



HRN: 4.0) Peer Recovery Support Participant Manual

Peer Recovery Support seeks to foster a healthy balanced life and independence by helping to build skills for resilient wellness.



RECOVERY RESOURCES & CONFLICT RESOLUTION FOR PARTICIPANTS

4.1) RECOVERY COUNSELING & COMMUNITY CENTERS

For Counseling: NAMI Northwest: 419-334-8021 (Seneca, Ottawa, Sandusky, Huron, & Wyandot counties)

Firelands Counseling & Recovery: 419-734-2942 (Ottawa County)

Bayshore Counseling: 419-734-5535

LOTUS, Seneca County. (Ask your Peer Supporter for details)



Oak House Community Center, Ottawa County (62 Grande Lake, Port Clinton, OH) Phone: **419-734-4417**

Services. Oak House sends a monthly newsletter with information, activities and games along with a monthly event calendar with special events and ongoing club schedules. Regular weekly scheduled activities include: *group therapy, art club, mindfulness, yoga, book club and even time with Baron the therapy dog.* Monthly outings are scheduled to Walmart, fishing and walking clubs (weather permitting), as well as events like birthday bingo, group lunches and much more. Outside has gardening in the summer and inside year-round is a “Media Center” with a large movie collection, video games consoles with numerous game options as well as a full bookcase of boardgames—plenty of fun in every corner here!

Oak House makes visits and hosts events for members in Fremont (Sandusky County) and Tiffin (Seneca County) as well. See the Monthly Newsletter for details and events outside of Ottawa county.

Membership Benefits. Oak House members have access to all services and can become a board member to take a more active role in their community. Ask your Peer Recovery Supporter for help getting signed up.

Meetings Oak House Hosts: Taking Back Ohio: Tuesdays 6:00 pm, SMART Recovery Thursday 6:00 pm

AA Meetings: Men’s Wednesdays 7:00 pm & Women’s Saturdays 11:00 am

HOPE RECOVERY NETWORK ONLINE

HRN is a young organization that is building an online presence including social media. Follow us to learn more about upcoming events in your communities and services we offer. Also look out for general education, awareness and topics for well-being in mental health and/or substance abuse recovery. HRN will host a monthly photo scavenger hunts on instagram, with a prize for first completed. Stay tuned for a “Daily Twitter Tidbit,” if you reply to more than 20 you will get a “Facebook Fist-Pump.”

Website: HopeRecoveryNetwork.org

Facebook: facebook.com/HopeRecoveryNetwork

Instagram: instagram.com/hoperecoverynetwork

Twitter: twitter.com/HopeRecoveryNet



Social Media Rules. Fun and advocacy is greatly encouraged. But respect is required— you got to give it to get it. No discrimination, hate speech or harassment. Do not post any information (like names, birthdates, addresses, ect.) that would make it possible for someone to “identify.”

Peer Recovery Team Rules. Peer Supporters are not permitted to “friend” or follow Participants to protect their privacy and follow certification ethical guidelines. Any unethical, illegal or questionable activity should be reported to HRN Supervisor, be it from Peer Supporters, Participants or other community members or agencies.

HRN Website. Has recovery resources for Participants, including this manual. There are many easy to download and view PDFs selected on Recovery, Peer Recovery Support, mental health and/or substance abuse issues, wellness topics and goal setting, and so many other options. Ask your Peer Supporter for help if you are not comfortable using computers, perhaps your team can build skills together practicing on HRN’s laptop?

OTHER ONLINE RESOURCES

(See 4.2 for a selected list of SAMHSA Peer Recovery related brochures with descriptions and thumbnails)