

4 Recovery Community Centers

Beloit, WI

Waupaca, WI

Waukesha, WI

Coming Next! Baraboo, WI

Peer Recovery Coaching

Recovery Meetings (AA, NA,
Celebrate Recovery, Dharma, etc.)

Social Sober Events

Connecting with Community



RECOVERY
COMMUNITY
CENTERS

PROJECT WISHOPE'S MISSION & VISION

WE ARE A PEER-RUN, PEER-LED RECOVERY COMMUNITY ORGANIZATION

Project WisHope is a 501(C3) non-profit, peer-run Recovery Community Organization. Our headquarters are located in the vibrant Milwaukee and Waukesha areas, but our impact extends across the entire state of Wisconsin. Our mission is clear: to provide invaluable resources, education, advocacy, and unwavering peer support to all members of Wisconsin's recovery community.

At WisHope, we believe in the power of personal transformation. We inspire our community members to embrace their potential as change agents within their own neighborhoods. We firmly believe that recovery is attainable for everyone, and each individual's story possesses the strength to generate positive and lasting change, not only for themselves but also for others around them.



EMPOWERING WISCONSIN'S RECOVERY COMMUNITY

***WE ARE A PEER-RUN, PEER-LED RECOVERY
COMMUNITY ORGANIZATION***

Our goal at WisHope is to empower our recovery community members, help eliminate shame and secrecy, connect isolated individuals to people they can relate to, challenge deeply rooted stigmas and help facilitate a positive conversation about addiction recovery in our community.



OUR PEER RECOVERY COACHING SERVICES

WISHOPE OFFERS SEVERAL SERVICES

Peer Recovery Coaching

Our Peer Recovery Coaches provide individuals with support, mentorship, advocacy resources, recovery wellness planning, trauma-informed care, education, and more. As individuals with lived experience with addiction and recovery and/or co-occurring mental health conditions, our coaches have been there and understand. How can we help you with your recovery today?

SAMHSA's Definition of Peer Recovery Coaching:

Peer Recovery Coaching is a set of nonclinical, activities based on shared lived experience, that engage, educate and support an individual to successfully recover from mental and/or substance use disorders. Peer Recovery Coaches act as a recovery and empowerment catalyst: guiding the recovery process and supporting the individual's recovery choices, goals, and decisions.



PEER RECOVERY COACH STAFFING REQUIREMENTS

SHARING OUR LIVED EXPERIENCE TO TRANSFORM LIVES

WisHope's Peer Recovery Coaches are **individuals with lived experience in substance use and co-occurring mental health disorders and recovery**. Our Peer Recovery Coaches are certified to support, mentorship, advocacy, resources and recovery wellness planning. Additionally, our PRCs are trained in:

- trauma-informed care
- cultural diversity
- Medication-assisted treatment
- Co-occurring disorders

Trained recovery coaches have expertise that professional training cannot replicate. Their lived experience is the foundation of their effectiveness, offering a bridge of understanding and hope to someone seeking or in need of help.



WHAT IS THE ROLE OF A PEER RECOVERY COACH?

MOTIVATOR & CHEERLEADER:

- Believes in capacity for change
- Motivates
- Encourages
- Celebrates

ALLY & CONFIDANT:

- Loyal
- Cares for Recoveree
- Actively Listens
- Trustworthy
- Stable and Consistent

TRUTH TELLER:

- Provides honest and helpful information
- Offers suggestions
- Helps to identify patterns of behavior
- Does not sugar coat things

ROLE MODEL & MENTOR:

- Offers their own life as an example of healthy living
- Shows how . . .
- Walks the talk
- Provides stage-appropriate recovery information



WHAT IS THE ROLE OF A PEER RECOVERY COACH?

PROBLEM SOLVER:

- Identifies potential problem areas
- Assist recoveree to problem solve
- Does not tell the person the right way but helps person with options
- Non-judgmental

ADVOCATE:

- Advocate for the recoveree
- Assists recoveree to protect their rights
- Acts as a representative for the recoveree when requested

RESOURCE BROKER:

- Provides linkages to recovery community, treatment and other supports
- Knows system of care and how to navigate the system
- Has established contacts and recovery partnerships in the community

FRIEND & COMPANION:

- An equal
- Peer-to-peer
- Reduced power differential



OUR PEER RECOVERY COACHING SERVICES ARE EVIDENCED-BASED

SUPPORT FOR A FULL CONTINUUM OF CARE

Evidence shows that peer support and peer recovery coaching:

- Reduces use of acute services (e.g., emergency rooms, detoxification centers)
- Increases engagement in outpatient treatment
- Increases active involvement in care planning and self-care
- Reduces average service costs per person
- Increases self-esteem, confidence, and positive feelings of accomplishment
- Increases ability to cope with challenges.
- Decreases stress, anxiety and feelings of isolation.



SAFETY MATERIALS TO REDUCE OVERDOSE

MEETING INDIVIDUALS WHERE THEY'RE AT

In addition to providing peer support, our coaches also provide individuals with a variety of safety materials and information:

- Narcan
- Hope Kits
- WisHope information packet
- Safe literature use materials
- Fentanyl test strips
- Xylazine test strips
- Alcohol wipes
- Clean needles
- Lock box
- Vivitrol
- Pill box
- Comfort med advocacy

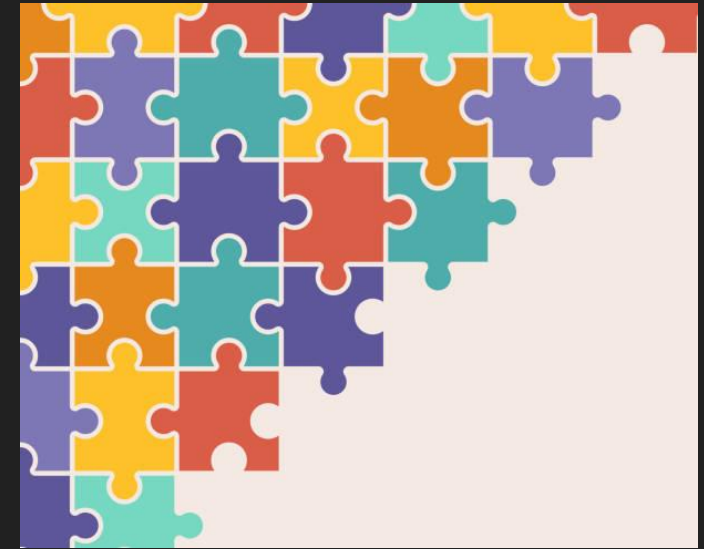


COMMUNITY RESOURCE REFERRALS

CONNECTING INDIVIDUALS TO VITAL RESOURCES

Our PRC's also ensure individuals have access to community resources and may provide referrals and support to obtain the following services:

- Transportation support
- Medication-Assisted Treatment
- Mental health support or treatment
- Substance Use Disorder treatment
- Recovery Support Meetings
- Housing Support
- Job training and/or placement



“I can’t change or erase my lived experience. But I can use it as a reminder of how far I’ve come and where I’m going. And even more importantly, I can use it to help others going through the same things.”

FOR ADDITIONAL QUESTIONS OR SUPPORT CONTACT:

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