

Recovery Communities of New Mexico (RCoNM)

Recovery begins with HOPE!



Recovery is
“a process of change through
which individuals improve their
health and wellness, live a self-
directed life, and strive to
reach their full potential.”
(SAMHSA, 2010)



Recovery-oriented services
emphasize quality of life
and community
integration.

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Peer Support Services

Evidence-Based Treatment

Access to Treatment Services

Counselors & Therapists

Workplace Supports

Mental Well-being & Maintenance

Sober Friends & Networks

Improved Quality of Life

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Linking people to
services and supports
helps sustain long-
term recovery.



Prevention and early
intervention strategies can
reduce the impact of mental
and substance use disorders
in New Mexico
communities.



Peer Support Helps New Mexico Recover



Certified Peer Support Workers have lived experience in substance misuse and/or mental illness. They are trained to help others in the recovery process.



New Mexico has **412** Certified Peer Support Workers.
(As of May 2019/OPRE)

Peer Support Services

Increase life satisfaction

Decrease self-stigma

Increase empowerment and hope

Decrease hospitalization



Improve access to social supports

Reduce substance use

Improve relationships with treatment providers

Increase social functioning



The **10** leading causes of death in New Mexico are often connected to alcohol, tobacco and other drugs.

(State of Health in NM 2018, NMDOH, pg. 36)

Recovery Communities of New Mexico



Peer support helps improve mental health and substance misuse outcomes in New Mexico



1 in 5

adults experiences a mental health condition every year.
(NAMI, 2019)

Certified Peer Support Workers can be found in:



| Hospitals | Detention Centers | Behavioral Health Clinics | Treatment Centers | Wellness Centers | and more |

Become a Certified Peer Support Worker!

Contact the New Mexico Office of Peer Recovery and Engagement (OPRE) at 505-476-9260
or apply online at: newmexico.networkofcare.org/mh/content.aspx?cid=8113



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