

# 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

**OFFICE HOURS:  
Harwich POLICE DEPARTMENT  
183 Sisson Rd.  
Thursdays, 1pm to 4pm  
(774)801-8133**

*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.*