

Our Services

Peer Recovery Support Services are available to women with substance use disorders. Recovery Coaches support “peers” by promoting recovery from alcohol and drug addiction through advocacy, education and services. To put a face on recovery by striving to end discrimination surrounding addiction and recovery, open new doors and remove barriers to recovery.

Recovery Coaches assist peers with a variety of tasks, such as setting recovery goals, developing recovery action plans, and solving problems directly related to recovery.

Benefits of Peer-to-Peer

Peer recovery support services are services that are delivered by people who have experienced both substance abuse disorder and recovery. They know what it’s like to be an addict, to struggle with daily pressures and stress, to overcome the guilt, sadness, confusion, rebuild careers, relationships, and self-esteem.

The purpose of peer recovery support services is to provide hope to those in recovery and to encourage them stay in recovery.

With a powerful message of hope and a “Yes, you can!” attitude, combined with the experience of success in their own recovery efforts, Recovery Coaches extend the clinical reach of treatment and go directly into the lives of people who most need them.

Support During Any Stage of Recovery

Support can be provided **apart from formal treatment**, for peers who cannot enter treatment or choose not to do so.

Support can also be available at any point in the treatment process (to help engage peers **prior to treatment**, as a community connection **during treatment** or to support relapse prevention **following treatment**).

SAMHSA Best Practices

The Substance Abuse and Mental Health Administration endorses the following program features:

- Strengths-based approach
- Recovery services plans
- Peer-led support groups
- Peer coaching or mentoring
- Increasing positive parenting skills
- Increasing informal support networks
- Increasing community resource utilization

For more information, contact:

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Child & Family Services of the Upper Peninsula, Inc.

Serving Children & Families of the U.P. Since 1919

Peer Recovery Support Services



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Child & Family Services



*Serving Michigan's
Upper Peninsula
since 1919*

CFSUP's mission

We aim to strengthen children and families by providing high-quality programs throughout Michigan's Upper Peninsula.

We provide programs that preserve the dignity and enhance the well-being of families and their individual members, which are provided in a caring, compassionate manner.

We seek to nurture and empower children and families for a brighter future.

High-quality service

has been our agency's mission for 90 years. As a private, non-profit, non-sectarian organization with 501(C)3 status, we provide vital social services to people throughout the U.P.'s 15 counties in a caring, compassionate manner.

90 years of experience

in the service community affords our agency the know-how and working relationships to be of service effectively and efficiently. We collaborate regularly with many diverse agencies across our community's continuum of care.

Trained, supportive staff

are led by an active and diverse Board of Directors. You're supported by well-trained professionals who are compassionate and committed.

*It's a long road back
from addiction.
Why walk alone?*

Strengths-based Approach

At Child & Family Services of the Upper Peninsula, we believe that emphasizing the positive allows peers to use their strengths as levers for change. Recovery Coaches work with peers to help them empower themselves to improve their support system.

Recovery Services Plans

Peers will develop their own individual recovery plan. They may be assisted in this process by a Master's level Program Supervisor and/or the Peer Recovery Coach. This plan will identify the necessary actions to address and overcome identified problems to prevent relapse and maintain recovery by building on the individual's strengths and addressing any deficits. All three parties will review and update the plan as goals are achieved and progress is made.

Peer-Led Support Groups

A variety of topics will be discussed in an open-group format (so that new program referrals can join any time), with individualized follow-up support. Topics include: maintaining a sober environment, positive family communication, budgeting skills, appropriate parenting skills, navigating the court and mental health systems, and utilizing community resources.

Peer Coaching / Mentoring

In a highly supportive (rather than directive) role, the Recovery Coach will assist peers in identifying their strengths and solving problems directly related to recovery, such as finding sober housing, connecting to the recovery community, and improving one's job skills.

Increasing Positive Parenting Skills

By way of peer-led support groups and individualized follow-up support, the Recovery Coach will support parent(s) in developing positive parenting and family communication skills.

Increasing Informal Support Networks

Recovery Coaches will assist peers in identifying their natural supports and work with them to strengthen and maintain their relationships. Peers will also be encouraged to establish new relationships that support their road to recovery.

"And remember, we all stumble.

Every one of us.

*That's why it's a comfort to go
hand in hand."*

—EK Brough

Increasing Community Resource Utilization

Recovery Coaches will link peers to community resources and provide assistance utilizing these resources to support the peer's recovery. This assistance includes but is not limited to: housing resources, basic needs, child care, employment and education.