

# 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 | Grief Recovery Specialist  
Executive Director  
Speak Up for Ben, Inc. | OASIS Community Center  
[rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org)



Tina Thomas, CFRS  
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*Rhonda and Tina have walked alongside their loved ones as they struggled with substance use and co-occurring conditions. Rhonda's son experienced early recovery but ultimately lost his battle.*

*Our CFRS staff have experienced the spectrum of family grief and struggles, are compassionate listeners, and are uniquely equipped to guide you into family recovery.*

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## 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