



“Reach One, Teach One”



## Who We Serve

- Individuals who live with a mental health and/or substance use disorder

## Purpose and Goals

- Assist in providing alternatives to hospitalization or incarceration
- Provide intensive peer support
- Utilize the 8 Dimensions of Wellness to facilitate integration of physical health, mental health & substance use services
- Encourage people to take charge of their recovery
- Maximize existing resources
- Infuse & promote social inclusion

# CHANGE CAN START NOW WITH JUST A PHONE CALL.



## Mid-Hudson Valley

### INDEPENDENT LIVING'S RECOVERY CENTER

263 Route 17K, Suite 212

Newburgh, NY 12550

Phone: 845-725-1230

Call or Text: 914-359-9648

Fax: 845-779-8092

RecoveryCenter@myindependentliving.org



**INDEPENDENT LIVING INC**

**YOUR LIFE • YOUR CHOICE**

With offices in Newburgh, Middletown and Monticello



**Mental Health**

## Rockland County



### MENTAL HEALTH ASSOCIATION OF ROCKLAND COUNTY

140 Route 303

Valley Cottage, NY 10989

P: 845-267-2172 Ext. 291

F: 845-267-2173

mharockland.org

## Dutchess & Ulster Counties



### PEOPLE, USA

102 Fulton Avenue, Suite A  
Poughkeepsie, NY 12603

572 Broadway  
Kingston, NY 12401

P: 845-452-2728

F: 845-452-2793

People-usa.org



# REACH ONE

THE POTENTIAL FOR RECOVERY LIES WITHIN EACH OF US



A Partnership Between



**INDEPENDENT LIVING INC**

**YOUR LIFE • YOUR CHOICE**

**peopleUSA**



Mental Health Association of Rockland County

*improving lives and raising awareness*

[MyIndependentLiving.org](http://MyIndependentLiving.org)



## What is Reach One?

- ★ We meet you where you are—physically, emotionally & mentally
- ★ The people working with you also have lived the experiences of mental illness, substance use, and recovery
- ★ We provide peer support and take an active approach to recovery

## How We Can Help...

### Peer Support

- One-to-one guidance and encouragement, empowerment and coaching
- Recovery groups
- Mentoring and setting goals
- Advocating for people in recovery
- Sharing resources and building skills
- Building community and relationships
- Wellness Recovery Action Plans
- Harm reduction training and resources



### Social Activities

- Cultural and recreational events
- Social and community gatherings

### Community Connections

- Side by side assistance 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

### Vocational & Educational Support

- Connection to ACCES-VR
- Finding work incentives
- Explore educational goals
- Identifying employment options

