

REN Program Descriptions



Recovery Empowerment Network (REN) is a community service agency staffed by those with lived experience providing opportunities to those who may not otherwise have them. Behavioral health services are provided using the Recovery Model partnering through exploration and support to identify personal goals within an individual's recovery journey. REN services are delivered through individual, group and workshops linked to dimensions of wellness as defined by Substance Abuse & Mental Health Service Administration (SAMHSA) supporting various paths within recovery and personal healing.

REN values collaboration of services for Member centered needs including the navigation through the Medical Model, system of care and introduction of holistic and whole person wellness providing integrated care for each person.

Community Partnerships - Centers: Empowerment Centers host facilitated groups and classes within recovery while establishing internal community. REN's location in Midtown Phoenix also has an Empowerment Center and serves as a centralized hub for members. Additionally, REN has two centers located within psychiatric provider clinics in Wickenburg and North Phoenix. Within these Empowerment Centers our REN Members create natural supports, gain support through self-awareness and identify personal goals. Some of the services offered include:

- Art and Writing Expression Groups
- Community Meetings discussing concerns and programs
- Communication, Lifestyle, Addiction & Relationship Groups
- Self-care individual and group supports

Hope's Door: This program is focused on individual support by creating connection and working to identify strengths and movements on specific life goals. Through intentional connection our Recovery Coaches support individuals in understanding personal growth, crisis prevention and diversion through personalized support. Our goals include reduction in hospitalization, advocacy, public health system navigation, living skills, community integration and wellness plans specific to each individual in a partnership driven method. Hope's Door programming includes:

- 80% service provided within the community
- Hope's Door wellness plan curriculum
- Hope's Door service goals 30, 60, 90 day goal follow up
- In home living skills, discharge planning, coordination of care with providers

Healthy Living: Healthy Living at REN is a program in which members are empowered to take charge of their own health and wellness. Each member has the opportunity to work one on one with a Certified Personal Trainer to develop a person-centered wellness plan. With a focus on physical well-being, students are able to make progress in all dimensions of their lives. As members work with Healthy Living staff, they are able to identify some lifestyle changes that allow for a boost in their overall well-being.

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The motivation and support that the Healthy Living team provides, allows for members to accomplish their goals in a positive and fun environment. This team offers classes utilizing curriculum based trainings as a way of strengthening the tools that members already possess. The following are some classes that the Healthy Living team provides:

- Wellness Planning
- One on One Personal Training
- Group Fitness Classes
- Interactive healthy cooking groups
- Weekly fitness center partnership
- Participation in Community Sporting Events (5k, Kickball Tournaments, etc.)
- SAMHSA Whole Health Action Management
- Smoking Cessation Classes
- Nutrition Planning
- Nature Walks/Hikes

Recovery In Action: In the Recovery In Action (RIA) programming, REN provides planned activities supporting community integration and connection focusing on socialization, environmental awareness and fostering community of natural supports through group connection. REN members create outings ranging from topics based in culture, history, local resources, and nature, along with new experiences within sobriety. Support includes:

- Weekly Fitness Center Recreational Outings
- Cultural Festivals
- Annual Camping Wellness Activity
- Museums, National Parks & Events

Recovery Support Training: Recovery Support Training (RST) for State Peer Support Certification 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:

- 12 days of classroom instruction
- 4 week practicum in the provision of direct service in a behavioral health setting
- Documentation, HIPPA, Confidentiality & Ethics
- CPR & First Aid / AED Certification
- Mental Health First Aid ,Study groups
- Administration of the Arizona State Peer Support Certification Exam

Learning & Discovery Department: REN utilizes a computer lab for the purpose of providing psychosocial rehabilitation services to individuals based upon their personal recovery needs. Individuals may utilize this resource to enhance computer skills, integrate into their community utilizing social media and online job searches. Our philosophy is about supporting individuals within their journey and often partnering on building skills for self-advocacy. Additional program facilitation includes:

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- Individual and Group led computer tutorials
- Online worksheets supporting budgeting and social service applications
- Resource Search for lifestyle to include; food, support groups, housing
- Individual support about continuing education and computer knowledge
- *Heal Your Life*, a curriculum based Workshop facilitated by Licensed Workshop Instructor

Supported Volunteering: Volunteering within the community introduces path of opportunity for our Members by providing discovery of giving back to their community supporting their personal wellness and another path may identify new interests adding to self-assertiveness. This recovery team guides planned volunteering outings weekly and models communication, social decorum, instruction and practices mutuality volunteering at organizations. Volunteer opportunities range from animal shelters, retail environments, facilitation of meal services within shelters and much more. A few benefits include:

- Introducing value in connection, environment and resources
- Shared social goals with tasks, time management and working together
- Self-esteem building
- Information about the impact of volunteering and community connection

HERO: The acronym HERO was created by members and stands for Hope, Empowerment, Recovery, and Opportunities. HERO is geared for young adults, within the age range of 18-25, who are connected to the Maricopa County adult system of care. The HERO recovery team understands that discovery of self and the recovery journey may have specific interests and needs which differ from other generations served in Maricopa County. HERO creates individual and group opportunities supporting an individual in housing needs, healthy lifestyles, education and employment mapping. Within HERO, the community of members creates activities linked to volunteering, community integration and topics of interest for both curriculum and supportive based groups. HERO offerings include:

- Weekly group volunteer activity
- Skill Development groups and activities
- Community outings
- Art Expression, Self-Discovery, Healthy Cooking and Annual Camp event and groups
- My Life – Open Community Forum hosted at REN

Peer & Family Referral Center: The Peer and Family Referral Center (PFRC) is a customer service hub for providers and agencies to use for all of their referral needs. The PFRC serves as a central resource with a mission to increase access to peer and family services to individuals who are diagnosed as SMI in Maricopa County and are enrolled in the RBHA's adult system of care. Our Recovery Navigators support individuals in navigating the Maricopa County adult system of care through an individualized approach. This may include a survey of holistic goals, information sharing and virtual tours of all peer and family services available in Maricopa County. This support for individuals is completed with a warm hand-off to the intake process at the specific agencies of choice. Connections provided include:

- Informational hub for Peer and Family services available
- Exploring resources such as: HCCS, Social Security, Food Banks, Regional Behavioral Health Authority (RHBA), Crisis Services

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- Community provider visits to coordinate intakes and membership
- Technical Assistance offered for agencies within referral process and completion of intake

Community Treasures: Community Treasures serves residents in Maricopa County by linking providers, needs and resources including: training, employment, community fairs and collaboration through multiple agencies. Services are announced weekly through email distribution and REN provides a single contact coordinating needs and service information for both providers and individuals who utilize this program. Community Treasures operates a Clothing Closet, located at REN's central location. This service receives various donations of clothing and personal items for distribution at no cost to residents of Maricopa County. Services include the use of Clothing Closet located at REN Central location at no cost. Other resources include:

- Information sharing for children, adult and family public services.
- Employment announcements, job fairs and other employment resources.
- Collaboration within the network of social services to reach the broadest audience possible.

Supported Employment: REN's Supported Employment Program is designed to serve individuals who have a SMI designation with Mercy Maricopa practicing zero exclusion for all participants. Participants benefit from support and job coaching, providing new opportunities for success in seeking out employment while encouraging individuals who experience mental illness find and keep meaningful, competitive jobs in the community. We partner with individuals to design personalized coaching to suit the needs of each person exploring the employment journey within recovery. Some supports include:

- Zero-Exclusion practices
- Support in employment searches and application process
- Onsite training for assigned job tasks with coaching support
- Identifying opportunities to competitive employment, including transportation, childcare, etc.
- Developing professional boundaries