



# 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



## 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



## INDEPENDENT LIVING'S RECOVERY CENTER

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

# 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 self-determined; 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

- ★ 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 referral for detox, inpatient, outpatient and Medication Supported Recovery
- ★ Harm Reduction Training and Supplies: Xylazine Test Strips | Fentanyl Test Strips Naloxone | Additional Supplies

### 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

*“You are in recovery when you say you are.”*

