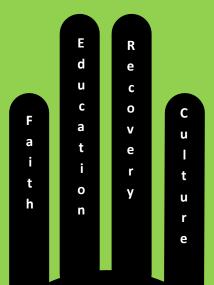
Recovery Communities of New Mexico (RCoNM)



Recovery is "a process of change through which individuals improve their health and wellness, live a selfdirected life, and strive to reach their full potential." (SAMHSA, 2010)

Recovery begins with HOPE!



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

Peer Support Services

Evidence-Based Treatment

Access to Treatment Services

Counselors & Therapists

New Mexico Recovery Oriented System of Care

(ROSC)

C F е **Workplace Supports**

Mental Well-being & Maintenance

Sober Friends & Networks

Improved Quality of Life



Linking people to services and supports helps sustain longterm 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)



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

