

New Volunteer Opportunity!

Become a Recovery Guide!

A Recovery Guide is a volunteer who uses strength-based support to promote recovery by removing barriers and building recovery capital. Basically, Recovery Guides are volunteers who want to help others find and/or maintain recovery from substance misuse or mental illness. Recovery Guides share their knowledge, experience, strength, and hope to support others in finding their recovery pathway.

Who can be a Recovery Guide?

Volunteers Recovery Guides fall into one of two categories:

- Individuals with personal lived experience with a mental illness and/or in recovery from substance misuse
- A family member of an individual impacted by a mental illness and/or substance misuse

Overall, Recovery Guides are individuals who have sustained recovery for themselves or their family. Recovery guides are required to complete an application and a 12-hour training to gain the skills and knowledge needed to be a Recovery Guide.

What does a Recovery Guide do?

A Recovery Guide is matched one-on-one with a participant in the program and commits to spending at least one hour a week with that participant. The Recovery Guide and the participant work together to identify what goals the participant has for their recovery. Then, the Recovery guide helps the participant make and carry out a plan to achieve these goals. The goals and recovery pathway can be unique to each participant, and the role of the Recovery Guide is to support that participant's unique journey.

How do I get involved?

For more information, or to apply to become a Recovery Guide, call, email, or stop by Focus on Friends.

If you'd like to volunteer, but do not think being a Recovery Guide is right for you, please contact us. There are many other ways you can volunteer!

Focus on Friends

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Focus on Friends, a peer-led recovery center, provides a safe, community-based environment that strives to improve the quality of life for people coping with substance abuse or mental illness through social interaction and peer support.

