

Outer Cape Health Services Recovery Coaching

Are you in need of our help?

The mission of Outer Cape Health Recovery Services is to assist individuals to achieve the most positive health, wellness and recovery outcomes utilizing a harm reduction approach that supports multiple pathways to recovery.

Recovery Coaching Offers:

- One-to-one peer-based support services providing a variety of recovery-based supportive assistance to those seeking recovery from substance use and alcohol use disorders.
- Action-oriented peer coaching dynamic to help set and achieve goals that are important for sustaining recovery.



Recovery coaches are most often in recovery themselves. Their lived experience of active addiction and successful recovery assists and supports individuals toward their own recovery goals.

How We Can Help:

- Refer and connect to community resources including:
 - Inpatient care
 - Outpatient programs
 - Local meetings
 - Alternative wellness
 - Virtual options
- Problem solve barriers to accessing service needs
- Assist in navigating the variety of services available
- Coordinate care

The Recovery Coach program accepts all participants regardless of insurance status. Referrals to the Recovery Coach program can be made by residents themselves, family members, service providers, or community members.