

MAKE YOUR *journey* WITH US





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DEAR FRIENDS,

Recovery Empowerment Network had an exciting year helping our members along their journey to wellness.

REN fills a gap in the healthcare system by offering services that help members regain their lives in the community.

In 2016, we delivered more enhanced services than ever before, expanding our array of exciting and innovative services. We added Train the Trainers in Intentional Peer Support and collaborated with other agencies to form an integrated service site. We will also be expanding transitional services to young adults aged 18-25 years old, and expanded cultural educational opportunities to enhance the quality of service REN offers.

We positioned ourselves as a leader in person-centered, strength-based, recovery services.

We view each member as a person and not a patient and provide a whole health, effective approach. This sets REN apart from other providers. We work hard to return our members to their community with tools they can use to get the most out of life.

We thank all of our friends who have given to us throughout this year and our members who make their journey to wellness with us.

Thank you,

Gaye Tolman
Chief Executive Officer

A middle-aged man with short, dark hair is sitting outdoors on a concrete ledge. He is wearing a blue and black plaid button-down shirt and dark pants. His hands are clasped in his lap, and he has a slight smile. The background shows a grassy field and a clear blue sky. The text "I LIKE MYSELF NOW." is overlaid on the left side of the image in a white, sans-serif font, with "myself" in a larger, cursive font. Below it, the name "Robert" is written in a white, cursive font.

I LIKE *myself* NOW.

Robert



75 ESSENTIALLY YOU
PARTICIPANTS

185
COMMUNITY OUTINGS



55 FIRST CONTACTS
FOR INDIVIDUALS
WITH AN EMPLOYER

12 INDIVIDUALS
HIRED

3,600
HOURS OF SERVICE

PROGRAMS

JOURNEY TO HEALTHY LIVING

Mental Health resides inside every community through families, culture and environment without borders. Addiction and behaviors stem from many life experiences. At REN we provide human support and connection within the community we live. Each person deserves to live the life they choose. Heal Your Life, created by Louise Hay, is a transformational workshop that fosters self-approval, emotional well-being and personal healing. In 2016, this workshop was offered 26 times. An alumni group was formed in 2015.

RECOVERY IN ACTION (RIA)

Recovery In Action creates opportunities for members to explore the community outside of behavioral health spaces. In 2016, over 3,000 hours were spent in 'action,' with 185 community outings. These are important to members gaining their lives and increasing social engagement. They remind people that there is a life outside of their homes and that the world hasn't forgotten them.

SUPPORTED EMPLOYMENT

We offer a Supported Employment program that partners with several companies in order to place individuals into jobs and support them with the skills needed to stay there.

Regardless of a person's individual circumstances, REN works with them every step of the way to find and keep a job. We specialize in rights restoration and have several passionate and trained staff ready to tackle this issue with members.

RECOVERY SUPPORT TRAINING

Recovery Support Training (RST) for Arizona State Peer Support Competency Exam is one of REN's premier programs. The RST course offers individuals with lived experience the opportunity to learn skills and support others in their own journey of recovery. Social awareness and human service support philosophy are shared through history of movement, learning objectives, and opportunity in sharing person-centered hope. The RST curriculum guides participants in a collaborative style of delivery, including: Twelve classroom instruction plus practicum facilitation days, Documentation / HIPPA Training, Mental Health First Aid Training & Certification, and CPR & First Aid / AED Certification.

DISCOVER
THE **HERO**
IN YOU



HERO CENTER

Hope. Empowerment. Recovery. Opportunities.

A **HERO** is someone who inspires and is a role model to many. Heroes fill hearts with hope and empower others to discover recovery within every opportunity faced.

HERO focuses on engaging the young adults in maximizing personal recovery, promoting peer support and community inclusion. **HERO** is a place where members with mental health and substance use challenges can enhance their independent living skills and receive individualized personal education and career planning services.

A PATH TO WELLNESS
FOR AGES

18-25
YEARS OLD

UP TO
15 MEMBERS
SERVED DAILY

PROGRAMS

SUPPORTED VOLUNTEER PROGRAM

REN recognizes the importance to give back to the larger community. We foster this giving spirit in our members with our Supported Volunteer Program. This program can act as a bridge to employment, and a means of self-fulfillment. To date, this program has provided 3,600 hours in community services kitchens and was recognized as Outstanding Volunteers by St. Vincent de Paul in 2016.

COMMUNITY TREASURES

Community Treasures gathers resources from the community including clothing, old furniture, or basic household items. These items are then distributed to members that need them. To date, Community Treasures helped 80 members.

PEER AND FAMILY REFERRAL CENTER

The Peer and Family Referral Center (PFRC), opened in 2015, is a community collaboration that truly allows for member voice and choice. This program partners with members to discover their specific needs and works closely with other community agencies to place the member in services that best meet those needs. This highly collaborative program works with each member's clinical team to break down service barriers and ensure that members get into services in a timely manner. Since opening, the PFRC has placed over 300 members into peer and family services.

FINANCIAL HIGHLIGHTS

DECREASED
CONTROLLABLE COST BY
34% ▼

INCREASED
NON-STATE FUNDED
INCOME BY
76% ▲

200-240
REFERRALS
EVERY 3 MONTHS

100-120
INTAKES
EVERY 90 DAYS



23 MILLION PEOPLE LIKE ANTHONY ARE ON THE ROAD TO RECOVERY FROM MENTAL ILLNESS AND ADDICTION

Anthony

Supervisor
REN Supported Volunteer Program

Anthony's recovery story is familiar to members and employees at REN, a peer-run, licensed community service agency staffed by those with lived experiences in the areas of behavioral health and substance abuse.

"I share my story because I feel empowered to be a living testament that there is a place up from hopelessness," says Anthony. "I was convinced that if I got off the drugs it would kill me. I felt like I was dying. I had no purpose and could not get out of bed. I needed to find a way to get healthy for myself and my kids. Deep down I had a spiritual foundation and I needed to get back there, but I had moved away from that and instead chose the high life. I am just glad to be where I am now."

"Years later through my treatment and work at REN, I now know it was because I struggled in reading and was frustrated in school."

The Recovery Empowerment Network (REN) helped Anthony navigate the significant life challenges associated with his years of addiction.





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