

BRSS TACS

Bringing Recovery Supports to Scale

TECHNICAL ASSISTANCE CENTER STRATEGY

Gretchen Rovira, MS, works with South Florida Wellness Network as the family outreach coordinator. She has a bachelor's degree in general communications and a master's degree in substance abuse counseling from the Universidad Central del Caribe School of Medicine in Bayamon, Puerto Rico. She is also a Certified Addiction Professional and a Certified Recovery Peer Specialist.

Ms. Rovira moved to South Florida 11 years ago and has worked as a therapist for a residential program for Hispanics, a private treatment program, and a psychiatric hospital, as well as in child welfare. In 2011, she received the award of Therapist of the Year from the Florida Alcohol and Drug Abuse Association. Ms. Rovira has participated in news interviews on CNN to create awareness of mental illness and to prevent stigma. Her passion for the news took her back to school in 2008, and she earned a master's degree in Journalism at Florida International University. She uses her education to create awareness and prevent stigma using the Internet, social media, and other channels to bring a message of hope and recovery.

Ms. Rovira has been in recovery from attention deficit hyperactivity disorder (ADHD), depression, anxiety, history of trauma, and binge eating disorder. She has a daughter who is in recovery for a hair pulling disorder and a son who has been diagnosed with ADHD. As a result of her different experiences in life, she has become an advocate for the treatment of mental and substance use disorders. She is very passionate about civil rights, education, empowerment, leadership, and social justice

Substance Abuse and Mental Health Services Administration
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SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.