

"One of the greatest things was learning I was worth recovery"

Demi Lovato



You have the power to say,

"This is **NOT** how my story will end"



Recovery Support Services

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ANNE
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Peer Support Services

Recovery is Possible

PEER SUPPORT SPECIALISTS

- Serve as role models for recovery from substance use disorders
- Engage participants in the recovery process to increase the chance of commitment and reduce the likelihood of relapse
- Provide mentoring, coaching and encouragement
- Connect participants to needed services and support
- Help in the process of establishing new social networks supportive of recovery

Peers use knowledge from life experiences to encourage participants to be responsible for their own recovery.

Peers help identify barriers to goals and resources and empower participants to access the tools and skills needed to break down those barriers.

Mentoring and Coaching

Assist with tasks, such as setting recovery goals, developing recovery action plans and solving problems directly related to recovery, including finding sober housing, making new friends, finding new uses of spare time and improving one's job skills.

Connecting to Resources

Help participants with their most pressing early recovery needs, such as locating a safe place to live, getting workplace readiness training and finding a job.

Help navigate the formal treatment system and gain admittance into a treatment program. They also help with discharge planning, usually working closely with treatment staff.

Facilitating and Leading Recovery Groups

Typically involves the sharing of personal stories and some degree of problem solving as a group.

Some groups are structured as support groups, while others have educational purposes. Many have components of both.

Typical topics include training in job skills, budgeting and managing credit, preventing relapse and conflict resolution.

Building Community

Organize recovery-oriented activities that range from opportunities to participate in team sports to family centered holiday celebrations and sober get-togethers. It provides a sense of acceptance and belonging, as well as the opportunity to practice new skills.

"It always seems impossible until it is done."

Nelson Mandela