

October-December 2018

People Recover!

## NMSAS Recovery Center Peer Recovery Support Services Update



NMSAS Recovery Support Services held two CCAR Recovery Coach Academies (RCA) and two Ethical Considerations Trainings this past fall in Alpena and Traverse City. The RCA training was forty-hours and the Ethics training was sixteen-hours. Many great connections and resources were shared.

### Pictures & descriptions from top to bottom:

**Alpena RCA Training:** Eighteen people graduated from the October training in Alpena. Trainers were Joyce Fetrow and Walli Soles.

**Traverse City RCA Training:** Twenty-three people attended and twenty-one graduated from the November training. The trainers were Curt Patriarche, Walli Soles, and Tory Werth.

**Alpena Ethic's Training:** Nine people graduated the CCAR Ethics Training in Alpena. Trainers were Kelly Korson and Scott Scholten.

**Traverse City Ethics Training:** This was our largest Ethics Training group yet. Twenty-three people completed the CCAR Ethics Training in Traverse City. Trainers were Kelly Korson and Scott Scholten.

**RCA Gradates—39**

**Ethics Training Graduates - 32**

**Total Hours of Training — 112**



### Participants Insights and Experiences from the Trainings:

"Very informative! Makes you step out of your comfort zone." "Such an amazing group of people." "The whole training was inspiring and motivating." "A very good routine and system is set in place for this training." "I made a lot of friends." "I like how the trainers were open to discussion and different points of view." "I loved it. It helped broaden my scope of recovery and opened my mind." "There was so much laughter." "The instructors were awesome." "Professional & Lively." "I loved meeting others in Recovery."

## CCAR Recovery Coach Academy & Ethics Training - Gaylord in March

Our next **CCAR Recovery Coach Academy** will be held at the United Way building in Gaylord over the first two weekends in March. This training is for anyone interested in learning new skills, promoting recovery and helping others attain and sustain recovery. We will also be offering our **CCAR Ethics Training** on March 30th and 31st at the United Way. This training helps to prepare those who'll be working with others as a recovery coach. Our **Speakers Bureau/Advocacy Training** will be offered in the spring. You can now fill out an application for the RCA on our [YOU PICK RECOVERY.ORG](http://YOU PICK RECOVERY.ORG) website, under the Recovery Coach Services tab. Or click here: [Fill out an application](#)

Pipe Cleaner Art—by Kyle in Alpena



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## NMSAS Recovery Center Recovery Support Services

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

### Multiple Pathway Groups

We are hearing more interest in starting new Multiple Pathway meetings in communities throughout northern Michigan. We have a presentation designed to educate people on the Multiple Pathways and why it's important to have options in the recovery community. If you or your organization would like a presentation on this topic, please give us a call.

**A NEW SMART Recovery meeting recently started in Houghton Lake. It's on Mondays at 7:30 pm at the Church of God, 9949 W. Lake City Rd.**

Interested in starting a new Multiple Pathway meeting? Please contact us. We can network and connect you with others who maybe interested. We will help new meetings with finding a location, make flyers and promote it via our e-mail, and facebook and YouPickRecovery.org website.

### A Snapshot Recovery Support Services - October- December 2018

◇ Community presentations given by our Speakers Bureau Team:	32
◇ Number of People who attended our presentations:	423
◇ Requests for a Peer Recovery Coach from our region:	30
◇ Number of Recovery Coaches Assigned to a Recoveree:	28
◇ Number of Active Recovery Coaches in our 21 county region:	126
◇ Number of Multiple Pathway meetings in our 21 county region:	24
◇ Number of visitors to date to <a href="http://Youpickrecovery.org">Youpickrecovery.org</a>	3,400+

### Want to get involved?

- \* Apply for our CCAR Recovery Coach Academy Training
- \* Complete our Ethics Training and provide face-to-face coaching
- \* Join our Speaker Bureau Team and learn Recovery Advocacy skills
- \* Be an advocate for Recovery. Join us hosting a table and sharing information at health fairs, coalition meetings and other community events.
- \* Start a new Multiple Pathway meeting-SMART, Lifering, WFS, Refuge Recovery, All-Recovery, Yoga Recovery. Talking Circle
- \* Distribute information about Peer Recovery Support Services

### The Speaker Bureau Team

We have an incredible team of presenters who travel thousands of miles every quarter to deliver the message of hope and show that recovery is possible. They also provide information on how to get connected with recovery supports when a person comes home from treatment. These presentations are delivered in several treatment centers in the region including: Sunrise Centre, Bear River Health, Munson, ATS, New Hope, Best Drug Rehab, Harbor Hall and NMSAS Recovery Center.

We just finished up our Speaker Bureau/Recovery Advocacy Training in Alpena. **Our next Training will be in Traverse City on January 26th 27th & February 2nd & 3rd.** This training is for those who have completed the RCA training. Please RSVP if you'd like to attend. Our Advocacy Trainer is Tom McHale.

