



REACH ONE HUDSON VALLEY RECOVERY CENTER

Reach One

Hudson Valley Recovery Center

Reach One is a four County initiative undertaken by three agencies that cover a large portion of the Mid-Hudson Valley:



PEOPLE, Inc.



Independent Living, Inc.

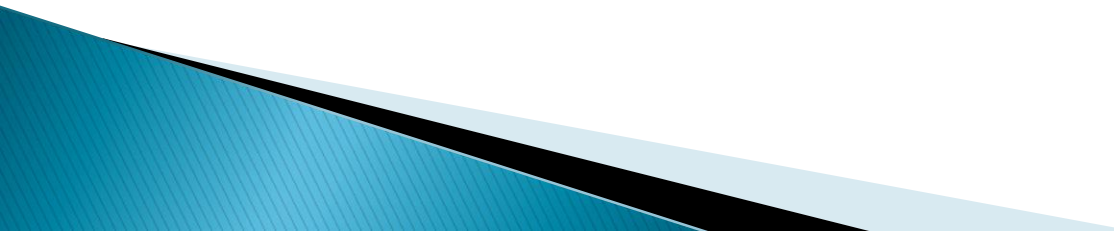
Independent Living, Inc.,



**Mental Health Association
of Rockland County**
improving lives and raising awareness

Rockland MHA, and

Recovery Center: What its not

- It's not a place that has a static address
 - It's not a mental health facility
 - It's not a group of professionals delivering a prescribed set of actions
 - It's not a drop-in, social club or hang out
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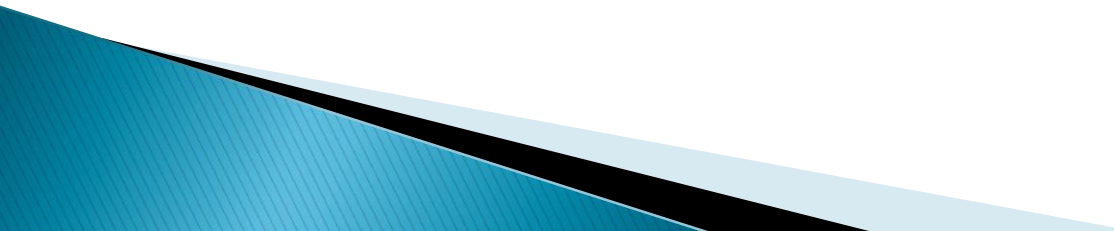
Recovery Center: What is it



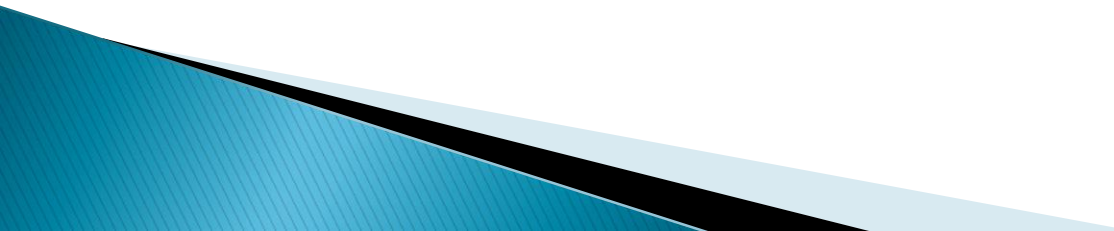
The Recovery Center is in YOU!

The Recovery Specialists carry our message of hope with them
to engage and support those we work with

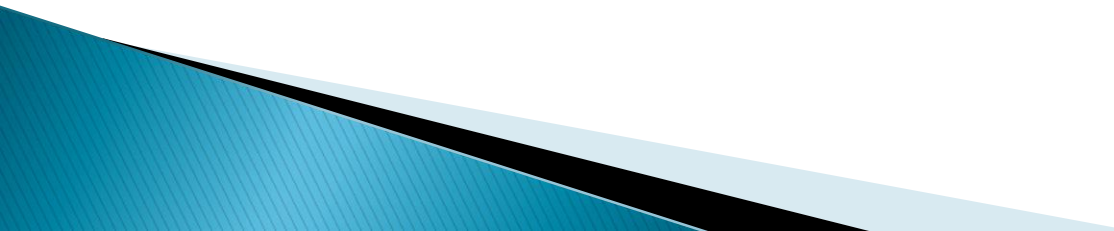
Purpose/Mission

- ▶ Prevent Hospitalizations/recidivism
 - ▶ Provide Intensive peer support
 - ▶ Facilitate integration of mental and physical and substance use services
 - ▶ Promote gainful employment
 - ▶ Engage the forensic population towards recovery
 - ▶ Maximize existing resources
 - ▶ Infuse/promote social inclusion
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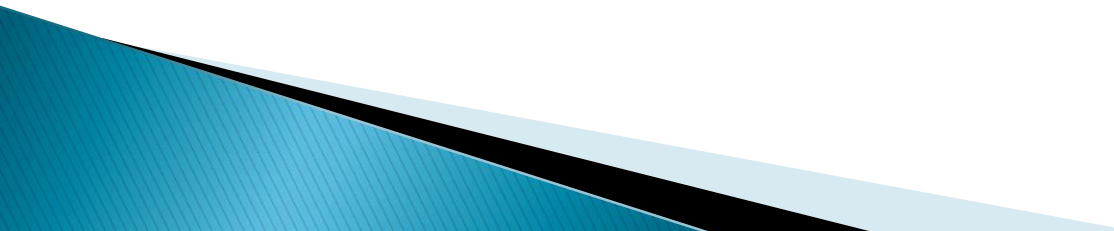
Traditional Peer Support

- ▶ Engaging individuals
 - ▶ Delivering peer support locally at:
 - Libraries
 - Coffee shops
 - Community centers
 - Traditional service environments
 - Shelters
 - Jails
 - Etc...
- 

Tools & Resources

- ▶ Entitlements/benefits counseling
 - ▶ Wellness and recovery education
 - ▶ WRAP / IAPs (Individual Achievement Plans)
 - ▶ Advance Directives
 - ▶ Crisis as opportunity
 - ▶ Preparation for Employment
 - ▶ Advocacy
 - ▶ Alternative approaches
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Eight Domains of Services

1. Employment
 2. Social Connectedness
 3. Personal/ Community Resources
 4. Education
 5. Financial
 6. Physical/Medical
 7. Residential (Housing)
 8. Transportation
- 

Employment

- ▶ This domain concentrates on any activity that can be categorized as “work-related”, including volunteering, internships, or part-time work, much the same way DSS does it to count people as “participating”.
- ▶ Once people start, we would encourage them to increase/expand on their starting activity (from volunteering to a paid position; from part-time to full-time status).

Outcomes

- ▶ Work-related activities for 10 hours/week (or more) For at least one month

Social Connectedness

- ▶ Considering that most of our registrants are isolated, anything that gets them out of the house is a positive step.
- ▶ Since consistency is crucial, regular activities like 12-step meetings, clubs, gym, or visits with friends and families are important

Outcomes

- ▶ Expanding their network of social contacts as evidenced by increased interaction on a weekly basis for at least one month

Personal/Community Resources

- ▶ This domain concentrates on registrants developing support networks. Any time a person is directed to go to another agency or seek out a service we do not offer directly, this category is in effect.

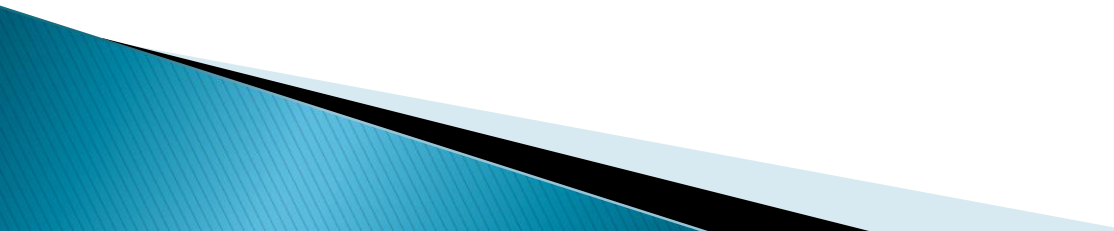
Outcome

- ▶ A registrant indicating an increase in awareness and resources or competence.
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Educational

- ▶ We need to be very progressive in the way we view what qualifies as education. In addition to formal methods of education, regular interaction with mentor can fit this domain as long as the registrant learning things that will enable him or her to improve their life.

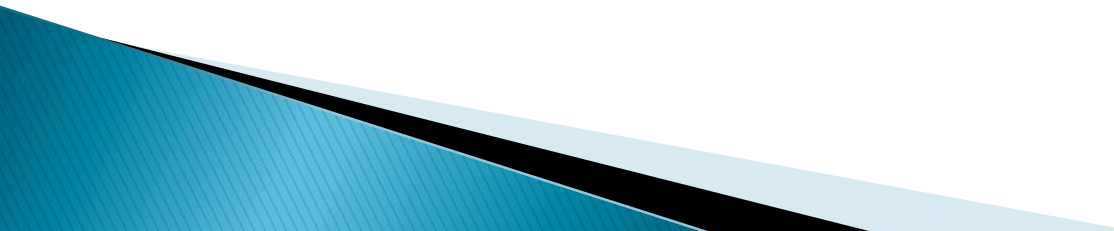
Outcome

- ▶ Regular (weekly) engagement with a mentor, instructor, or counselor that promotes learning or personal development for at least one month.
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Financial

- ▶ Since everyone's circumstances are different, it is hard to state specific outcomes for this domain. Instead, we look at relative changes in peoples lives.

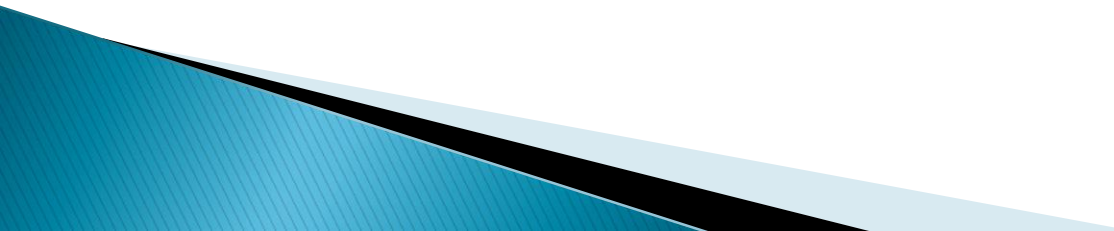
Outcome

- ▶ Demonstrates independence as evidenced by improved change in financial circumstances as established on Individual Achievement Plan (independent living arrangement, purchase of vehicle, achieving managing monthly budget for at least one month.)
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Physical/Medical

- ▶ As Health Homes emerge, physical health is essential to address. Any efforts to seek to improve one's health should be captured in this domain.

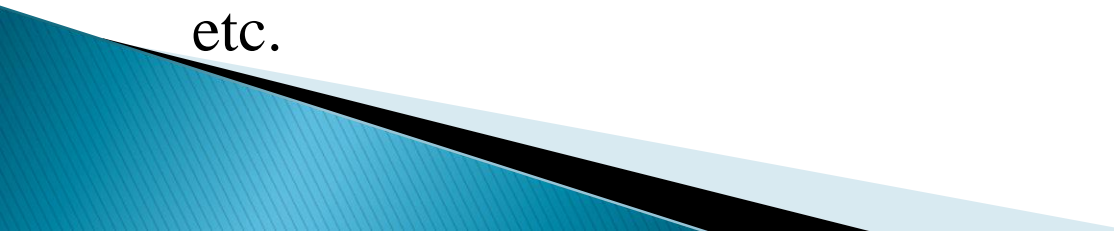
Outcome

- ▶ Achieving a health-related goal that significantly reduces the risk of a chronic condition such as choosing a doctor or dentist and getting an exam, quitting alcohol, drugs, or smoking, beginning a diet or an exercise program are all potential outcomes.
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Residential

- ▶ This is the over-arching goal for the Recovery Center in our aim to reduce recidivism. As Independent Living Centers, we also have a charge to ensure people are in the least restrictive setting.

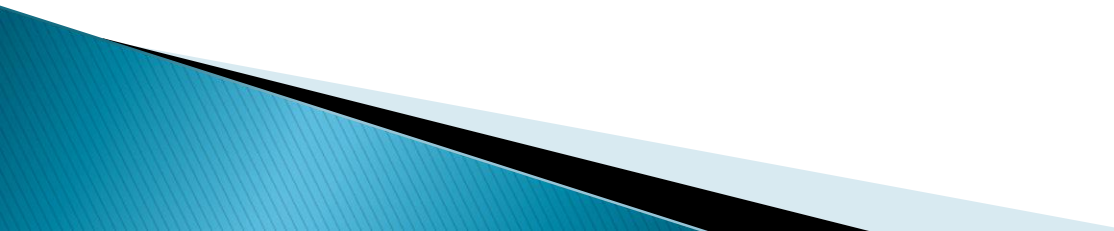
Outcomes

- ▶ People who indicated they WERE hospitalized within the past year that have maintained independence from hospital/residential treatment setting based for one month
 - ▶ In addition, any time a person moves to a more private/comfortable environment it should be noted as an outcome: hospital to group home; sober house to sharing an apartment, etc.
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Transportation

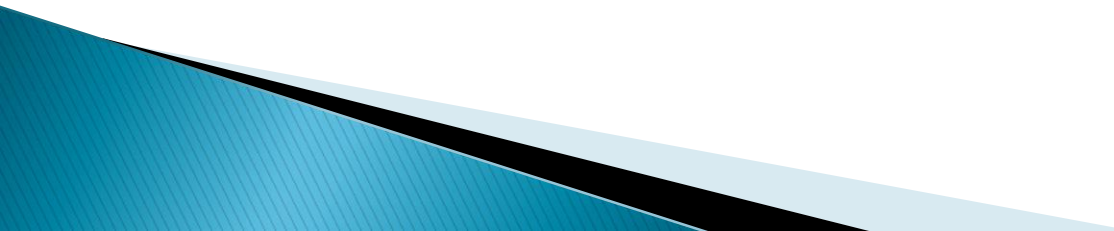
- ▶ Is the registrant ambulatory? Can they get around to actually fulfill the tasks identified in their IAP? Once one has established a healthy routine, they have to be assertive enough to actually venture out in the community to get what they need.

Outcome

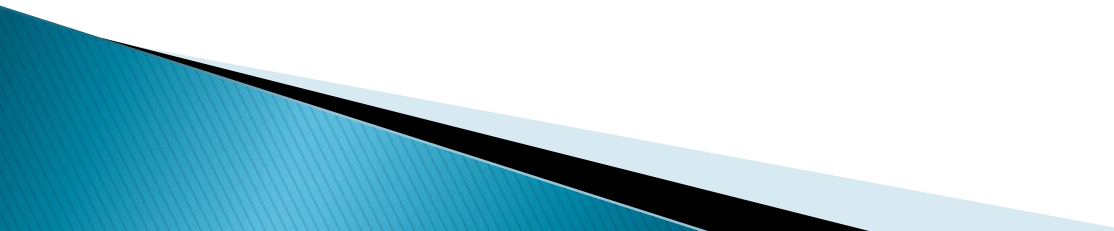
- ▶ Demonstrates a consistent ability to travel to work, recreation, socializing, and appointments on an ongoing basis by using a combination of public transit, carpooling, and other available means for at least one month.
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Social Inclusion

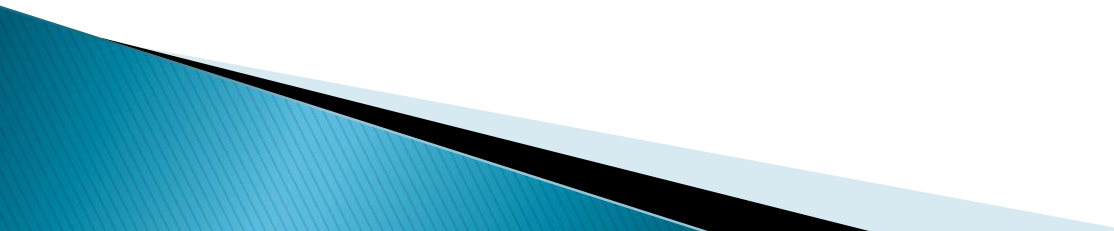
Nights Out!

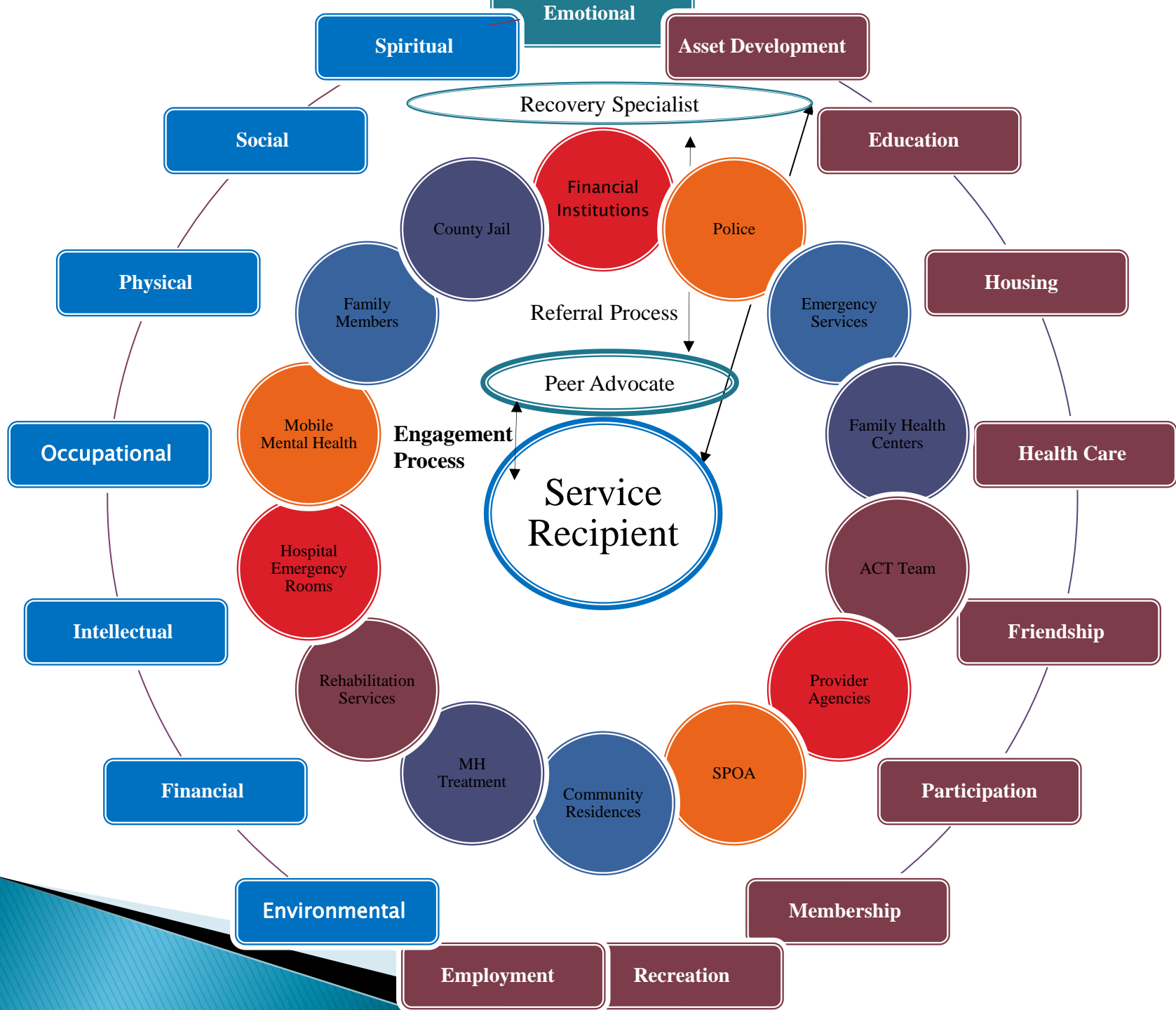
- ▶ Throughout the County
 - ▶ Foster self determined socialization
 - ▶ Tie to natural supports
 - ▶ Nights out is mobile!
 - ▶ A life beyond services
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Engagement

- ▶ Engage as peers and expect better outcomes
 - ▶ Engage in different environments:
 - Hospitals
 - Jails
 - Community locations
 - Traditional services
 - Street Outreach (bridges and tunnels)
 - At Home...
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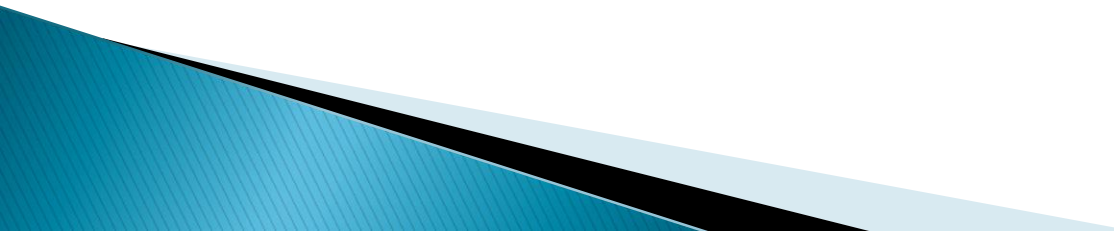
Diversion Services

- ▶ Build upon current diversion services
 - ▶ Infuse the peer recovery specialist in traditional crisis services
 - ▶ Reduce recidivism through targeted education in each community
 - ▶ Co-creating WRAP and Advanced Directive Plans
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Recovery Specialists

Extensive Experience in:

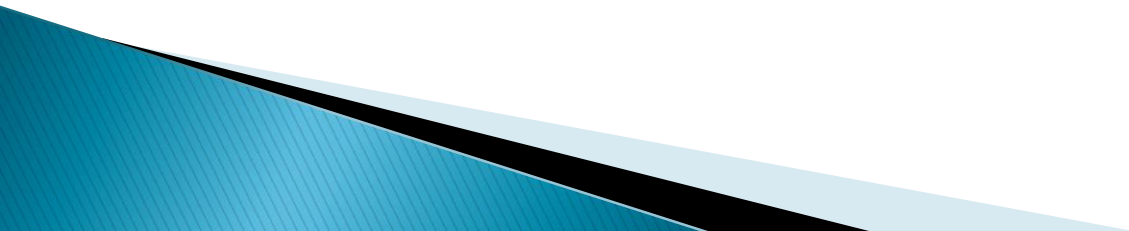
- ▶ Outreach and Engagement
 - ▶ Peer Support
 - ▶ WRAP/ IAPs / Advance Directives
 - ▶ Community connections
 - ▶ Benefits Counseling
 - ▶ Employment Options
 - ▶ Natural Support linkages
 - ▶ Wellness and Recovery
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What Makes This Possible?

Two things make this all possible:

1. Mutuality (The lived experience)
2. Engagement at all levels

Each one, teach one = Reach One





QUESTIONS?