



PROJECT

reCOVER

WHEN THERE'S **HELP**, THERE'S **HOPE**.

What is Project Recover?

- Creating a community-wide support network for people that are in all stages of recovery and their families.
- Project Recover is partnering with local businesses and agencies throughout Herkimer and Oneida County called Recovery Zones.
- We meet monthly and also have at least one workshop per month (ex. Budgeting class, yoga/meditation)

What are Recovery Zones?

- Places throughout the community that have agreed to partner with CFLR and be a part of Project Recover.
- Each Recovery Zone will have a symbol or marker that they will place in a prominent location outside of their establishment to show that they are recovery friendly businesses.
- Ex. BOCES, Cornell Cooperative Extension, Utica Library, NBT Bank

What are the four pillars?

- SAMSHA has determined four key areas in a person's life that support recovery:
- **Home**- a stable and safe place to live
- **Healthy** – overcoming or managing one's disease as well as living in a physically and emotionally healthy way
- **Purpose** – meaningful daily activities
- **Community** – relationships and social networks that provide support, friendship, love and hope

What can volunteers do?

- Recruitment of businesses that want to be a Recovery Zone
- Become Recovery Zone committee members in their region
- Recruitment of volunteers
- Share skills and hobbies with other people that are in Project Recover.
- Peer to peer mentoring

What are our next steps?

- September is National Recovery Month- planning a Journey Through Recovery Walk on September 27th at MVCC
- Marketing and announcements of recovery zones during recovery month
- Start forming Regional committees in Herkimer and Utica
- When is next meeting going to be? August 11th in Utica from 6-7 at CFLR office 502 Court Street, Suite 401