

Certified Family Recovery Specialist Services

A **Certified Family Recovery Specialist** (CFRS) is a family member who has been directly impacted by a loved one's alcohol or substance use. As such, they have a unique perspective of the disease of addiction as well as the recovery process possible in families. A CFRS assists other families in their respective journeys of recovery, offers support services, and shares their own lived experience.

Certified Family Recovery Specialists must complete 60+ hours of professional training and meet additional criteria before becoming credentialed by the Pennsylvania Certification Board.

Meet Our Certified Family Recovery Specialists:



Rhonda Miller, CFRS
Executive Director
Speak Up for Ben, Inc.
at OASIS Community Center
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Brenda Walker, CFRS
Speak Up for Ben, Inc.
at OASIS Community Center
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Both Rhonda and Brenda have walked alongside their sons, Ben and Todd, as they struggled with addiction beginning in adolescence and spanning into adulthood. Each of their sons experienced early recovery but ultimately lost their battle. Rhonda and Brenda have experienced the spectrum of family grief, are compassionate listeners, and are equipped to guide you into family recovery.

Available Services:

Our CFRS staff provide hope, encouragement, and recovery support, in a safe and confidential setting, to family members of individuals with a range of drug and/or alcohol issues. Services:

- Recovery coaching; assistance with developing a family recovery plan
- Personal appointments to discuss concerns, advise on support groups and therapeutic programs, and/or offer guidance to other community resources
- Advice on establishing and achieving personal/family recovery goals, setting boundaries, and overcoming barriers to recovery
- Assistance with accessing the recovery community and navigating family-based recovery supports, educational programs, and community events
- Assistance with transportation to meetings and/or community events
- Home visits, especially visits to family members grieving a substance-related loss