WHAT MAKES RECOVERY POSSIBLE?

Recovery is not a cure. It is not a destination, a finish line or something neatly summarized in a treatment plan. Rather, recovery is a ***process***, and it is unique and intimately personal for each person going through it.

Within the individual who has experienced trauma, homelessness, psychiatric diagnosis or problems with substances, there lies unlimited potential for growth. So rather than ask "What does recovery mean," MHA chooses to ask ***"What makes recovery possible?"***

We believe each person needs the right environment for the process of recovery to take hold and move forward. Through our clinical services and residential programs for persons in recovery, MHA provides an environment of learning and support. Recovery is not only possible, it's happening.

CORE VALUES DRIVE OUR WORK.

In all we do, MHA is guided by three core values.

RESPECT:

Our aim is to create an atmosphere where dignity and equality are commonplace and where all individuals can reach their maximum potential to feel their best.

INTEGRITY:

We provide flexible, responsive, high quality recovery services that are person-driven and reflect ethnic, cultural, linguistic and individual diversity.

COMPASSION:

We engage individuals to pursue their personal vision and develop meaningful partnerships in a way that is sensitive and specific to their individual needs.

These core values are interwoven throughout every therapy, support group, personalized care plan, and residential program that MHA provides.

They make a difference in every life we touch.

MAKING RECOVERY POSSIBLE

To learn more, visit **MHAINC.ORG**

or call **844-MHA-WELL**

MHA

Respect • Integrity • Compassion

MHA SUPPORTS RECOVERY THROUGH A VARIETY OF INDIVIDUALIZED CLINICAL SERVICES AND INNOVATIVE RESIDENTIAL PROGRAMS.

MHA RECOVERY SERVICES

- Assessment
- Mental health counseling
- Comprehensive substance use treatment
- Treatment of co-occurring disorders
- Recovery support, coaching and navigation
- Parent/caregiver support and aftercare planning
- Individual, family, couples and group therapy sessions
- Residential rehabilitation services
- Case management and care coordination
- Referrals to community support services
- Life skills enhancement
- Treatment goal planning
- Relapse prevention planning

GRIT

RECOVERY WITH PURPOSE

No seed can grow without the right environmental conditions. No amount of force or assertion of control can make a seed grow. But with the right soil, and the right amount of water and light, a seed will sprout, take root and thrive. GRIT provides an environment where residents grow in recovery.

MHA designed GRIT, our Residential Rehabilitation Services program, to help those who struggle with addiction and a co-occurring mental health diagnosis. For people ready to do the hard work of recovery, GRIT provides structure and support to build strength and perseverance to continue their journey with confidence. Our multidisciplinary team teaches residents how mental health and addiction influence and affect each other.

GRIT residences include the comforts of home.
They are ideally located in neighborhoods with access to transportation and community resources.
Currently GRIT offers three residential programs:

ADULT MEN (SPRINGFIELD)
MEN AGES 18+ (SPRINGFIELD)
LGBTQ+ (HOLYOKE)

GRIT residents take part in structured, person-driven counseling and recovery-oriented programming. Some go to school or job training, volunteer in the community or work at paid jobs. Residents' families are encouraged to visit and participate.

GRIT's treatment team includes experienced, licensed and highly skilled case managers, prescribers, clinicians and recovery staff. Our team works with residents individually to build the framework for long-term recovery and develop aftercare plans for a successful return to the community.

RECOVERY IS HARD,
BUT THERE IS A WAY FORWARD.
IT TAKES GRIT.

bestlife

Emotional Health & Wellness

MHA's BestLife Emotional Health and Wellness Center partners with adults, children, families, couples—whoever may be impacted by the challenges of long-term or transient mental health, substance use or co-occurring concerns. We give those we serve an option to build trust, ensure continuity of care, get a second opinion or simply talk with somebody new.

Our state-of-the-art Wellness Center is small and personal, not large and institutional. We're conveniently located on a bus route and there's ample free parking on site. We accept most health insurance plans and a sliding fee scale is available for those who qualify. After-hours access to services is available, and MHA's TeleWell service provides access to mental health and substance use services via smart phone, tablet or computer.

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 has been trained to aide their peers who have 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 recovery path. 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.

BESTLIFE RECOVERY SUPPORT NAVIGATORS

Our bachelor-level staff of Recovery Support Navigators provide care management and system navigation supports to individuals with a diagnosis of substance use disorder and/or co-occurring mental health disorders. 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 or detoxification admission, as well as for individuals in the community.