

INDIANA RECOVERY SUPPORTS AND SERVICES

- Four Dimensions of recovery
 - Why do the dimensions matter?
 - How do Peer Supports help?
- Accessing Recovery resources

FOUR DIMENSIONS OF RECOVERY

Health- Overcoming or managing one's disease(s) or symptom's and making informed, healthy choices that support physical & emotional well-being

Home- Having a stable and safe place to live.

Purpose- Conducting meaningful daily activities & having the independence, income & resources to participate in society.

Community- Having relationships & social networks that provide support, friendship, love & hope.

Source: Recovery and Recovery Support. (2019, 14) Retrieved from <https://www.samhsa.gov/find-help/recovery>

WHY DO THE DIMENSIONS MATTER?



- Recovery is holistic, one of SAMHSA's guiding principles
- Improvements to an individual's overall health can increase stability and success in recovery.
- Reduces E.R. visits & criminal justice involvement.
- Increase in employment, engagement and continuing education.
- Increases family and community involvement.

HOW DO PEER SUPPORTS HELP?



- Peer supports are individuals with a lived experience.
- Assist individuals and families in their recovery journey.
- Provide hope and understanding while holding the recoveree accountable in a non-punitive manner.
- Can be complimentary to treatment but do not provide clinical services.
- Aid individuals in navigating through recovery supports and services & accessing these services.

ACCESSING RECOVERY RESOURCES

- Indiana Recovery Network is Indiana's Recovery Hub
- Removes barriers to accessing recovery supports and services.
- Statewide Resources categorized by the four dimensions of recovery.
- Searches can be conducted by city or zip code.
- <https://www.indianarecoverynetwork.org/>

TO JOIN THE IRN OR
E-MAIL LIST
PLEASE CONTACT
**HEATHER
RODRIGUEZ** AT
HRODRIGUEZ@MHAI.
NET

