



# Encouragement. Support. Guidance.

## Help from Someone Who 'Gets It'



## Making recovery possible through coaching and navigation.

**“Iron sharpens iron. You can’t do it on your own. You need the right people around you, supportive people who are there for the right reasons. Where we used to rely on alcohol or drugs, now we rely on each other.”**

Dallas Clark, Recovery Coach

**bestlife**  
Emotional Health & Wellness

[www.mhainc.org](http://www.mhainc.org)  
**844-MHA-WELL**  
**844-642-9355**

Recovery Coaching is covered by most insurances. Contact us today to confirm your eligibility.

### BestLife Recovery Coaches

Individuals can work with a Certified Recovery Coach who has lived experience with addiction and/or co-occurring mental health disorders and have been trained to aide their peers with a similar experience to gain hope, explore recovery and achieve life goals. Recovery Coaches are actively engaged in their own personal recovery and share real-world knowledge and experience with others who are on their own path to recovery. Our coaches have completed a state-offered Certification Program and are supervised by a senior staff member who has completed the Recovery Coach Supervisor Program.

A Recovery Coach provides strengths-based support for people who are in the early stages of their recovery. They help you establish habits and behaviors that encourage and reinforce a healthy lifestyle. Importantly, a Recovery Coach has lived experience with addiction, so they “get it” in a way only someone who’s been there understands.

You can meet a Recovery Coach wherever it’s convenient: at the BestLife Center for Emotional Health and Wellness in Springfield or in the community, like at a coffee shop, library or park. You can even meet “face to face” using TeleWell, BestLife’s service that lets you connect to your Recovery Coach via smart phone, tablet or computer.

### Bestlife Recovery Support Navigators

Recovery Support Navigator services are provided by Bachelor level staff who provide care management and system navigation supports to individuals with a diagnosis of substance use disorder and/or a co-occurring mental health diagnosis. The primary function of the Navigator is to engage individuals where they are in the current treatment system and provide support in accessing treatment services and community resources. Work with individuals can begin during a time of incarceration, hospitalization, detoxification admission, as well as for individuals in the community.