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

Reach One
The Potential for Recovery Lies within Each of Us

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

A Partnership Between

INDEPENDENT LIVING INC.
Mental Health Association of Rockland County
Improving lives and ending homelessness
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

3. Vocational Support
   - Finding work incentives
   - Benefits & entitlements counseling
   - Identifying employment options

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

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