

# Recovery Housing Program

If your willing to put in the work,  
we're here to help!

**HOZHO CENTER**  
**for Personal Enhancement**  
**Peer Run Wellness Center**  
**Gallup, NM**



**Public Transportation available**



**309 South Chino Loop, Gamerco NM 87317**

**P.O. Box 3809**

**Gallup, NM 87305**

**Phone: (505) 330-1885**

**Cell: (505) 870-1483**

**Our programming will consist of but is not limited to:**

- Healthy coping skills, Routine building, relaxation, and stress reduction, Hiking and exercise, Nutrition and Meal planning,
  - Sweat Lodge and Hogan Traditional holistic healing
  - Communication and active listening skill building
  - Employment assistance- job search, resume assistance, mock interviews, and referrals to New Mexico Vocational Rehabilitation.
  - Understanding the effects of historical and intergenerational trauma
- Education assistance- Adult Basic Literacy, High School Equivalency
- Life Skills- Financial Literacy, Anger Management, Grief, and more
  - Long-term Housing Support
- Wrap-around services- medical, counseling, employment, disability, veteran affairs, etc.

**Recovery** does not happen in a vacuum – it occurs in the community and takes commitment and hard work. Services at the Hozho Center provided in conjunction with the individual's community of choice and support

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The **Strengths-based model** focuses on the goals, interests, experiences, and strengths of each individual. The focus is on making positive life changes. The Peer Support Mentor promotes the empowerment of individuals by providing services based on role modeling and mentoring with lived experience.

**Motivational Interviewing (MI)** is a non-confrontational, cognitive-behavioral intervention that is utilized to help people become aware of behaviors.

The **Stages of Change** model is based on an individual's level or phase of cognitive readiness to change. The six stages of change are used to guide the process of engagement and pace of Recovery.

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People can recover from substance abuse and/or serious mental illness or both with the guidance of a CPSW. Personal recovery can be achieved if resources and support services are available. A core feature of the program is to promote **HOPE FOR A BETTER LIFE.**

**Hozho** is viewed as retaining harmony with nature and preserving a balance between an individual and the universe. It integrates the individual with the community and the world that surrounds them.



The mission of the

## Hozho Center for Personal Enhancement

is to serve the community by providing treatment, information, opportunity and support. Developing and building personal skills that can build on the strength of the interaction. In order to give back to the community, our goal is to decrease isolation and to nurture the health, and well-being of all members of the community. This is accomplished by providing a safe environment for socialization, education, outreach, advocacy, and support activities. The Hozho Center is committed to the values of: Diversity, Hope, Choice, Self-determination, Personal Responsibility, Empowerment, Dignity, and Compassion.

## Recovery Coaching

### PEER SUPPORT



The path toward Recovery can be difficult. **One2One** is a program where an individual with substance abuse or mental health issues can meet with a Certified Peer Support Worker or 'mentor'. The individual can receive treatment service through individual sessions and support groups. The assessment and evaluation services are available if needed.

### HOZHO CENTER

2915 W 66, Rm 1203  
Gallup, New Mexico 87301  
505-330-1885  
hozhocenter@gmail.com

### CERTIFIED PEER SUPPORT WORKERS (CPSW)

The Hozho Center provides a person living with addiction or dual disorders the opportunity meet with a CPSW who knows firsthand the consequences of addiction and mental health issues. The CPSW will assist the individual in strengthening and enhancing individual recovery efforts. An individual can also receive professional treatment services to complement existing services from a qualified counselor on staff at Hozho Center.

Hozho Center CPSW's are trained to assist and provide support to our participants in reaching their recovery goals. Hozho is here to help make recovery a reality for the people who want to improve their quality of life.

#### Hozho Center CPSW's Offers:

- An increased sense of personal responsibility and empowerment through the process of making self-guided decisions.
- Help in understanding the Stages of Change and process of Recovery.
- Access into the community through increased interpersonal communication skills and support for individualized efforts.
- Job development (work readiness, employment counseling and resource referral, resume writing)

### Community Participants

Housing Homeless Veterans  
Contact: Barbara Nolan 505-722-3760x2902

Celebrate Recovery Mark Mathison  
12-Step Faith Based Format  
Individual Counseling

San Juan Center for Independence – Gallup  
Personal care agency, independent living specialists, nursing home transitioning, assistive technology loan program  
505-726-2709

Navajo Department of Behavioral Health  
300 West Nizhoni Blvd  
Gallup, New Mexico 87301  
505-722-9470

New Mexico Division of Vocational Rehabilitation 312 East Nizhoni Blvd  
Gallup, New Mexico 87301  
505-722-6045

Four Corners Detox and Recovery Center  
2105 Hasler Valley Road  
Gallup, NM 87301  
505-413-7270

The Lexington  
Emergency Housing and Support Services  
Gallup, NM 87301  
505-722-8951

NOVA III  
2915 W. Historic Hwy 66  
Gallup, NM 87301  
505-297-3971

Various State Agencies