



Who We Serve

- ★ Anyone 18 and older impacted by substance use
- ★ Mid-Hudson Valley Region

What is a Recovery Community and Outreach Center (RCOC)?

- ★ Provide non-clinical support
- ★ Recovery focused environment that promotes empowerment and choice
- ★ Individual and group peer support for every stage of recovery
- ★ All pathways to recovery are embraced and celebrated

"I will love myself on purpose today."

**RECOVERY CAN START NOW...
CONTACT ONWARD RECOVERY**

INDEPENDENT LIVING'S RECOVERY CENTER PROGRAMS

Onward Recovery | Reach One

RECOVERY CENTER CONTACT

Phone: 845-725-1230

Call or Text: 914-359-9648

Fax: 845-779-8092

RecoveryCenter@myindependentliving.org

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Newburgh, NY 12550

A program of

Onward Recovery is
Funded by



**INDEPENDENT
LIVING INC**

YOUR LIFE • YOUR CHOICE



Office of Addiction
Services and Supports

INDEPENDENT LIVING LOCATIONS

Newburgh

5 Washington Terrace, Newburgh, NY 12550

Phone: 845-565-1162 Fax: 845-565-0567

Videophone: 845-764-8384

Monticello

14 Pelton Street, Monticello, NY 12701

Phone: 845-794-3322 Fax: 845-794-3323

Middletown

30 Industrial Drive, Middletown, NY 10940

Phone: 845-342-1162 Fax: 845-843-6207



**ONWARD
RECOVERY**

**YOU ARE IN RECOVERY
WHEN YOU SAY YOU ARE**



**INDEPENDENT LIVING'S
RECOVERY CENTER**

**A HUDSON VALLEY RECOVERY
COMMUNITY & OUTREACH CENTER**

MyIndependentLiving.org

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WHAT IS RECOVERY?

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

- SAMSHA

Peer-supported and focused on the Guiding Principles of Recovery

- ★ Self-Directed
- ★ Strengths-Based
- ★ Empowerment
- ★ Basic Needs
- ★ Hope
- ★ Optimism
- ★ Positive Self-Identity
- ★ Being of Service



SUPPORTS AND SERVICES OF ONWARD RECOVERY

How We Help:

- ★ Credentialed Peers- co-occurring peer support from individuals who have lived experience with substance use and/or mental health
- ★ Connection to Treatment and Recovery Supports- side-by-side referral for detox, inpatient, outpatient and Medication Supported Recovery
- ★ Community Resources- linking individuals to resources in their community
- ★ Various Recovery Group Formats – in-person, hybrid, and virtual group options
- ★ Harm Reduction Training and Supplies: Xylazine Test Strips | Fentanyl Test Strips | Naloxone | Additional Supplies

Wellness & Recovery Coaching

- ★ Recovery Coaching: Person-Centered Wellness Plans utilize the 8 Dimensions of Wellness

Social
Environmental
Physical
Emotional
Spiritual
Occupational
Intellectual
Financial

HOW CAN WE HELP YOU WITH
YOUR RECOVERY TODAY?

CONTACT US AND LET US KNOW

