

What is a Recovery Mentor?

Someone who:

- Has personal experience receiving mental health services
- Wants to give back to others in recovery
- Has been trained to protect your confidentiality and your rights as a research participant
- Is dedicated to your recovery



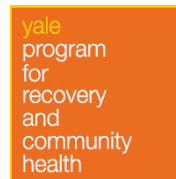
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*Would you like to learn more?
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Recovery Mentors

➤➤ Partners in Your Recovery!



Your Recovery Mentor: _____

Phone Number: _____

What does a Recovery Mentor do?

A Recovery Mentor can:

- Get to know you and the things that are important to you and your recovery
- Encourage you to speak up about your priorities and goals
- Help you figure out how your team can best support you
- Point you to resources in your community
- Help you work with your team to create a “person-centered” plan



What does a Recovery Mentor not do?

A Recovery Mentor:

- Does not replace your clinician or case manager
- Does not speak for you or make decisions on your behalf

What is a Person-Centered plan?

It is a plan which:

- Is driven by your priorities
- Includes a range of both treatment and general life goals (e.g., goals in school, work, etc.)
- Focuses on how to grow positive community connections

How can a Recovery Mentor help me and my team make a Person-Centered Plan?

A Recovery Mentor can:

- Talk with you about your hopes and dreams
- Help you set goals in preparation for your planning meeting
- Attend the meeting with you as a supporter
- Help you and your team develop an action plan
- Follow up with you about how your meeting went

A Recovery Mentor from the Project will be in touch with you soon.

Take advantage of this resource, and take charge of your own recovery!