



# NMSAS RECOVERY CENTER

2018 Peer Recovery Support Services Newsletter

January-March

## Peer Recovery Support Services January-March 2018

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**Community Presentations:** A core group of trained Peer Recovery Coaches have obtained additional training as part of the NMSAS Recovery Center's Speakers Bureau. These individuals volunteer their time to formally present information on Peer Recovery Coach Services and how to access these services as well as information on Multiple Pathways to Recovery. The number reflects total presentations delivered by the NMSAS volunteer Speakers Bureau during the period January-March 2018. Presentations range from 20 to 90 minutes and are designed to meet informational needs of the audience.

38

**People Attending Presentations:** The Speakers Bureau routinely provide presentations to individuals in residential treatment centers. In addition, the Speakers Bureau has delivered presentations to health collaborates, counseling agencies, service groups, community task force and government agencies. This is the total number of people attending presentations during the period January-March 2018.

474

**Number of Requests for a Peer Recovery Coach:** This service is open to anyone in need of this type of recovery support living in the 21 counties of northern lower Michigan. During the period of January—March 2018, 57 individuals requested a peer recovery coach.

57

**Number of Peer Recovery Coach Assignments:** Soon after the NMSAS Recovery Center Peer Support Services staff receive a request for a peer recovery coach, the search to match a recoveree (someone who has requested a peer recovery coach) with a peer recovery coach begins. Efforts are made to match the recoveree with a peer recovery coach who will best meet his/her needs and preferences. There is a demand for peer recovery coaches that are well suited to meet the needs of young adults and individuals receiving medication assisted treatment. This number represents the number of individuals requesting and receiving a peer recovery coach during the period January—March 2018.

57

**Number of Active Peer Recovery Coaches:** Maintaining a volunteer network of peer recovery coaches requires continuous recruitment efforts. On average, volunteers commit and serve for two years. A volunteer network creates a win-win situation: the recoveree gains from the coach's experience and the coach stays engaged with recovery efforts. The NMSAS Recovery Center has been able to build a diverse network of active coaches to meet demand for recovery coach services. The number on the right represents peer recovery coaches who are paired or willing to be paired with a recoveree. It does not represent the number of trained peer recovery coaches who are utilizing skills in other capacities within NMSAS Peer Support Services.

97

**Multiple Pathways:** This category measures the growth in the availability of diverse mutual aid support groups and multiple pathways that are available in northern lower Michigan. The number reflects support groups through NMSAS involvement and the overall total for the NMSAS region.

18

# Recovery Support Services—Resources, Education and Pathways

**NMSAS Recovery Center held it's 16th Recovery Coaches Training (CCAR Academy)** at the Ralph A. MacMullan Center in Roscommon. The training took place over two weekends in February and March, and was facilitated by our trainers Walli Soles, Joyce Fetrow and Curt Patriarche. Eight different counties were represented spanning the 21 counties of northern lower Michigan. Nineteen people graduated the 40-hour training. Peer recovery coaches are given the opportunity to take additional trainings on ethics and recovery messaging, as well as training to participate in the speakers bureau. The trainings aid recovery coaches in their ability to help others, as well as assist in meeting the requirements towards a certification permitting employment in clinical settings, or within a recovery supports services team. NMSAS's first CCAR Academy was held at the Ralph A. MacMullan Center in the Spring of 2012.



Missing in photo: Walli Soles

**Upcoming Recovery Coach Trainings (CCAR Academy)** will be held in **Alpena** and **Traverse City**. Our Alpena training will be the first two weekends of October and the Traverse City training will be the first two weekends of November. If you, or someone you know, are interested in becoming a recovery coach, please go to our website [YOUICKERECOVERY.ORG](http://YOUICKERECOVERY.ORG), and click on the Recovery Coach Services tab to download the application.

**Multiple Pathways of Recovery** is a topic shared during the CCAR Academy. With a growing awareness of the many ways that individuals find support for their recovery, there has been growth in “pathways” that align with a persons values and beliefs. Examples of pathways include SMART Recovery, LifeRing, Women for Sobriety, Refuge Recovery, Recovery Yoga, Celebrate Recovery, Community Talking Circles and others. The NMSAS Speakers Bureau provide presentations explaining Multiple Pathways, educating individuals and communities about the importance of diverse pathways of recovery in building recovery capital at the individual and community level. Interested Individuals are encouraged to start one in their area. Our 21-county region currently have about ten different mutual aid groups outside of the traditional 12-step groups that exist for people in recovery. If you're interested in starting a pathway or learning more about multiple pathways, please call the NMSAS Recovery Center Recovery Supports Department. We can connect individuals with others who have started pathways to give support and advice to those new to the process. William White, writer and researcher on addiction recovery eloquently stated, “There are many pathways of long-term recovery, and all are cause for celebration.” Please check out our [YOUICKERECOVERY.ORG](http://YOUICKERECOVERY.ORG) website for more information about Multiple Pathways, as well as information about local groups in northern Michigan. You can request a free presentation about Multiple Pathways or our Recovery Supports Services by contacting us.

**NMSAS Recovery Support Services website [Youpickrecovery.org](http://Youpickrecovery.org)** is a resource for recovery supports in northern lower Michigan. It was launched in April of 2017 and has had almost 1,800 visitors to the site. It contains information about Multiple Pathway meetings, requesting a coach, speakers bureau, education and trainings. Please help us keep it updated with new Multiple Pathway meetings and events in your area. You can get in touch with us by e-mail or calling the numbers below. We look forward to hearing from you.

**Interested in becoming a recovery coach and helping others find their pathway? NMSAS has trained over 300 coaches in northern Michigan, and we have a unique program designed to educate those who want to help others attain and sustain recovery. Find your niche with us by coaching, public speaking, recovery messaging, reducing stigma or starting new pathways. Together we can make a difference.**

## Peer Recovery Supports Contact Information

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