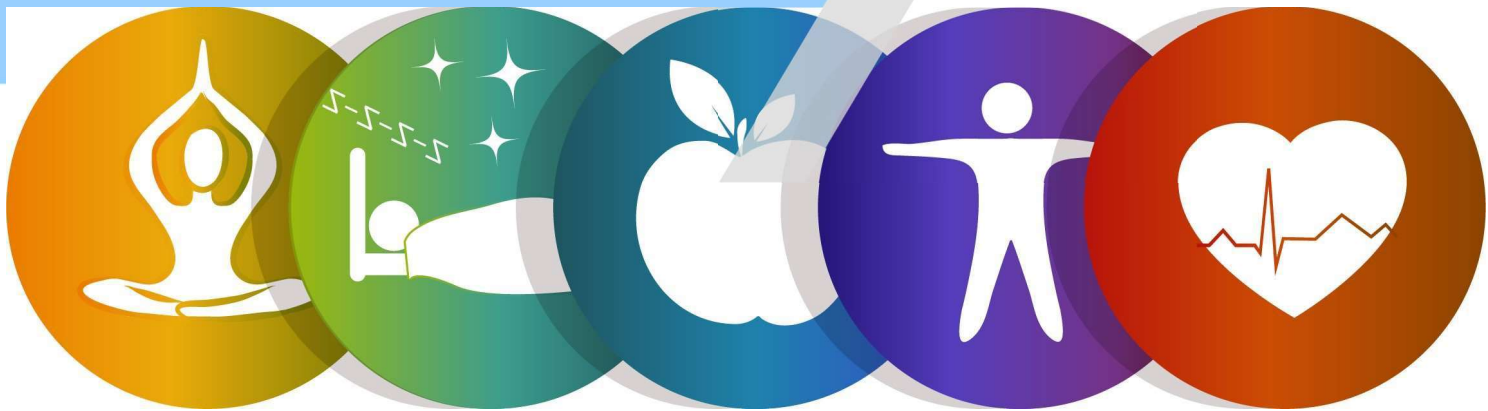


Active Recovery



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CONTENTS

Contents/ Partnerships.....1

Mission2

Objectives.....3

Wellness Supported Activity.....4

Community Service.....5

Program Description.....6

Active Recovery Timeline.....7



Active Recovery

Community Partners



MISSION

To help identify and promote an overall sense of well-being, health, and balance within the 8 dimensions of wellness for those in the recovery community.

Dimensions of Wellness

Emotional

Financial

Social

Spiritual

Occupational

Physical

Intellectual

Environment

(as defined by SAMHSA)

OBJECTIVES



Objectives

1. Develop a monthly program that focuses on:
 - Identifying and strengthening overall wellness.
 - Participation in community service.
 - Mental health awareness.
 - Providing participants access to fun activities at no cost.
2. Partner with community stakeholders to facilitate group discussions and provide resources promoting a different dimension of wellness each month.
3. Help peers in recovery develop a sense of purpose through community service activities, while also reducing the stigma associated with substance use disorder.
4. Increase and strengthen engagement with peers in recovery.
5. Provide additional opportunities for Certified Peer Recovery Coaches to engage with peers through community activities.





Wellness Supported Activity

- Promote a monthly activity free to participants that focuses on supporting the recovery community in identifying and creating balance within the 8 dimensions of wellness.
- Implement Peer Recovery Coaches as supports to assist peers in reaching goals within the program.
- Demonstrate an atmosphere of fun within recovery.
- Help peers strengthen and build relationships with natural supports within the recovery

“The Substance Abuse and Mental Health Services Administration (SAMHSA) have identified eight areas of wellness for an optimized body & mind.”



Community Engagement Activity

- Promote a monthly community engagement activity to support peers in developing a sense of commitment and purpose within the community by engaging in activities that a peer may find rewarding.
- SAMHSA identifies Health, Home, Purpose, and Community as the four major dimensions that support a person in recovery. Community engagement activities can help satisfy three of these dimensions.
- A recovery community that actively participates in community engagement can help reduce the stigma associated with people seeking and/or in recovery from substance use issues.
- Through volunteering interactions, those in recovery have the opportunity to gain support and friendship through a new network of people they may never have met otherwise.

“SAMHSA identifies Health, Home, Purpose, and Community as the four major dimensions that support a person in recovery. Community service activities can help satisfy three of these four.”



Program

With the support of our community partners, 1Voice Active Recovery will offer a free monthly activity focused on strengthening participants overall wellness. It will consist of a group discussion on wellness, community service, and a fun wellness related activity. 1Voice will partner with community stake holders in promoting and providing support for these monthly activities as well as implementing life skills, group building exercises, and utilizing motivational interviewing to assist participants in awareness of overall wellness.

- Offer 8 monthly wellness supported activities at no cost to participants.
- Provide monthly community engagement opportunities for the recovery community.
- Facilitate monthly group discussions relating to a particular dimension of wellness in collaboration with community partners.
- Promote techniques and resources for overall wellness, and mental health awareness to the recovery community.
- Directly engage and provide support services to 200 peers within the recovery community.
- Strengthen roles of Recovery Supports within the community.
- Develop and strengthen relationships with community partners.
- Identify additional barriers within the recovery community.
- Reduce stigma by providing more opportunities for pro social interactions with the recovery community.

ACTIVE RECOVERY TIMELINE

***Times/Dates/Location are subject to change**

2/21/21 Perfect North Slopes Tubing

- 25 Participants
- Community Engagement: Guilford Covered Bridge Park
- 8 Dimensions of Wellness (Emotional)
- Community Partner: CERT
 - Group session facilitated by CERT on emotional wellness.
 - CASA Wellness Journal Questions

3/20/21 Cornhole Tournament

- Lawrenceburg Community Center
- Community Engagement: Lawrenceburg Community Center
- 8 Dimensions of Wellness (Financial)
- Community Partner: Financial Institutions
 - Financial Group Session
 - Budgeting, Credit, Employment
 - CASA Wellness Journal Questions

4/17/21 Explore Brown County Paintball

- 25 Participants
- Community Engagement: Yes Home
- 8 Dimensions of Wellness (Social)
- Community Partner: CASA/CARE
 - Team Building Exercises/ Activities
 - CASA Wellness Journal Questions

5/22/21 Clifty Falls Hiking & Cookout

- **25 Participants**
- **Community Engagement: Clifty Falls**
- **8 Dimensions of Wellness (Spiritual)**
- **Community Partner: CERT/ Celebrate Recovery**
 - **CERT Instructed Yoga/ Mindfulness**
 - **Testimony/ Music Celebrate Recovery**
 - **CASA Wellness Journal Questions**

6/19/21 Lawrenceburg Trail Bicycling

- **25 Participants**
- **Community Engagement: Lawrenceburg Trail/Lesko Park**
- **8 Dimensions of Wellness (Occupational)**
- **Community Partner: Work One**
 - **Employment Resources/Job Fair**
 - **Resume Building**
 - **CASA Wellness Journal Questions**

7/24/21 Green Acres Canoe

- **8 Mile Canoe Trip (25 Participants)**
- **Community Engagement: City of Lawrenceburg**
- **8 Dimensions of Wellness (Physical)**
- **Community Partner: Nutritionist/Holistic Healing**
 - **Group on Nutrition, Physical Activity, Sleep**
 - **CASA Wellness Journal Questions**

8/21/21 Expand Your Mind Activity Night

- **1Voice Building**
- **Game Night, Art classes, Book Discussion, Music, Yoga**
- **8 Dimensions of Wellness (Intellectual)**
- **Community Engagement: City of Aurora/ Public Library**
- **Community Partner: CERT, Local business**
 - **Intellectual wellness Discussion**
 - **Hobbies/Interest Activities**
 - **CASA Wellness Journal questions**

9/11/21 & 9/18/21 Rummage Sale and Nature Retreat

- **Rummage Sale at the 1Voice Building 9/11/21**
- **Nature Retreat at Red River Gorge 9/18/21**
- **8 Dimensions of Wellness (Environmental)**
- **Community Partner: Recycling Center/Goodwill**
- **Community Engagement Donations and Rummage Sale**



Active Recovery Program Costs

• Admission/ Rentals	\$2100
• Food	\$700
• Transportation	\$300
• Games/ Supplies	\$200
• Event Location	\$100
• <u>Miscellaneous</u>	<u>\$500</u>
Total	\$3900

Year One Community Partners/Facilitators

- Choices Emergency Response Team
- CARE
- CASA
- Whitewater Crossing Celebrate Recovery
- City of Lawrenceburg
- Transformational Healing Center
- Peer 2 Peer
- Dearborn Recycling Center