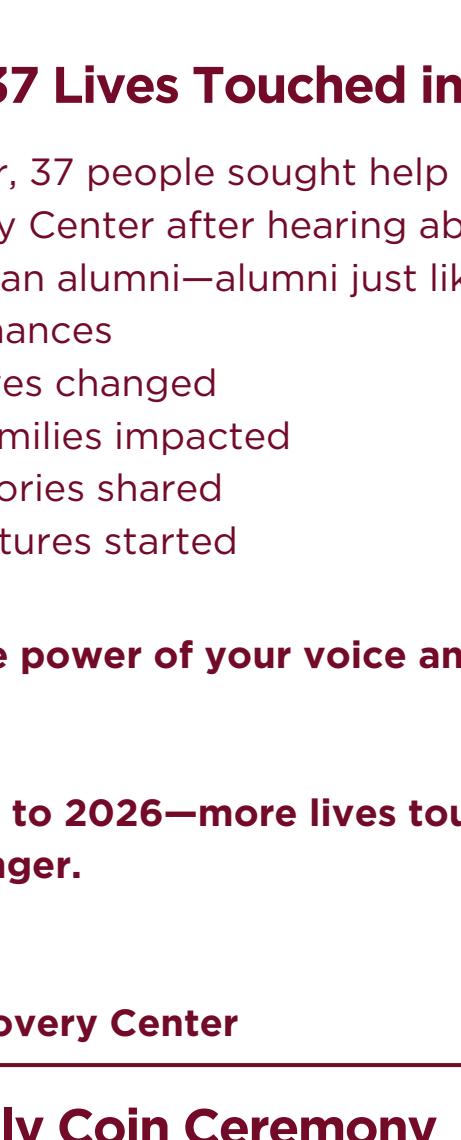


JANUARY NEWSLETTER

Alumni Holiday Events 2025



37 Lives Touched in 2025

This year, 37 people sought help with Iron Bridge Recovery Center after hearing about our program through an alumni—alumni just like you. That's:

- 37 chances
- 37 lives changed
- 37 families impacted
- 37 stories shared
- 37 futures started

Thank you for sharing your story. The power of your voice and your story is and can change lives.

2025, you've been a wild ride. Here's to 2026—more lives touched and our community growing bigger and stronger.

Happy New Year!
From All the staff of Iron Bridge Recovery Center

Alumni Monthly Coin Ceremony



January Staff Spotlights:

Channel Streat holds a Master's in Social Work and is currently completing supervision toward her LCSW. She has been working with children and families since 2013, with experience across CPS and foster care, group homes, and hospice settings.

Channel enjoys utilizing strength-based approaches in her work to support and empower those she serves. She is a mom to two daughters and, outside of work, loves getting lost in a good book or spending time at the beach.



Ryshay Blackwell is a behavioral health professional with a strong foundation in clinical practice, interdisciplinary collaboration, and trauma-responsive care. She currently serves as a Therapist at Iron Bridge Recovery Center, where she provides evidence-based individual, group, and family therapy for clients with co-occurring disorders. Her clinical work includes psychosocial assessments, treatment and discharge planning, crisis intervention, and compliance with regulatory documentation standards.

Ryshay brings 10 years of military service from her career as a Military Police Officer in the United States Navy, where she developed leadership skills in high-stakes environments and contributed to suicide prevention and sexual assault initiatives. She earned her Bachelor's degree in Psychology from Liberty University and is currently pursuing her Master's degree in Social Work at Case Western Reserve University. She is committed to advancing ethical, effective, and trauma-informed clinical leadership within behavioral health systems.

Become a Iron Bridge Alumni Ambassador!

Become a IBRC Alumni Ambassador!
IRON BRIDGE
RECOVERY CENTER

We are looking for members of our alumni community with 1 year or more continuous sobriety to become IBRC Ambassadors. This is a great opportunity to help in the recovery community at IBRC.

What is an IBRC Alumni Ambassador? An IBRC Alumni Ambassador is a member of the Iron Bridge Recovery Center community who is

• Engaged leader in the Alumni Community

• Engages on the app frequently to come back to the mouth, google share etc

• Refer others suffering from addiction to IBRC

• Receive an IBRC T-shirt

• Enhance your recovery experience by helping others

• Receive an IBRC Ambassador during our next Annual Reunion during IBRC Alumni Ambassadors Ceremony

IT'S COFFEE TIME 9:00AM TO 11:00AM

JOIN YOUR IBRC ALUMNI ON JAN 17, 2026

FOR COFFEE, GOOD VIBES & BREAKFAST

Keystone Truck and Tractor Museum Cafe

Call Address: 8180 W. Moreland Rd., Colonial Heights, VA 23838

Alumni Fellowship Group

THIS IS A HYBRID MEETING, EVERY TUESDAY AT 7:00 P.M.

Location: Iron Bridge Recovery 6701 Court Yard Rd., Chester, VA

Where: Zoom

Meeting ID: 347 498 2743

Susan Gill 804-895-1886 or

Susan.gill@ironbridge

If you have any questions please contact:

Alumni Zoom Meeting EVERY WEDNESDAY 7:00 P.M.

A recovery support group designed specifically for our alumni.

Zoom ID: 347 498 2743

Password: IronBridge

Susan Gill

Alumni Coordinator

804-895-1886

6701 Court Yard Road Chester, VA 23831 | IronBridgeRecovery.com