

“Recovery Art Therapy”

Objective: To educate about the many different methods and mediums of Recovery Art Therapy

Description: This class will teach the benefits as well as the different techniques, styles and mediums used for Recovery Art Therapy. Participants will also have a chance to create their own piece of Recovery Art.



Sara Bagwell McCorvey works as an Employment Specialist in Jefferson County for the Opioid Workforce Development Program (OWDP). She has been employed as a CRSS by R.O.S.S. since January 2022 and started working within the company as an Outreach Peer. Sara’s sobriety date is July 5th, 2018 and is very passionate about her recovery. Sara believes that arts and crafts (also known as “Recovery Art”) are a very effective and gratifying way of releasing emotions without negative reactions. Sara graduated high school in 2005 as the President of the Art Honor Society and has always had a passion for art and creativity. She enjoys designing and producing custom clothing and apparel, as well as photography, painting, singing, writing poetry and designing print and media logos and other merchandise. In 2010, she started a joint clothing line, Unique Kouture; followed by her own line called, Toxic Tee’s Co. in 2015. Sara has had contracts with many different talent companies; to include, HuntsVegas Productions (2010) and Mad Lab Productions (2012) where she was a popular R&B singer on Huntsville radio stations and live night-life performances. Sara also signed with Rogue Model Management in 2011 for acting and modeling. Sara played in the movie “CarTellers” in 2015, as the lead female actress and was nominated by the World Music and Independent Film Festival (WMIFF) in 2017 for “Best Lead Actress in an Independent Film”. Sara moved to Birmingham in December 2018 to start her recovery treatment at the Birmingham Fellowship House. She stayed in that program for 14 months before moving into an apartment with her husband, Donald. In her free time, Sara likes to create custom clothing, watch movies and spend time with her children, husband and parents.