

*The role of individuals
and families in recovery
from substance use
disorders is critical in
helping others
find long-term recovery
in the community.
- William White*



How Do I Access Recovery Support Services?

Services are readily available through Harbor Counseling. To get started, simply call and set up an appointment. Services are voluntary and free through Medical Assistance (we can also help you obtain MA).

A Certified Recovery Specialist will help you set goals, identify potential barriers, and find your path to recovery.

How Can We Make Recovery Work For You?

Call Harbor Counseling Today
570-724-5272



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COUNSELING

Helping you live life to the fullest

PO Box 685
Wellsboro, PA 16901

www.harbor-counseling.org



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RECOVERY SUPPORT SERVICES



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Who Are Certified Recovery Specialists?

A CRS (Certified Recovery Specialist) is an individual with a lived experience in recovery from substance use disorders, working to enhance drug and alcohol treatment by providing services to support, engage, stabilize, encourage, and provide hope to persons in recovery or those trying to obtain recovery.

Certified Recovery Specialists offer unique insight and a valuable perspective in addition to the traditional clinical approach. Having guidance and support from someone who has "been there" is what many in recovery value the most about Peer Support Services. Recovery Support Specialists serve not only as mentors but also as sources of hope and inspiration to people who are just beginning their journeys to recovery.

A CRS is:

- A Motivator
- A Mentor and Guide
- An Advocate
- A Resource

A CRS is NOT:

- A Sponsor
- A Counselor
- A Priest or Pastor

CRS services are used in addition to drug and alcohol treatment, and are meant to assist those throughout the recovery process.



Recovery Support Services Include:

- Assistance accessing various community resources such as education, housing, transportation, recovery networking
- Guidance on the recovery process and developing an individualized Recovery Plan
- Assistance in building and developing life skills
- Introducing and engaging individuals in recovery
- Providing support before, during, and after treatment
- Advocacy
- Outreach for individuals in early recovery
- Promoting independence

What Are Peer Based Recovery Support Services?

Peer based recovery support services are recovery-focused, person centered services for anyone living with a substance use disorder. With the help of a Certified Recovery Specialist, people learn how to manage their own recovery and build self-advocacy skills. Peer services can be provided in an individual or a group setting and are designed to ignite hope, foster independence, and promote personal growth.



Helping you live life to the fullest