

TAKE GOOD CARE OF YOURSELF!

You are responsible for you – so take good care of yourself. We know recovery is possible, your ideas, your experiences and your skills will strengthen and sustain the “roads to recovery.”

“We look at you as a potential teacher and role model who understands addiction related problems better than anyone else in the world.”

Contact us on:

Tel: (03) 9573 1700

Fax: (03) 9572 3498

Email: sharc@sharc.org.au



SHARC's Recovery Support Services

Self Help Addiction Resource Centre Assoc. Inc. A0032803B

The Church, 140 Grange Road, Glenhuntly.

tel: **03 9573 1700** fax: 9572 3498

email: sharc@sharc.org.au www.sharc.org.au

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RECOVERY SUPPORT SERVICES



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SHARC's Recovery Support Services



MUTUAL SUPPORT SELF-RESPONSIBILITY AND EMPOWERMENT!

Welcome to SHARC's Recovery Support Services (RSS). We hope your experiences with us will be positive and helpful. This brochure gives you a little information about what we do and who we are.

WHAT WE DO.

RSS is a residential service for young people aged 16 to 25 who are experiencing severe problems related to their use of alcohol and other drugs.

At RSS we focus on the wellbeing of the members of our community. We believe recovery is an 'inside job', we're here to help you reach your goals and "live your dreams."

We provide a home-like, safe and supportive living environment and a community where we create authentic recovery opportunities.

We aim to:

- ++ Provide you with information that will allow you to make informed and meaningful choices about your own life
- ++ Assist you with recovery skills development
- ++ Offer an inclusive community shared with people who are living proof recovery is possible providing hope and practical support
- ++ Create a culture of opportunities that enable you to take on valued roles and participate fully in the community

RSS is for young people who have become aware of a need for personal change and who are prepared to engage in positive growth.

It's all about getting well and being well

WHAT IS RECOVERY?

Successfully overcoming addiction problems is a unique and very personal process. For many of us it has been a process of gradual healing and getting a healthy balance in our lives. It's about discovering talents and developing skills; it's about learning and growing, having loving relationships and making positive contributions.

Recovery is a state of mind! It's rising to the challenges of the day with a sense of optimism. It's moving from feeling powerless to living with confidence and a sense of achievement and purpose.

AN INCLUSIVE RECOVERY COMMUNITY!

At RSS we provide an inclusive recovery support service. Regardless of whether you choose to be completely abstinent from all drugs or are on a drug replacement therapy you are welcome.

Your wellbeing is more important than the "pathways" you choose.

WHO ARE WE?

SHARC's Recovery Support Services is a peer based community. Through our own experience of addiction and recovery we have developed unique insights and intimate understandings.

As a community of people in recovery we have banded together to be of help: "To give back" and offer genuine opportunities to get well and find meaning in our lives.

We have blended our recovery experience with skilled professional help to build an effective recovery support service. The strength of our approach lies in its spirit:

Mutual support, self-determination and hope!

WHERE TO FROM HERE?

If you are between 16 and 25 years of age and interested in recovery from severe addiction related problems, call us!

In a short telephone conversation we'll talk with you about our residential recovery support services. If you would like to join our community then the next step is to meet with you. At this meeting we will work together to explore what it is you are looking for. If we can help we'll assist you in putting together an entry plan that gives a clear path into our residential service.