

Individual Peer Mentorship For A Sustainable Recovery

Professional peer coaches walk side by side with people seeking recovery from substance use and mental health disorders. They support individuals to create personalized recovery plans and develop their own recovery pathways.



Recovery Life Collective
Peer Support Resources Education & Mentorship

Peer Exclusive Areas Of Support

- ✔ Emotional - Active listening, empathy, shared experiences
- ✔ Informational - Connections to information & referrals to community resources in support of mental and/or physical health and wellness
- ✔ Instrumental - Linkage to basic life resources such as food, housing, education and employment
- ✔ Affiliation - Connections to recovery community supports, activities, and events
- ✔ Mentorship - Support & mutuality at all stages of recovery in any chosen pathway
- ✔ Accountability - Motivation and partnership as you build your long term wellness plan

Acute care substance use treatment without other recovery supports has often not been sufficient in helping individuals to maintain long-term recovery.

- Peer-based recovery support provides a range of person-centered and strength-based
- supports for long-term recovery management
- These supports help people in recovery build recovery capital—the internal and external resources necessary to begin and maintain recovery
- The focus of long-term peer recovery support goes beyond the reduction or elimination of symptoms to encompass self-actualization, community and civic engagement, and overall wellness (SAMHSA.gov)

Recovery Life Collective offers recovery individual coaching packages on a sliding scale. Contact us to find out more and begin your recovery journey with an empathetic coach by your side. We offer Hope, Humility, Mutuality, Collaboration.

Two rigorous systematic reviews examined the body of published research on the effectiveness of peer-delivered recovery supports published between 1995 and 2014

- Improved relationship with treatment providers
- Increased treatment retention
- Increased satisfaction with the overall treatment experience
- Improved access to social supports
- Decreased criminal justice involvement
- Decreased emergency service utilization
- Reduced relapse rates
- Reduced re-hospitalization rates
- Reduced substance use
- Greater housing stability



Both studies concluded that there is a positive impact on participants (Bassuk, Hanson, Greene, Richard & Laudet, 2016; Reif et al, 2014).