

PEER SUPPORT & RECOVERY COACH SERVICES

Peer Support and Recovery Coach Services are offered by individuals in recovery with a lived experience of mental health and/or substance abuse challenges. Our services offer a variety of wellness and recovery practices. Services can include 1 on 1 support, creating daily wellness and recovery plans, building resiliency and action plans to remove barriers to an individual's recovery journey.

All Peer Support Specialist are trained and certified by the Michigan Department of Health and Human Services (MDHHS). All Peer Recovery Coaches are graduates of CCAR Recovery Coach Academy. Recovery Coaches are also credentialed by Michigan Certification Board for Addiction Professionals (MCBAP).

"Recovery that changes a life can impact generations to come"

What is Recovery?

Recovery is a deeply personal and unique process of exploring one's attitudes, values, feelings, goals, skills, and roles while working towards a more satisfying, hopeful, and contributing life in spite of personal challenges.

Lori Ashcroft, Executive Director of the Recovery Opportunity Center, has defined recovery as "remembering who you are and using your strengths and resources to become all that you were meant to be."

DEFINING WELLNESS & RECOVERY

What is Wellness?

Wellness is a lifelong, active process of becoming aware of and making choices toward a healthy and fulfilling life.

The Substance Abuse and Mental Health Services Administration (SAMHSA) has identified Eight Dimensions of Wellness:

- **Emotional** - Developing skills and strategies to cope with stress.
- **Environmental** - Good health by occupying pleasant, stimulating environments that support well-being.
- **Financial** - Satisfaction with current and future financial situations.
- **Intellectual** - Recognizing creative abilities and finding ways to expand knowledge and skills.
- **Occupational** - Personal satisfaction and enrichment derived from one's work.
- **Physical** - Recognizing the need for physical activity, diet, sleep, and nutrition.
- **Social** - Developing a sense of connection and a well-developed support system.
- **Spiritual** - Search for meaning and purpose in the human experience.

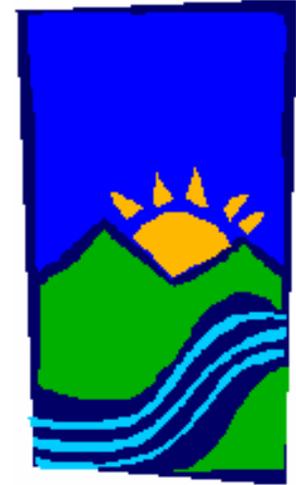
Visit the website for their 10x10 Wellness Campaign at <http://www.10x10.samhsa.gov>.

As members of the Wellness and Recovery Team, we believe recovery is possible. Each person has untapped strengths, abilities, and potential. We look forward to supporting you as you achieve your personal recovery goals.

For More Information

Contact Rebecca Linihan, Wellness and Recovery Team Leader, at (269) 467-1001, X.363, or visit our website at <http://www.stjoecmh.org/wellness> and recovery.

Wellness & Recovery Peer Support Services



COMMUNITY
MENTAL HEALTH
& SUBSTANCE ABUSE
SERVICES
OF ST. JOSEPH COUNTY

THE WELLNESS & RECOVERY TEAM

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WELCOME TO WELLNESS & RECOVERY TEAM PEER SUPPORT SERVICES

The Wellness & Recovery Team offers a variety of evidence-based programs and promising practices. Our Certified Program Facilitators offer a supportive, encouraging and fun environment. Individuals will have an opportunity to enhance their wellness and recovery, creating a productive, healthy and satisfying lifestyle.

Our life enhancing programs are open to all St. Joseph County Community Residents. The Wellness and Recovery groups are free of charge and materials are provided.

EVIDENCE-BASED PROGRAMS

Whole Health Action Management (WHAM)

This 8-week interactive workshop “published by SAMHSA-HRSA Center for Integrated Health Solutions” enables participants to develop healthy mind-body resiliency skills. This person-centered approach will enable an individual to develop and practice self-management skills including; stress management, healthy eating, increased physical activity, promoting healthy sleep and the development of cognitive skills to avoid negative thinking.

Wellness Recovery Action Plan (WRAP)

Developed by Mary Ellen Copeland, Ph.D., WRAP is centered on 5 Key Recovery Concepts: Hope, Personal Responsibility, Education, Self-Advocacy, and Support. Participants will learn wellness tools and skills to plan their best course of action in addressing the various challenges of physical health, emotional health, addictions, employment, and personal relationships.

Personal Action Towards Health (PATH)

This program was developed at Stanford University to help people learn techniques and strategies for the day-to-day management of chronic or long-term health conditions. Work-

shop activities include weight management, mindfulness, pain and fatigue management as it relates to physical activity and the discussion of various health topics.

Tobacco Recovery

This recovery curriculum was developed by the Behavioral Health and Wellness Program at the University of Colorado’s School of Medicine. Participants will explore strategies to reduce or eliminate tobacco dependence. We will also discuss ways to address boredom, craving, triggers, stress, and weight gain.

SMART Recovery (Self-Management and Recovery Training)

This program offers tools and techniques to enhance and maintain motivation to abstain from addictive behaviors, cope with urges, problem solve, and work towards lifestyle balance. This recovery program supports people in gaining freedom from addictions.

Time to Lighten Up & Live

This interactive workshop provides participants with a wealth of nutritional knowledge including weight management, balanced eating, meal planning, shopping tips, and goal setting. This curriculum was developed by Alison Books, R.D., and LDN in collaboration with staff and students at Recovery Services, Nutrition, Fitness, and Psychiatric Rehabilitation Centers at Boston University.

PROMISING & BEST PRACTICES

Wellness & Empowerment in Life & Living (WELL)

Join us as we explore empowerment and continued wellness in all aspects of daily life including mental, physical, social and financial. The WELL curriculum was developed by Recovery Innovations Inc. It is our goal to create an environment that empowers people to recover and succeed at creating a life of meaning and purpose. We will explore self-awareness, social wellness, relationships, resolving conflicts and many more.

My Action Plan (MAP) & Steering Emotions

Discover how to prevent relapse related to mental health and/or substance abuse. The group will discuss how to create a pattern of living that enhances recovery and remission. We will explore the many dimensions of wellness and help empower you to build a MAP for steering your emotional, mental, and spiritual well-being.

Living Life Well

Participants will explore and create action plans to enhance their daily recovery journey. Self-management strategies will include: Building self-esteem, dealing with depression and anxiety, relapse prevention and time management.

Winning in Recovery

Discover recovery strategies for life’s inevitable challenges. Participants will explore concepts of: conflict resolution, anger and stress management, healthy communication, building strong relationships, emotional health, and other recovery topics.

Healthy Living

Join us as we take a look at developing healthy lifestyle habits in our wellness and recovery. Topics of discussion will be in areas of exercise, fitness, healthy eating and weight loss. Let’s make this New Year the year of creating a healthier lifestyle that is rewarding and fits your life.

Stress Management

Modern life can be full of frustrations, deadlines and demands. For many people stress is so commonplace that it has become a way of life. Join us as we take a look at how stress and our response to stress can impact our health and daily living.