

# FRANK T. GRAGNANO

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## EDUCATION

Old Dominion University, Norfolk, VA

**Bachelor Degree Obtained**

May 2023

**Major:** Human Services

**Certificate:** Addiction Prevention and Treatment

**GPA:** 4.0

ECPI University, Virginia Beach, VA

**Diploma Obtained**

January 1998

**Concentration:** Computer Programming

Virginia Commonwealth University, Richmond, VA

**Bachelor Degree Obtained**

May 1990

**Major:** Fine Arts

## RELATED EXPERIENCE

Norfolk Community Services Board, Norfolk, VA

**Registered Peer Recovery Specialist**

March 2019 - Present

- Originated "Football Sundays" in the Peer Recovery Drop-In Center at 7460 Tidewater Drive in Norfolk, VA. Weekly football games played on our big screen TV culminated in our first catered "Superbowl Party" for the community in 2020.
- Established "Peer Group" at the Housing Center for the Homeless in Norfolk, VA. Group sessions empowered and stimulated 6-10 people weekly regarding mental health and substance use disorders.
- Implemented "Virtual Peer Group" on the Zoom platform for consumers of NCSB. Led weekly groups for mental health and substance use disorders virtually during the pandemic lockdown. Personally administered technical aspects of Zoom meetings, providing for 8-12 participants weekly.

## ADDITIONAL EXPERIENCE

Navy Cyber Defense Operations Command, Suffolk, VA

**IT Specialist/Data Management**

April 2010 - September 2018

Programmed and administered web front-end software and database back-end software and hardware to defend and protect Naval Networks from cyber intrusion. Operated side by side with vendors in order to maintain and fortify 24/7/365 operations.

## TRAINING/AWARDS

Crisis Peer Support, April 2022; Boundaries in Peer Support, April 2022; CPR & First-Aid Certified (AED), September 2021; Crisis Intervention Team: Norfolk PD & Norfolk CSB, July 2020; Ethics for Recovery Coaches, February 2020; REVIVE! Training, June 2019. / Recovery Action Committee, Virginia Region 5, President, July 2022; Narcotics Anonymous, 40th annual State Convention, Additional Needs Chair, January 2023; Hospitals & Institutions, Secretary, 2022, 2020; Serenity On The Shore, Additional Needs Chair, 2022, 2021, 2019; Navy Unit Commendation, Presented by the Secretary of the Navy, 2014; Civilian of the Quarter, Navy Cyber Defense Operations Command, Q4, 2011.