

July 23rd, 2018

Second Quarter: April—June

# NMSAS Recovery Center: Peer Recovery Support Services



## Recovery Supports Update

Peer Recovery Supports Services (PRSS) offered many trainings and events this spring and summer. In April, we offered our Recovery Coach Ethics Training, held over two Saturdays. This was the largest group we've had so far, and twelve coaches completed the training. We also offered our Speaker Bureau training over the course of four Saturdays. This training was facilitated by a few talented coaches and we now have several more coaches who are giving presentations at treatments centers and other various agencies. We are also gearing up for several more trainings this year, such as our Messaging Training on August 18th, and our two Recovery Coach Academies this fall in Alpena and Traverse City.

Many coaches have been instrumental in delivering information about PRSS's, and the services we offer. Networking and education is key to what we do, and it's through the help of our volunteers that makes this possible. Here are some of the events that we were able to participate in this quarter in order to educate the public, and distribute information about PRSS:

We attended the Regional Opioid Symposium in Manistee, the Veterans Fair in Prudenville, the Alpena Senior Volunteer Fair, the 9 & 10 News Forum in Traverse City, the third Unite to Face Addiction Rally in Lansing, The Opioids are Sweeping our Community event in Lake Ann, and the Families Against Narcotics Launch in Traverse City.

We've also had several individuals who've been instrumental in posting flyers about Peer Recovery Support Services, which has already proved to be a great resource for many.

Our Speaker Bureau presenters have also been busy delivering presentations for many key agencies and stakeholders in the region. Some of the places that we've presented this quarter have been to drug courts, veterans courts, treatment centers, Recovery Day conference, DHHS staff, and various coalitions. If you'd like us to do a presentation regarding PRSS, or Multiple Pathways for your agency or group, please give us a call.





**CCAR RECOVERY COACH  
ACADEMY**  
sponsored by NMSAS Recovery Center

The NMSAS Recovery Center is providing opportunities to learn about the science of recovery by offering the CCAR Recovery Coach Academy. Learn how to develop skills to help others sustain a life of recovery and build recovery capital in our communities. This 40-hour training session is free and opens the door for additional learning, networking and skill development. Opportunities await!

Training requirements are: six months of stable recovery, 18 years of age or older, undergo an interview process and be willing to help others. Sixteen hours of ethics are required for those willing to do one-to-one coaching. Certificates are awarded to those who complete the training.

Download an application from [youpickrecovery.org](http://youpickrecovery.org) under the Recovery Coach Services tab or call the number below to register for the next recovery coach training. Limited to 24 people per training. Our next two trainings will be in Alpena and Traverse City, which are listed below. Let us know if your community is interested in a training.

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| <p><b>Alpena, MI</b><br/>NIMHCC, Inc.<br/>October 5, 6, 7 &amp;<br/>October 12, 13, 14</p> | <p><b>Traverse City, MI</b><br/>Michigan Works<br/>November 2, 3, 4 &amp;<br/>November 9, 10, 11</p> |
|--|--|

NMSAS Recovery Center  
2136 West M-32  
Gaylord, MI 49735

Ask for:  
Tory or Shannon  
989-732-1791

**Take  
your  
recovery  
to the  
next  
level**

Look for us on Facebook:  
NMSAS Peer Recovery  
Support Services



## Upcoming CCAR Recovery Coach Academy in Alpena & T.C. this Fall

We are excited to be hosting two Connecticut Community for Addiction Recovery Coach Academies this fall. This training is for anyone interested in learning new skills, promoting recovery and helping others attain and sustain recovery. It teaches helpful techniques such as; motivational interviewing, multiple pathways, stages of change and other important topics that aid in our ability to help others. This training is for those in recovery, and we also have limited space for family and friends affected by addiction. If your community is interested in a training, please get in touch with us.

**People Recover!**



## NMSAS Recovery Center Recovery Support Services

2136 West M-32  
Gaylord, MI 49735  
989-732-1791 / fax 989-732-7052  
Tory Werth [twert@nmsas.net](mailto:twert@nmsas.net)  
Shannon Peek [speek@nmsas.net](mailto:speek@nmsas.net)  
[YOU PICK RECOVERY.ORG](http://YOU PICK RECOVERY.ORG)

**Your story has  
power to inspire!!!**

### New Multiple Pathway Groups

We are excited to announce two new Multiple Pathway (MP) mutual-aid groups that started in our region. **Women for Sobriety** meeting at Munson Hospital in Grayling is on Tuesdays at 6:30, in the Crawford Room. We've heard that the Women for Sobriety meeting in Alpena, on Sunday's at noon, has been doing extremely well.

There is also now a **Refuge Recovery** meeting in Petoskey on Tuesdays at the Red Sky Stage at 7:30 pm.

Interested in starting a new MP meeting? Please contact us so we can network and connect you with others who maybe interested. We will help new meetings find a location, make flyers, promote it via our e-mail and facebook pages and give support.

Check out Facing Addiction's new MP Guidebook at: [FacingAddiction.org](http://FacingAddiction.org)

### A Snapshot of Recovery Support Service's 2nd Quarter: April-June 2018

- ◇ Community presentations given by our Speakers Bureau Team: 45
- ◇ Number of People who attended our presentations: 673
- ◇ Requests for a Peer Recovery Coach from our region: 38
- ◇ Number of Recovery Coaches Assigned to a Recoveree: 38
- ◇ Number of Active Recovery Coaches in our 21 county region 103+
- ◇ Number of Multiple Pathway meetings in our 21 county region: 20

### Want to get involved?

- \* Apply for our CCAR Recovery Coach Academy
- \* Complete our Ethics Training and provide face to face coaching
- \* Join our Speaker Bureau Team and learn to deliver presentations
- \* Be an advocate for Recovery and join us hosting tables and sharing information at health fairs, community events, coalitions, veterans fairs...
- \* Start a new Multiple Pathway meeting—SMART, LifeRing, WFS, etc..
- \* Distribute information about PRSS, trainings and how to obtain a coach



### RECOVERY MESSAGING TRAINING: *Telling Your Story of Recovery*

#### **"Our Stories Have Power"**

**Saturday August 18, 2018**  
Gaylord University Center, 80 Livingston Blvd., Gaylord, MI 49735

Individuals in recovery, friends and family members as well as advocates and allies of recovery have a message of hope and inspiration that needs to be shared. The workshop is designed to help you create this message using language that promotes hope and reduces stigma. Research shows that recovery messaging changes perceptions and can empower others to seek a pathway to recovery.

Trainers: Deb Garrett, SHAR and Tory Werth, NMSAS Recovery Center

Cost: Free. This workshop is limited to 30 participants so early registration is encouraged.

Time: 8:30-9:00 AM Check in and registration  
**Part One - 9:00-Noon**  
Creating and delivering your message using the language of recovery.

Lunch - Will be provided. Opportunity for fellowship and networking.

**Part Two - 12:30 - 3:30 PM (Optional)**  
This part of the training is designed for individuals who are seeking continued education credits and are interested in learning how to work more effectively with media and elected officials. Recovery Community Organizations will be covered as well.

To register, please call the NMSAS Recovery at 989-732-1791.

You can also e-mail Shannon & Tory at:  
[speek@nmsas.net](mailto:speek@nmsas.net) or  
[twert@nmsas.net](mailto:twert@nmsas.net)



**NMSAS will be hosting a Recovery Messaging Training on August 18th, 2018 at the Gaylord University Center. Please contact us to RSVP or for more information.**