

# Recovery Communities: the *Wellness City* model

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# So what is recovery?



**At RI International, we define “recovery” as:  
Remembering who you are  
and using your strengths  
to become all you were meant to be.**



# What is a Peer Support Specialist and what do they do?



## Peer Support is....

- sharing our personal experience of recovery in a way that inspires hope
- a way of being in relationships that shows people they have the power to recover
- a way of offering help and support as an equal
- a way of teaching, learning, and growing together
- an attitude that values each person's experience
- A way of transforming the system & inspiring social change

# Peer Support is about Mutuality

- ❖ We are equals and co-learners.
- ❖ Both of us have something to give and to learn from one another.
- ❖ Each person is the “best expert on self.”
- ❖ Each person is their own best choice-maker and own best solutions-seeker.
- ❖ Therefore, we don't try to fix or direct one another.
- ❖ We have *Mutual Responsibility* for the relationship

## Peer Support is....

- ***The Power of people finding their own solutions.***  
Partnering with people as they discover the expertise they already have inside of themselves.
- **“Being with.”** Listening, bearing witness, establishing trust, a common language, a sense of hope for the possibility of healing together.

# Peer Support is about Relationship that inspires People to...

See Self as Whole

Mobilize their Strengths

Be Active Participants in their recovery

Build Self-Efficacy

Increase Resilience

Learn new skills

Realize they matter

Connect with the community

Develop valued social roles

Self-advocate

Build natural supports & Interdependence

Learn human skills for navigating human crises

Navigate Life Responsibly & Successfully

Live out their meaning & purpose

Have a life beyond "the system"

Be happy



# A Shift in Mission

## **META Services 1<sup>st</sup> Mission Statement (ca. 1990):**

*To become the premiere provider of stabilization services  
in Maricopa County.*

## **RI International's Current Mission Statement:**

*Empowering people to recover,  
succeed in accomplishing their goals,  
find meaning and purpose in life,  
and reconnect with themselves and others.*

# How can Peer Support help people?



# Peer Support Specialists...

**Know things that can only be known from a lived experience.**

**Have a unique ability for creating healing relationships very quickly.**

**From their “Hard Knocks” school experience, they bring a special skill set and experience which compliments and enriches the team.**

**They present a living reminder that recovery is real and possible for everyone.**



***When you start to change the way you look at things, the things you look at will start to change.***



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