



The York Recovery Support Services Program

A Health Choices Reinvestment Project

Serving York & Adams Counties

The York Recovery Support Program (RSSP) has been designed to assist individuals who are in need of recovery services to assist them to overcome the obstacles that keep them from succeeding in the recovery process. The RSSP will assist individuals who struggle to remain in sustained recovery. Participants in the RSSP

are matched with a Recovery Coach who meets with them regularly, accompanies them in their environments, assists them to navigate through life's difficulties, and shares the skills necessary to live successfully and remain in sustained recovery. All services offered through the RSSP will be directed at improving and increasing participants' recovery capital, level of life functioning, and ability to sustain recovery by:

- Facilitating weekly Recovery 101 and Recovery Life Skills Groups;
- Meeting with participants individually to discuss areas of need;
- Developing Recovery Plans with participants that address areas of need;
- Creating environments where participants are empowered to recover;
- Providing ongoing monitoring of participants' successes and/or challenges;
- Demonstrating how best to accomplish their goals through hands-on instruction and guidance;
- Acting as role models to demonstrate to participants how to successfully navigate life and the various professional systems necessary to succeed in life and recovery;

Recovery Support Services are not intended to replace traditional treatment services. RASE programs are created to work in tandem with treatment and can continue after the treatment experience is complete. The York Recovery Support Services Program will support the individual through the earliest stages of recovery initiation to the more complex processes of recovery stabilization and maintenance within the natural environment of each participant and family. A critical aspect of that process involves connecting recovering individuals and families to local recovery support groups, outpatient treatment, and communities of recovery as well as nurturing and development of such supports where they do not yet exist. The York Recovery Support Services Program believes in facilitating change and instilling hope with our services. We are dedicated to helping others build self-esteem, increase good decision making skills, rebuild families and empower persons in recovery to become productive and active members of society. The RASE Project believes that *every individual* is unique and special and deserves the opportunity to recover.

To make a referral or for more information about RSSP, call: 717-900-1926