ROAD TO RECOVERY

Independent Living's Recovery Center Programs

- ★ Onward Recovery
- ★ Reach One

Who We Serve

- Individuals 18 and older impacted by substance use and / or
- Individuals 18 and older impacted by mental health

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

"I will love myself on purpose today." RECOVERY CAN START NOW... CONTACT US TODAY

INDEPENDENT LIVING'S RECOVERY CENTER PROGRAMS

Onward Recovery | Reach One

RECOVERY CENTER CONTACT

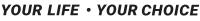
Phone: 845-725-1230 Call or Text: 914-359-9648 Fax: 845-779-8092 RecoveryCenter@myindependentliving.org

263 Route 17K, Suite 212 Newburgh, NY 12550



Mental

Health



NEW YORK STATE 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



YOUR LIFE • YOUR CHOICE



INDEPENDENT LIVING'S RECOVERY CENTER

MENTAL HEALTH AND SUBSTANCE USE SUPPORT FOR THE MID-HUDSON VALLEY REGION

MyIndependentLiving.org

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What is Peer Support?

- Peers are individuals who have lived experience with substance use, mental health and / or trauma and recovery
- Independent Living Recovery Center Peers are credentialed to offer co-occurring support with substance use and / or mental health
- Peers provided one-on-one guidance, encouragement, empowerment and coaching
- Peer Support can be offered in group settings such as group meetings or activities, virtually or in-person
- Peer support offers mentorship and advocacy
- ★ Peer support is always selfdetermined; you choose what you need to be well and your peer supports your goals and wellness plan
- Peers meet you where you are at-- physically, mentally and emotionally
 - Peer support is active recovery

Programs and Services of the Recovery Center

Onward Recovery Program

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- Providing support to anyone 18 and older impacted by substance use
- ★ A Recovery Community and Outreach Center, providing non-clinical support in a recovery-focused environment, promoting empowerment and choice
- ★ Individual and group peer support is available for every stage of recovery
- Connection to Treatment and Recovery Supports- side-by-side referrral for detox, inpatient, outpatient and Medication Supported Recovery
- Harm Reduction Training and Supplies:
 Xylazine Test Strips | Fentanyl Test Strips
 Naloxone | Additional Supplies

"You are in recovery when you say you are."

Reach One Program

- Providing support to anyone 18 and older impacted by mental health / illness
- ★ Meeting you where you are at physically, emotionally and mentally
- Peer support through one-on-one or group guidance and encouragement, empowerment and coaching
- ★ Recovery Coaching: Person-Centered Wellness Plans Utilize the 8 Dimensions of Wellness
- In addition to peer support, Reach One offers vocational and educational support, social activities and community connections