

StormRidge Recovery and Support



Recovery is a mountain worth the climb.

StormRidge Recovery and Support brings individuals, families, and organizations together through substance-use education, prevention awareness, and community support for the path to recovery.

Founder & Course Instructor: Tommy L. Coomer

Based in: Fredericksburg, Virginia

Service inquiries: Virginia and surrounding areas; virtual or in-person sessions

StormRidge is a for-profit business. Its planned fundraising activities aim to support treatment access and recovery-related initiatives through a portion of available event profits.

stormridgerecovery@outlook.com

540-804-0308

Meet Tommy L. Coomer.



Founder & Course Instructor

Tommy brings 22 years of experience as a rescue professional to his work in education, awareness, and preparedness. His background responding to emergencies informs his commitment to helping others learn.

He teaches substance-use, overdose-awareness, and recovery education for individuals, schools, treatment facilities, and community organizations.

Core values

Integrity. Compassion. Education. Community. Hope.

EDUCATE. PREVENT. PREPARE.

Substance-use education - Common substances, effects, risk factors, and awareness topics.

Recognition of signs - Recognizing signs associated with substance use, overdose, and related risks.

Response and preparedness - Understanding the importance of preparation and appropriate emergency response.

Real-life scenarios - Examples, discussion, and questions to build understanding.

Prevention and support - Exploring ways to reduce risk and support recovery in the community.

Request a training session

Virtual or in-person sessions by arrangement. Contact Tommy to discuss your audience, preferred dates, location, format, availability, and pricing.

The Polar Bear Plunge



A bold plunge. A shared purpose.

A planned fall or winter community fundraiser focused on substance-use awareness, treatment access, and recovery support.

Status: In planning. Date and venue to be announced. Supplied event-planning drafts refer to 2028; public participation is not open.

StormRidge intends to direct a portion of event profits toward local inpatient and outpatient treatment centers, recovery programs, and community initiatives. A key goal is helping sponsor treatment for people facing financial barriers.

WAYS TO SUPPORT

Contributions: Discuss current funding needs and the proposed use of support.

Event sponsorship: Explore financial support, supplies, services, or practical assistance.

Community partnerships: Treatment centers and organizations can discuss appropriate ways to raise awareness and direct available assistance.

StormRidge is a for-profit business. Funding depends on event results and available funds; no fixed contribution percentage or treatment funding is guaranteed. Payment arrangements, intended use of funds, and documentation should be discussed with Tommy before contributing.

Discuss a contribution or sponsorship

Read the community partnership invitation

Event dates, venue permissions, participation requirements, and safety arrangements must be confirmed before water-entry activities. Draft forms are not approved registration documents.

Start a conversation.

AVAILABLE FOR INTERVIEWS & COMMUNITY CONVERSATIONS

Tommy welcomes inquiries about community education, substance-use awareness, prevention, preparedness, the planned Polar Bear Plunge, and partnerships intended to support the path to recovery.

Tommy L. Coomer

Founder & Course Instructor
StormRidge Recovery and Support
Fredericksburg, Virginia

Email: stormridgerecovery@outlook.com

Phone: 540-804-0308

Visit the StormRidge website

DOWNLOADABLE RESOURCES

Complete supplied document package - ZIP

Instructor flyer

Polar Bear Plunge event flyer

Contact card

The resource package includes eight supplied documents, including draft attorney-review and participant medical/emergency forms. Drafts require appropriate review before use; downloading a form does not register a participant or record a payment.

Education and community outreach are distinct from clinical treatment. Clinical eligibility and treatment decisions remain with qualified providers. This website is not an emergency service.

Recovery is a mountain worth the climb.