

November, 2018

Third Quarter: July-September

People Recover!

# NMSAS Recovery Center: Peer Recovery Support Services



## Recovery Supports Update

Peer Recovery Support Services (PRSS) has been busy this summer gearing up for the Recovery Coach Academies that were held on both sides of the state this fall in Alpena and Traverse City. Many people who take the Recovery Coach training are referred by other coaches who have also gone through the training themselves. In addition, we also do a lot of outreach by connecting with other organizations, attending recovery events, distributing literature, hosting workshops, giving presentations and trainings throughout the northern Michigan region and beyond. Throughout our networking these past few months, coaches and staff have had many opportunities to be a part of some amazing recovery events in the region. By attending these events we are able to offer hope and proof that recovery

works, as well as provide opportunities for those who want to help others. [Below are some of the events that Recovery Supports attended:](#)

**\*Grand Traverse Band Health Fair**—PRSS had a resource table where coaches talked recovery and shared recovery resources with those in attendance.

PRSS hosted a **Recovery Messaging Training** at the Gaylord University Center, facilitated by Deb Garrett from Detroit. 28 people from 16 different counties were in attendance. This training helped to shed stigma and elevate recovery in our communities, "Our Stories have power!"

**\*Neighborhood Connections** in Grayling High School—PRSS shared information and resources with students, parents and community members.

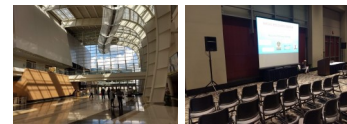
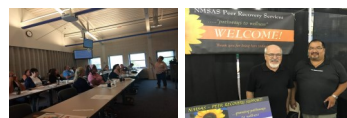
**Multiple Pathway Workshop** in Traverse City at Horizon Bookstore—helped to educate others interested in starting and supporting Multiple Pathways of Recovery.

**Anchored in Hope** event at Casale Farms in Traverse City brought together the community to share resources & hope!

**Rethinking Addiction** in Traverse City had Ryan Hampton, Maya Doe-Simpkins & Austin Eubanks share their passion.

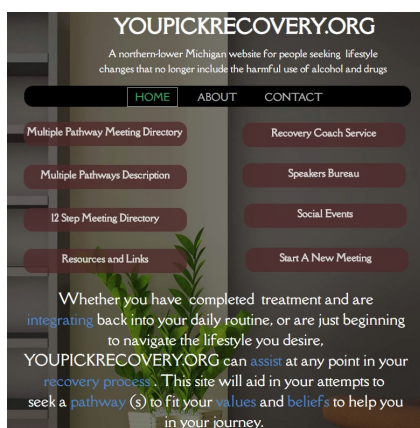
**West Branch** had their first Recovery Event, and showed the movie 'The Anonymous People.' A big success!

**19th Annual Substance Use Co-Occurring Conference** in Grand Rapids had Recovery Supports give a presentation on Multiple Pathways.



## How can we help you?

To get a coach, be a coach, to learn more about us, or to access recovery resources please check out our [YOU PICK RECOVERY.ORG](http://YOU PICK RECOVERY.ORG) website, or give us a call—we'd love to talk with you!



## Upcoming CCAR Recovery Coach Academy in Gaylord

We are currently in the process of coordinating our next Recovery Coach Academy in March 2019, in Gaylord. This training is for anyone interested in learning new skills, promoting recovery and helping others attain and sustain recovery. It covers many important recovery topics such as: motivational interviewing, multiple pathways, cultural competence and stages of change. This training is for those in recovery, and we also have limited space for family and friends affected by addiction. **Applications are currently being accepted** and they can be found under the Recovery Coach services tab at [Youpickrecovery.org](http://Youpickrecovery.org). Please fax or mail your application.

Contact us: Tory Werth [twerth@nmsas.net](mailto:twerth@nmsas.net) / Shannon Peek [speek@nmsas.net](mailto:speek@nmsas.net) / 989-732-1791 / [YOU PICK RECOVERY.ORG](http://YOU PICK RECOVERY.ORG)

Funds supporting this service are provided by NMRE and MDCH



## NMSAS Recovery Center Recovery Support Services

2136 West M-32  
Gaylord, MI 79735  
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!!!**

### Multiple Pathway Groups

We are hearing more interest regarding starting new Multiple Pathway meetings in our region. 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'd like a presentation please give us a call.

Beginning on December 8th, another Refuge Recovery meeting will be starting in Petoskey on Saturdays at the Chapel of our Guardian Angel Church at 9:30 am. All are welcome.

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.

Our [YouPickRecovery.org](http://YouPickRecovery.org) website has had over 2,800 visitors so far!!

### A Snapshot of Recovery Support Service's 3rd Quarter: July-September 2018

- ◇ Community presentations given by our Speakers Bureau Team: 42
- ◇ Number of People who attended our presentations: 631
- ◇ Requests for a Peer Recovery Coach from our region: 44
- ◇ Number of Recovery Coaches Assigned to a Recoveree: 44
- ◇ Number of Active Recovery Coaches in our 21 county region 94
- ◇ Number of Multiple Pathway meetings in our 21 county region: 22

### 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, Refuge...
- \* Distribute information about PRSS, trainings and how to obtain a coach

### 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, Bear River Health, Munson, ATS, New Hope, Dakoske, Best Drug Rehab, Harbor Hall and NMSAS.

The Speakers Bureau also delivers presentations to many groups in the region including: conferences, community events, courthouses, hospitals, counseling agencies, DHHS, colleges and many others. Our team is ready to travel and give a presentation to your agency or community event.

