

RECOVERY
SUPPORT SERVICES

WORK!



ABSTINENCE

is about what you
don't do.

RECOVERY is
about what
you DO.

recovery* (NOUN)

a process of
change through
which individuals:

- ▼ improve their health and wellness
- ▼ live a self-directed life
- ▼ strive to reach their full potential



We believe in the POWER of

PEERS



VOH peers...

...help individuals build recovery capital.¹

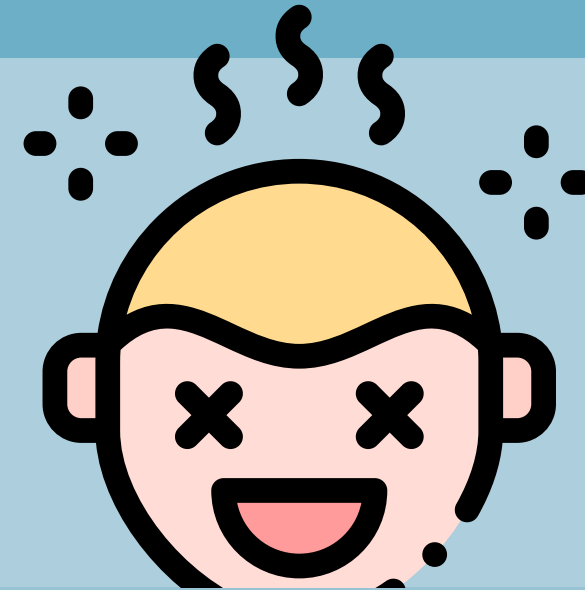
We've been there.

...are an integral part of the behavioral health workforce.²

1: Smelson et al., 2013; Rowe et al., 2007 • 2: Tracy, Burton, Nich, & Rounsaville, 2011 • 3: Min, Whitecraft, Rothbard, & Salzer, 2007

We've been there.
We can help.

Peer services...



...reduce
substance use.¹



...improve
treatment
adherence.²



...reduce
hospitalizations.³

We've been there.
We can help.

Peer services...



...improve relationships with health-care providers¹

...increase hopefulness²



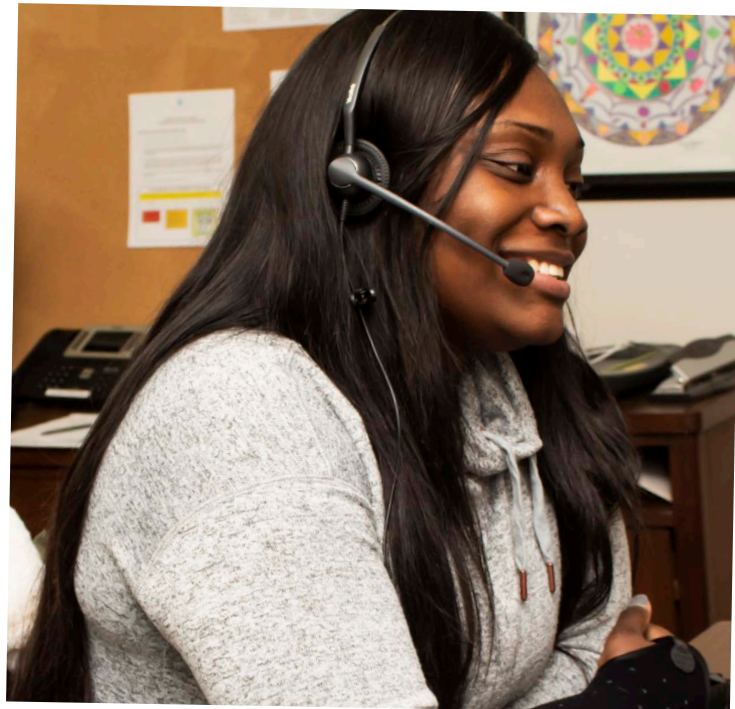
...improve quality of life³

...increase community integration⁴



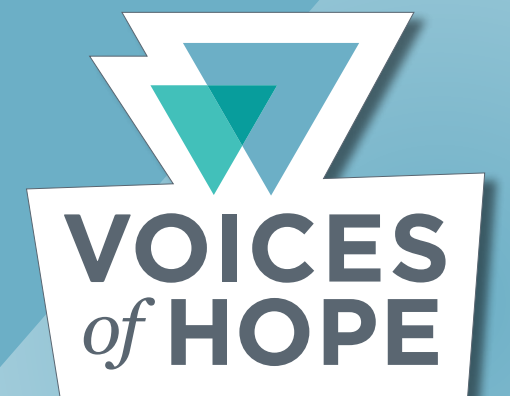
RECOVERY COACHING

Help participants meet their goals



TELEPHONE RECOVERY SUPPORT

Weekly check-in calls to offer social support and access to resources





FAMILY COACHING

Our Family Coach helps family members find support and access resources for themselves and their loved one.



FAMILY SUPPORT LINE

Information and resource phone line for family members





RECOVERY CAPITAL

HIGHER LEVELS OF
RECOVERY CAPITAL
PREDICT
SUSTAINED RECOVERY

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2211734/>

We build
**RECOVERY
CAPITAL** *by...*

- ...connecting people to resources.
- ...reducing barriers to recovery.
- ...promoting holistic recovery.
- ...encouraging hope.

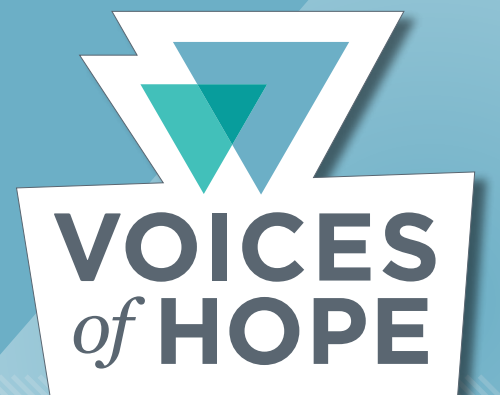


I used drugs over the weekend.
I'm ashamed and scared. I
don't know what to do.

I understand how
you're feeling. I've
been there. Let's
work through this
together.

We

CONNECT
PEOPLE to
RESOURCES



We

CONNECT
PEOPLE to
RESOURCES

PEER SUPPORT SPECIALISTS:

**Explore options based on
participant's unique situation**

Help navigate systems of care

**Protect the participant's
privacy; we are independent**

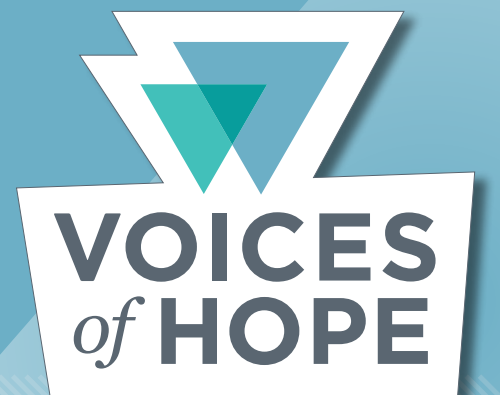


I have to quit my treatment because I can't get a ride to the clinic.

I understand transportation can be difficult. I had the same situation.

We

REDUCE
BARRIERS to
RECOVERY



We

REDUCE
BARRIERS to
RECOVERY

PEER SUPPORT SPECIALISTS:

Offer suggestions and solutions

Help establish a support network for participant

Serve as a connector to established contacts and recovery partnerships

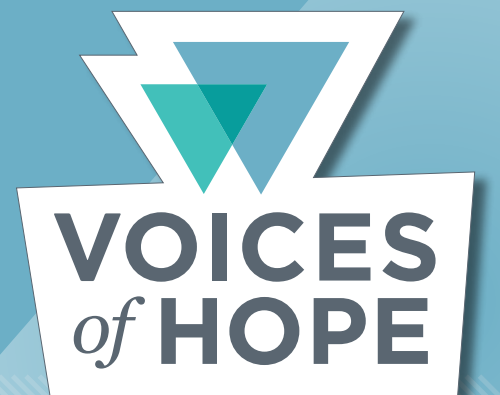


I love and miss my kids. I need to spend more time with them.

I understand that this is important to you. How can I help you make this a reality?

We

PROMOTE
HOLISTIC
RECOVERY



We

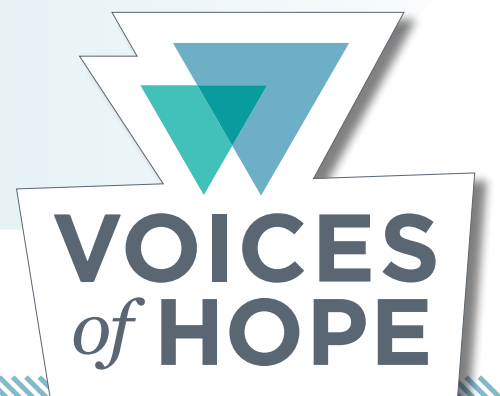
PROMOTE
HOLISTIC
RECOVERY

PEER SUPPORT SPECIALISTS:

Assist with problem solving

**Support goal achievement
without judgment**

**Provide honest and helpful
information**

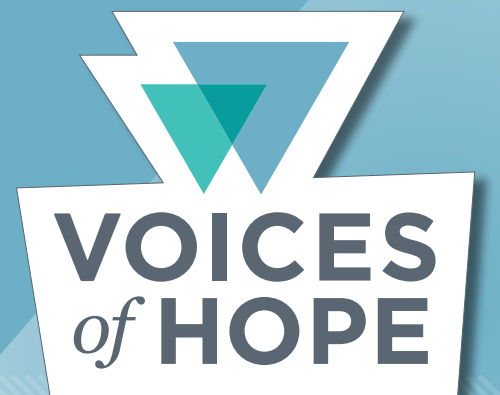


I never graduated high school,
but I just graduated drug
court!

Let's celebrate!
This is a huge step
toward achieving
your goals.

We

ENCOURAGE
HOPE



We

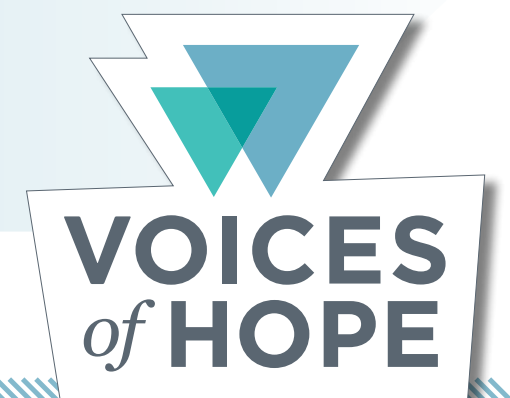
ENCOURAGE
HOPE

PEER SUPPORT SPECIALISTS:

**Celebrate small steps
toward larger goals**

**Help participant cultivate
motivation**

**Provide encouragement
along the way**



RECOVERY COACHING

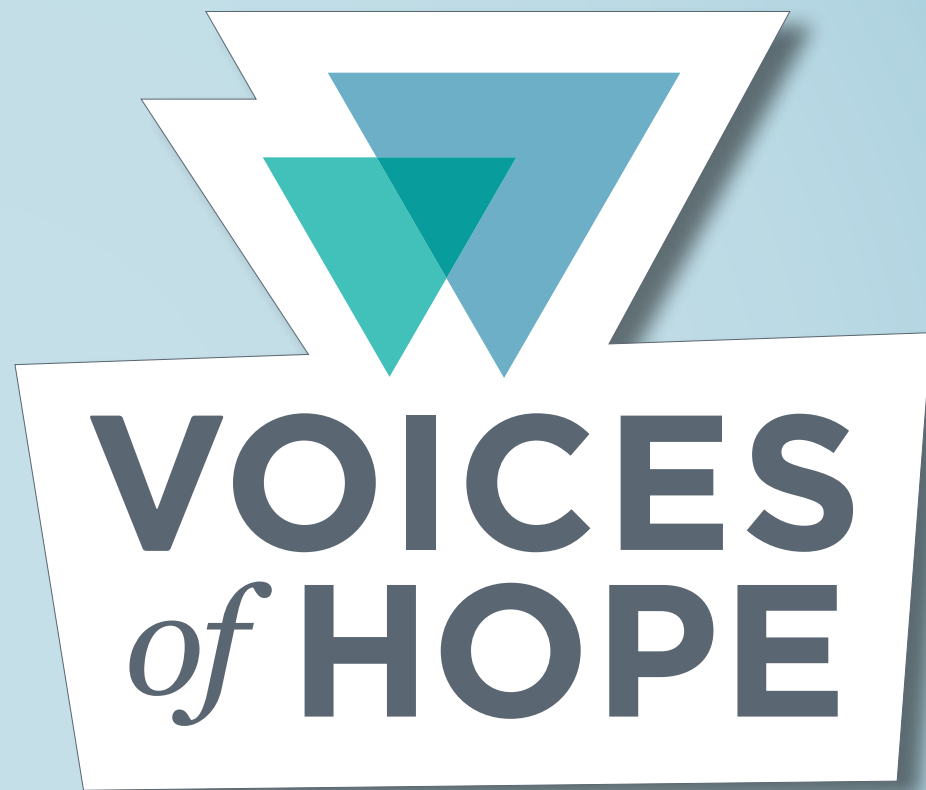
surveymonkey.com/r/SignUpCoaching

TELEPHONE RECOVERY SUPPORT

surveymonkey.com/r/SignUpTRS

FAMILY COACHING

surveymonkey.com/r/vohFamilyCoach



SIGN UP

Voices of Hope's services have been a huge part of my recovery story. Whenever I need a safe space free from judgment and full of compassion, I know where to go.

—**Lydia**, participant

