



*"Each One,
Teach One"*



Who We Serve

People who live with a mental health
and/or substance abuse diagnosis

People who are or have been incarcerated
Homeless individuals

Purpose and Goals

Assist in providing alternatives to
hospitalization or incarceration

Provide intensive peer support

Facilitate integration of physical health,
mental health & substance use services

Promote gainful employment

Encourage people to take charge of
their recovery

Maximize existing resources

Infuse & promote social inclusion



REVISED 5/18



**Change can start
now with just a phone call.**

Orange County



Independent Living, Inc.

135 Grand St. (rear entrance)
Newburgh, NY 12550
P: 845-725-1244
F: 845-561-1764
www.myindependentliving.org

Rockland County



Mental Health Association of Rockland County

140 Route 303
Valley Cottage, NY 10989
P: 845-267-2172 Ext. 292
F: 845-267-2173
www.mharockland.org

Dutchess & Ulster Counties



PEOPLE, Inc.

126 Innis Avenue
Poughkeepsie, NY 12601

112 North Front Street
Kingston, NY 12401

P: 845-452-2728
F: 845-452-2793

www.projectstoempower.org

www.reach-one.org



Reach One

*The Potential for Recovery
Lies within Each of Us*



A Partnership Between



INDEPENDENT **LIVING** INC.



**Mental Health Association
of Rockland County**

improving lives and raising awareness

What is Reach One?

- ★ We are mobile! No fixed address, no set schedule
- ★ We meet you where you are—physically and emotionally
- ★ The people working with you also have lived the experiences of mental illness, trauma, substance use, and recovery
- ★ We provide mentorship and take an active approach to recovery

How We Can Help...

1 Peer Support

Using our own stories to assist you in moving forward in your recovery

One-to-one guidance and encouragement

2 Continuing Education

Life skills coaching

Turning crisis into opportunities



4 Social Activities

Cultural and recreational events
Social and community gatherings
Dances, karaoke, comedy nights

5 Community Connections

Finding and accessing community resources
Moving from services to natural supports in your community

3 Vocational Support

Finding work incentives

Benefits & entitlements counseling

Identifying employment options



- ★ Goals are self-determined. You choose what you need to do to be well
- ★ All services are currently offered at no cost to you