#### **Support & Empowerment**



"WHEN WE CHOOSE TO DO SOMETHING ABOUT

WHO WE ARE.

AND

WHAT WE ARE,

ONLY THEN CAN WE RECTIFY,

OR CHANGE,

WHERE WE ARE."



**Hope** ∼ **Education** ∼ **Recovery** 



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You are encouraged to ask questions about your services and your rights. You may talk with anyone on the staff.



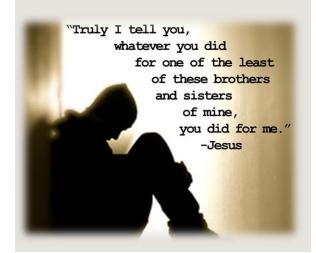


Community Support For Returning Citizens

Producing Real Results
Through
Empathy, Mentoring
&
Accountability.

### **Program Intent**

This program is designed to empower individuals returning home from incarceration with tools that will enable them to make rational evaluations of themselves, their situations, and their circumstances, and then make healthy and proactive decisions, as they navigate their way back into society.



## Individual Mentoring & Outreach Services

- Relapse Prevention
- Cognitive Thinking Sessions
- Empathetic Open Discussions Proactive Coping Skills
- · Grief & Trauma

### Vocational Training & Support

- · Resume Building
- Job Readiness Training
- Anger Management
- · Positive Parenting

#### **Health & Wellness**

- Over-Eating
- Social Adjustment
- Anxiety Issues
- Co-dependency
- Meditation
- Spirituality

# Services Provided In Home, School & Community

Screening & Assessments
Therapy
Case Management
Skills Building & Training
Symptom Management
Addiction Services
Peer Support Services
Intensive Outpatient
Mental Health Day Treatment

#### **Insurances Accepted**

CareSource
Aetna
Buckeye Health Plan
Molina Healthcare
Optum
Paramount Advantage

#### **Community Outreach**

Monthly Food Bank Monthly Distribution of Wellness Supplies:

Toiletries, Sanitary Products, Socks, Underwear, Can Openers

