Our Vision

- To ensure women with substance abuse issues have access to optimal substance abuse residential support services.
Our Staff and Volunteers

- We are a Peer-run 501-3c Organization.
- Our Peer Support Workers provide non-clinical strengths based support and are experientially credentialed by our own recovery journeys.
- We have staff and volunteers with additional credentials. Some of which include WRAP and Peer Recovery Certification.
What is Peer Recovery?

Peer-based recovery support provides a range of person-centered and strength-based supports for long-term management.

These supports help people in recovery build Recovery Capital – the internal and external resources necessary to begin and maintain recovery.

Source: SAMHSA.GOV  The Value of Peer Recovery, 2017
What Do We Do?

- We inspire hope that women can and do recover.
- We walk with people on their recovery journey, sharing our experience, strength and hope.
- We provide self-help education and link people to tools and resources that will support their ongoing recovery journey.
Peers bring tremendous value to organizations and assist persons served to achieve positive outcomes... The field of peer support is now heavily researched showing improved outcomes for those living with substance use conditions. As care coordination and outcome and performance-based contracting become the norm, peer specialists are vital to the success of these and other initiatives.

What Do We Do? (cont’d)

- We support women in identifying their goals, hopes and dreams and work with them to create a roadmap for getting there. The thoughtful sharing of experience is influential in modeling recovery and offering hope.

- We assist women with finding and following their own recovery paths without judgment or expectation.
What Do We Do (cont’d)

- When needed, we work in cooperation with therapists, case managers and other members of a woman’s treatment support team.

- We bring our own personal knowledge of what it is like to live and thrive with a substance use disorder.

- We support women’s progress towards recovery and self-determined lives by sharing vital experiential information and real examples of the power of recovery.
What Don’t We Do?

- We do not replace therapists, case managers, or other potential members of a treatment support team.

- This is a voluntary program – We can only help those who want our help and are willing to do the work to help themselves.

- We utilize referral and coordination of care to outpatient counselors as needed.
How Do We Do What We Do?

- We begin each day with a group check-in followed by a morning meditation meeting.

- We allow time each day for residents to work on their own personal step work and encourage them to work with temporary sponsors in the community.

- We allow time for residents to meet with their Peer Support Specialist and go over their step work. In this session the resident benefits from the shared experiences of a peer that is uniquely qualified to understand what the resident is experiencing in early recovery.
Life Skills Sessions

- We have two life skills sessions each day. These sessions are geared towards increasing Recovery Capital, like

- learning how to shop and prepare nutritional meals;
- improving time management skills;
- balancing life, children, work, and recovery;
- buying and maintaining a vehicle or taking public transportation;
- budgeting 101;
- creating a resume;
- seeking gainful employment and
- becoming a useful productive member of society.
Life Skills Sessions

- Other Life Skills sessions focus on reducing Recovery Deficits with topics such as
  - substance abuse,
  - identifying and removing barriers to recovery,
  - dealing with health issues,
  - relationship issues, family issues, employment issues,
  - character defects like anger, entitlement, dishonesty, unwillingness, or close mindedness.
How Do We Do What We Do? (cont’d)

- We also have opportunities for farming, ranching, wood working, gardening, canning, candle making, soap making, jewelry making, knitting and crocheting.

- All residents are expected to participate in the activities planned each day. Our programming allows for time to work with the horses and other animals on the farm to develop better self-care, greater self-awareness and interpersonal skills.

- Daily 12 step or faith based recovery meetings off site.
How Do We Do What We Do? (cont’d)

- We have a communal lunch. All communal meals are planned and prepared by the residents and support staff. Residents even participate in grocery shopping.

- The residents are expected to clean up after communal meals. In this way all residents learn skills such as proper meal planning and preparation, good nutrition, self and communal responsibility.

- Residents also benefit from budget planning when shopping for weekly meals.
Additional Services

- 24-hour on-site personnel.

- Medication Accountability - Medications are safely stored and residents are provided access as prescribed.

- Creative and individualized application of recovery oriented life skills, exercise classes, access to our on site gym, yoga and meditation.

Please contact us if you have questions or you are interested in attending a 30, 60 or 90 Day Program here at Recovering Hands. (860) 309-1404 info@recoveringhands.com
The Cabin and the Bunk House
One of the four spaces in the cabin

There are four separate spaces in the cabin allowing each resident to have her own semi-private area. Each of the four spaces is equipped with its own bed, armoire and desk.
One of the four spaces in the cabin
The kitchen in the cabin
From one of the top bunks
The Kitchenette in the cabin
One of the four spaces in the cabin
The cabin bathroom and kitchen
One of the spaces in the cabin
Bedroom in the Bunk House
The Group Room
The Group Room
Ziva and Kinsdale
The Labyrinth
The Labyrinth
Come set a spell!
Thank you!

We hope we can work with you in the future!

Please contact us or visit us online

http://recoveringhands.com

860.309.1404

info@recoveringhands.com