

The image shows the exterior of a modern, single-story building with a light beige facade and large glass windows. A prominent feature is a covered entrance area supported by white columns. The building is set against a blue sky with scattered white clouds. In the foreground, there is a paved area with a brick pattern and a blue-painted curb. The overall scene is bright and clear.

RECOVERY COMMUNITY CENTERS

What are Recovery Community Centers?

- ▶ Recovery Community Centers (RCCs) serve as local resources of community-based recovery support.
- ▶ People do not live at these centers or seek treatment there.
- ▶ RCCs can help you build recovery capital by providing advocacy training, recovery information and resource mobilization.
- ▶ RCCs can help you to facilitate supportive relationships among other individuals in recovery.
- ▶ They also offer services for your family members.
- ▶ Some RCCs have peer-based support groups that can support you.

Peer-Based Recovery Support

- ▶ Peer-based recovery support, or mutual-help groups (or self-help groups) - are free, peer-led (i.e., non-professional) organizations developed to help individuals with substance use disorders and other addiction-related problems
- ▶ Mutual-help organizations focus on the socially-supportive communication and exchange of addiction and recovery experience and skills.
- ▶ Examples include: Alcoholics Anonymous (AA), Narcotics Anonymous (NA), SMART Recovery, All Recovery groups, and online forums.
- ▶ There are also religious-based mutual-help organization such as “Celebrate Recovery.”

Peer Recovery Supporter Services



Benefits of Recovery Community Centers

- ▶ Sometimes it may be difficult to go through the recovery alone. Recovery Community Centers are there to support you as you go through the recovery process
- ▶ At the recovery center, you can get access to non-medical recovery supports.
- ▶ Attending a recovery community center gives you opportunities to meet and exchange information, and share your recovery journey with peers who are also in recovery.
- ▶ Attending a recovery community center over time may increase your self esteem and decrease distress

Benefits of Recovery Community Centers Continued

- ▶ Importantly, attending RCCs can help you to get information about community events and social activities in your community
- ▶ RCCs can help you access support and social services, employment skills and educational agencies as you go through recovery
- ▶ Some Recovery Community Centers offer mutual-help organization meetings (e.g., Alcoholics Anonymous), individual counselling, sober events.



Where can I find RCCs or RCC services?

- ▶ You can find recovery community centers in your local community.
- ▶ You can also ask your therapist or counselor about recovery community centers in your community.
- ▶ If you are a student, you may ask about recovery centers from your school counselor.

- ▶ Additionally, you can visit the website of The Association of Recovery Community Organizations (ARCO) at Faces and Voices of Recovery to find out available Recovery Community Centers in your state or community.
 - ▶ <https://facesandvoicesofrecovery.org/services/arco/#arco-map>

- ▶ You can find information on Amare and The Life Center on the next slide

The Life Center

- ▶ The LIFE Center is a local recovery center that it is closely linked with Recovery CAFÉ
- ▶ The center provides service for women in substance use recovery and their families
- ▶ You can receive peer counseling and greater connection with community-based resources at the life center
- ▶ You can contact them at : **LIFE Recovery Community Center operated by Child and Family Empowerment (CAFÉ) Center 4145 Kennerly Avenue, St. Louis, MO 63113**
Phone: (314) 662-0953. Email Marsha Hawkins-Hourd at mhourd.tcu@gmail.com

Amare, NFP



- ▶ Amare is a recovery community organization (RCO) that provides recovery support services
- ▶ Amare NFP helps Individuals in recovery through a Strength-Based, Person-Centered, And Recovery-Focused Services.
- ▶ Amare provides Medicated -Assisted Treatment(MAT) Detox/Medical Stabilization, residential outpatient and intensive outpatient services
- ▶ You can contact them at : 144 E. Ferguson Ave. Wood River, IL 62095, Phone: 6182519790, Ext 207 or GETHELP@AMARENFP.ORG
- ▶ WEBSITE : [HTTPS://AMARENFP.ORG/ABOUT-2/](https://amarenfp.org/about-2/)

For More Information

- ▶ <https://www.recoveryanswers.org/resource/peer-based-recovery-support/>
- ▶ <https://www.recoveryanswers.org/resource/recovery-community-centers/>
- ▶ <https://facesandvoicesofrecovery.org/#services>
- ▶ <https://collegiaterecovery.org/>
- ▶ <https://recoveryschools.org/>
- ▶ <https://amarenfp.org/about-2/>