



Anger Management

Self Care

Recovery Support Groups

Spiritual Support

Job Readiness

PEER OPERATED CENTER OF EXCELLENCE

Workshops for Personal and Career Development

Recovery coaching

Covid Time-Out

Double Trouble

Educational Series

Capability Statement 2021/2022



CAPABILITY STATEMENT

DC Recovery Community Alliance

2021/2022

To provide education and coaching to those with substance use disorders for sustained personal wellness, community wellness, and long-term recovery.

Headquarters

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MISSION

To provide education and coaching to those with substance use disorders for sustained personal wellness, community wellness, and long-term recovery.

VISION

Where Washington, DC is a place where substance use disorders and related mental illnesses are fully supported and not stigmatized to promote healthy communities.



INTRODUCTION TO OUR SERVICES

DC Recovery assists the client to successfully break the unwanted relapse cycle. It is a victory that has mainly been attributed to the effectiveness of our peer support treatment approach. The goal of the process is to establish trust with the client who receives long-term support after discharge from the treatment facility. Maintaining contact with the client through peer support services creates a communication channel that helps the client talk about their challenges after release from the treatment facility. The client receives tips that could help them overcome problems encountered while they are reintegrated into the community.

The clients are always encouraged to leverage their inner strengths, which are leveraged to avoid behaviors that could compromise the success achieved during the treatment program. The experts have established that successful recovery is not an individual process. It involves a team of professionals and people with similar experiences who can render much needed peer support services.

DC Recovery's peer support services include the following;

- Peer support services for adult mental health
- Peer support to overcome addiction
- Physical health support coach
- Long-term communication arrangement with the client
- Family support and coaching programs



OUR GOAL: LONG-TERM RECOVERY

The journey to recovering from addiction starts with a treatment program and eventually reintegration into the community. In between this process is a series of personalized treatment, coaching, and support services. DC Recovery works hard to influence the client's behavior to become positive and resilient during and after treatment. A successful treatment program significantly lowers the chances of a relapse after the client is released from the treatment facility.

Our coaching and support methods have yielded impressive results over the years because we focus on rendering personalized treatment services that guide the client to understand the process. Our clients learn how to leverage their inner strengths to overcome any challenges they encounter during and after treatment. Behavioral management programs are integrated with our peer coaching process to empower the client to become resilient even after treatment, subsequently lowering the risk of readmission.

DC Recovery focuses on the best professional treatment approaches that address the physical and mental health of the client. Our personalized non-clinical treatment guides the client to the full recovery road from addictions and related problems.



WHY CHOOSE DC RECOVERY? BECAUSE WE MAKE IT HAPPEN!

Our coaches and support teams have successfully overcome their personal struggles and have been fully trained to leverage their long-term experience to help clients still struggling with addictions during treatment. We do the following:

- ✓ Implement professional coaching approaches to understand the clients' treatment challenges
- ✓ Provide guidance and support to clients during the goal setting process. This involves creating targeted goals that can help the client experience the treatment program's full impact and encouraging the client to identify individual goals based on personal values and what keeps them motivated during treatment. We make it our responsibility to help the client remain focused on their goals.
- ✓ Educate the client about different tools to help them achieve set goals during treatment. Some of the effective tools we use are journaling, tracking tips to monitor symptoms, and tools that serve as reminders. Our peer support coaches are also tasked with providing engagement tools to help the client be actively involved in recovery.
- ✓ Encourage tenacity and endurance during treatment. Our peer support coaches leverage their experience with addiction to build trust with the client. The client is educated about the importance of adhering to the recommended treatment plan for total recovery from addictions and related mental health problems.
- ✓ Help the client to maximize therapy and counseling sessions. The peer support coach creates a schedule to meet with the client before their sessions with the treatment professionals. The meetings with the peer support coach are targeted at helping the client to identify issues or questions they should ask during the counseling sessions. This is a good strategy that aims to make sessions with clients more interactive and effective.
- ✓ Provide information about different programs and opportunities that make their reintegration into the community easier. Post treatment, the client's peer support coach introduces the client to various community resources such as reasonable accommodation offers, food banks, places to buy clothes, job offers, and so much more. Access to financing from the community agency programs is also made available to the client when necessary.
- ✓ Educate the client about behaviors that promote good health and general well-being. For example, eating healthy foods and visiting the gym often.

WE BELIEVE IN...



Working together for the common goal of prevention and recovery from addictions

Building a relationship with all community stakeholders to tackle addiction strongholds from multiple angles



Working with the community to identify the best opportunities for fighting addictions and related mental health issues

Working with the community and treatment recovery organizations to establish alliances for promoting personal, family, and community wellnesses



Working together to create a compassionate and evidence-based framework for understanding our clients diverse needs

COMMUNITY PARTNERSHIPS: INVALUABLE

The recent trends in the recovery treatment sector have revealed that more partnerships are formed with community support service providers. These alliances increase the client's team of coaches, therapists, and counselors who help help promote the client's overall wellness, community values, and sustained good health.

DC Recovery believes and practices partnering with community resources. We examine and restructure peer coaching treatment programs and approaches for the individual client, their families, and the District's compliances for supporting the victims of addictions. Our involvement in peer coaching programs has led to identifying different aspects of peer recovery support methods, thus increasing chances of success after treatment completion.

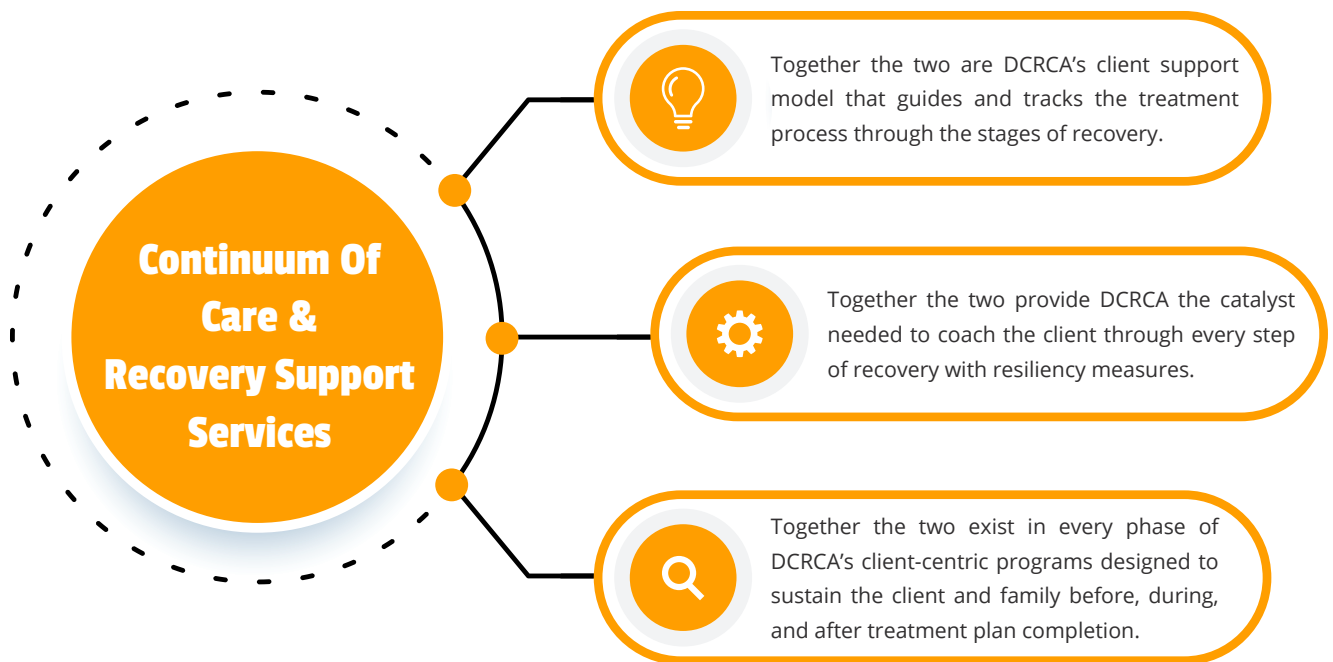


PEER SUPPORT: TO LOWER READMISSION RATES

Peer support during recovery programs is all about giving coaches - who have successfully recovered from addictions - a chance to help those clients continue to sustained long-term recovery. The peer support approach statistically has impressive results. The excellent results are attributed to the experience of the recovered individual who understands what the current client is going through at any stage of treatment.

Our DC Recovery peer coaches can relate to the complaints and concerns of the clients who are currently undergoing treatment. We help them to complete treatment, overcome mental health problems, and associated frustrations by leveraging personal experiences in similar situations.

To target low rates of readmission the goal, we concentrate on introducing peer support programs using our coaches who have had similar client experiences. The interactions during peer support sessions help to lower the chances of isolation and promote encouragement. The statistics show that peer support services have significantly contributed to the lower readmission rates for clients, allowing the usage for more cost-effective and program-effective methods.





SERVICE DYNAMICS!

Clients who have been diagnosed with drug or illegal substance addiction are being essentially recommended for peer recovery support services. The dynamics of the service makes it possible for clients to start receiving support from the coaches before, during, and after treatment.

In particular, clients who need to achieve long-term results from addiction treatment are recommended to receive peer support services. It is not surprising that many health sectors and facilities involved in rehabilitation accept peer support services. The coach who provides these services make the healing and recovery process faster and better. Also, the clients undergoing treatment for addiction find it easier to reconnect with their families and loved ones by following guidance from the peer support coach.

Our peer support coaches are resilient and positive minded. In addition to their training, the coaches go the extra mile to support and help clients. They are convinced that it is possible for anyone to overcome drug addiction and related issues, just like they have done in the past.

Furthermore, the commitment shown by the peer recovery support coaches is apparent in their willingness to visit shelters, prisons, and rural communities. The peer support coaches also visit homeless people in the streets who are victims of drugs and illegal substance abuse. These coaches are willing to go where the medical professionals or therapists may not be available.



FULL INTEGRATION IS THE WAY TO GO!

Our coaches fully acknowledge the need to integrate peer support services in every part of the client's treatment program. The services are rendered to clients who are not on a treatment program for any reasons such as being homeless and lacking financial resources for proper treatment.

Pre-recovery peer support services have been found to help the client to become mentally prepared for the treatment program and experience. The peer support services go a long way to help clients who are already receiving treatment to avoid pitfalls, such as becoming isolated from their therapist during the program or breaking the rules of the treatment plan. After treatment, the client leverages their retention of knowledge gained during peer support sessions to reconnect with the community.

The success of a peer recovery program is identified when a client can adequately handle their recovery process by leveraging the peer support coach's education and advice. This is done by independently accessing recovery resources and opportunities available to help the client function normally in the community again.

IN CONCLUSION

There are a large number of people who need help to overcome substance addictions. Many of these clients do not have access to formal treatment programs in rehab centers. The peer support coaches bridge the gap to help clients with addiction in the community. The peer support programs involve community aid groups that create a network. The community network can be leveraged by the clients getting help, following the guidance of the peer support coach.

We also offer community peer support to people who may not necessarily need to register at a rehab center. Because the case is not severe, the peer support coach can leverage their past experience to help the individuals stop using drugs and other illegal substances.

In conclusion, peer support service organizations like DC Recovery partner with community treatment providers to treat the addiction and help the individual regain their ability to make the right choices going forward. The peer support coach has a vital role in convincing the client they can live a life free from addictions and related mental illnesses.