

**MAKE YOUR
OWN
RECOVERY
THE
PRIORITY IN
YOUR LIFE!**

~ ROBIN NORWOOD

**ZION RECOVERY
SERVICES, INC.**

1500 E. 10TH STREET
ATLANTIC IOWA, 50022

CONTACT US

PHONE: 712-243-5091
EMAIL: INFO@ZIONRECOVERY.ORG

RECOVERY COACH

DUSTIN LUCERO:
712-254-3899
ANTHONY ROTHMEYER:
712-254-3394

**ZION RECOVERY
SERVICES, INC**



**RECOVERY COACH
PROGRAM**



PROGRAM REQUIREMENTS

- MUST MEET SUBSTANCE ABUSE CRITERIA.
- COMMIT TO WEEKLY FACE TO FACE VISITS.
- ALLOW FOR FREQUENT RECOVERY RELATED CONTACTS.
- DEMONSTRATE A DESIRE TO LIVE A HEALTHIER LIFE.
- BE READY TO TAKE ACTION IN YOUR LIFE.
- WILLINGNESS

WHAT IS RECOVERY COACHING?

RECOVERY COACHING IS A PERSON-CENTERED STRENGTH-BASED APPROACH FOR SUPPORTING PEOPLE WHO SUFFER FROM THEIR OWN OR SOMEONE ELSE'S ADDICTIONS.

RECOVERY COACHES ARE ALLIES AND MENTORS WHO VIEW A PERSON AS BEING IN RECOVERY WHEN THAT PERSON BEGINS TO CONSIDER MAKING LIFE CHANGES AND EVALUATING THE HARMFUL EFFECTS OF ALCOHOL AND DRUG USE.

CONTACT ZION RECOVERY TO DETERMINE IF YOU MEET CRITERIA TO BENEFIT FROM RECOVERY COACHING

WHAT WE DO:

- CREATE A PARTNERSHIP WITH A PERSON IN RECOVERY
- HELP CREATE A VISION FOR YOUR RECOVERY
- HELP IDENTIFY AND REMOVE BARRIERS TO SUCCESS
- PROVIDE ACCESS TO COMMUNITY RESOURCES TO INCLUDE RECOVERY SERVICES AND SUPPORT GROUPS
- SERVE AS A PERSONAL MENTOR AND GUIDE
- SUPPORT PEOPLE ON ALL PATHS TO RECOVERY
 - HELP PEOPLE BUILD AND ACHIEVE LIFE GOALS
 - HELP YOU EXPLORE FEELINGS, PROVIDE ENCOURAGEMENT AND CELEBRATE SUCCESSSES
 - SUPPORT POSITIVE CHANGE
 - MEET YOU WHERE YOU ARE IN YOUR RECOVERY.



