



Real Alumni Story

“Almost eight years ago, my sobriety started with a crash. I’m talking about the Fast and Furious kind of crash.”

- Robert P.

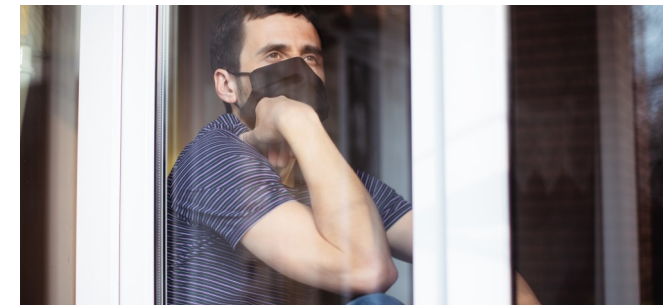


MOUNT REGIS CENTER
Hope Treatment Recovery

Informing People Improving Lives

Top Stories for February 2021

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Peers help individuals achieve and maintain recovery.

Persons in recovery face public health measures like social distancing, self-quarantine, and restricted access to medication and aftercare that impede the socialization they need to return to a healthy lifestyle.

Peer Recovery Support Specialists fill a gap by focusing on recovery and rebuilding an individual’s community and life. Increasingly, their power to improve outcomes is gaining recognition in the healthcare system.

In His Own Words:

“Hi, I’m Robert. I’m an alcoholic.

Almost eight years ago my sobriety started with a crash. Not literally. I’m not talking about running into someone at a stop sign. I’m talking about The Fast and the Furious kind of crash. I felt as though I had lost everything.

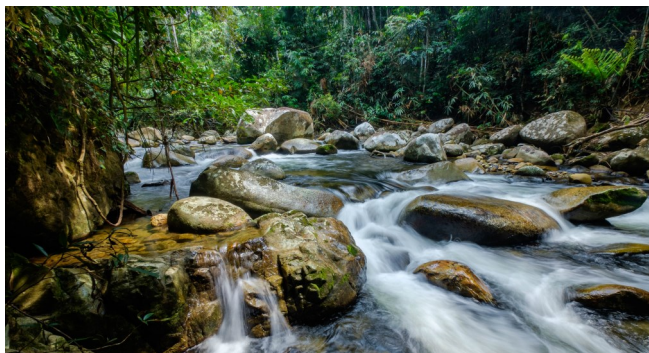
I found myself asking my company rep to get me some help. He suggested Mount Regis Center. I was scared to death. But what I’ve seen, when you’re at your lowest begging for help, the right people start showing up. That’s what I found at the Center. It didn’t matter whether it was a counselor, a nurse, or a chef; they were all there when I was ready to talk.

Ms. Kitty Hoback was my counselor. She was stern and scary-but she knew what I needed to start on my road to sobriety. She suggested that my dreams are ever-evolving and should always get bigger with age.

Upon leaving the Center, I sat down with my wife to start our cattle farm. It started with one cow and five acres and has grown to be soon twenty cows and 120 acres with interest in three hundred cows and 790 acres. The drunk me could have never accomplished this feat.

All I can say is thank you, Mt Regis.”





Stigma: There is no shame in asking for help. Some people do not seek treatment because they think they may lose friends or their family will be embarrassed. Some are uncomfortable sharing details of their lives with others, or they don't think treatment will make their life better. Even so, treatment does improve lives. (US Department of Health and Human Services)



Evidence shows the efficacy of Peer Recovery Services

Mount Regis Center offers graduates and their families the opportunity to enroll in MAP Health Management's PeerLink® and Family Group Recovery support services. These programs are available to all Mount Regis graduates and their families regardless of graduation date.

If you are a recent graduate or are about to graduate, enroll in PeerLink® and Family Group Recovery support services to help you through the critical first two months of recovery. Contact Mount Regis at 540.389.4761 for details.

Sustained engagement leads to better outcomes for substance use disorders

Studies of peer recovery support services indicated moderate levels of evidence for *“reduced relapse rates, increased treatment retention, improved relationships with treatment providers and supports, and increased satisfaction with overall treatment experience.”* (“Peer Recovery Support for Individuals with Substance Use Disorders”) NIH

Breaking through the rocks in the stream

About 20 million adults (18+) need SUD treatment each year. Only about 3.5 million receive it. Why the gap? Structural and personal barriers get in the way. With motivation, however, you can break through the rocks in the stream.

Access: There are more than 14,000 treatment facilities in the United States. More than 90% are in urban areas. Rural areas have been underserved. Now, though, you can get treatment online if geography, transportation, childcare, school, or work are barriers. Mount Regis will help you navigate access to appropriate treatment at no charge.



Cost: Treatment costs but so does usage. Significant savings arise from reduced dependency and fewer related health costs, interpersonal and workplace conflicts, overdose, and possibly death. Out of pocket expenses may be far less than you imagine. If you are without insurance, talk to Mount Regis Center. There are solutions. Continued use will cost you everything.



Acknowledgment: The first step towards recovery is acknowledging that substance misuse is disrupting your quality of life.



Treatment does not end when you walk out the doors of Mount Regis Center.

Evidence has determined that the longer you are engaged in treatment, the higher your long-term recovery success. Given this, Mount Regis Center strives to develop a person-centered treatment experience, tailored specifically for everyone's unique needs.



These services include discharge and recovery plans that include scheduling appointments that have been clinically recommended for your next steps in recovery and treatment once you graduate.

Aftercare plans often include scheduling Intensive Outpatient Programs, arranging Sober Living options post-discharge, and psychiatry appointments if indicated. Our patients have opportunities to engage in the Mount Regis Alumni program, information regarding 12-step peer support groups, and many other aftercare opportunities. Creating a road map to a life of recovery is our specialty.

Heather Mazey
Deputy Director of Clinical Services



Residential & Outpatient Alcohol & Drug Treatment
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“We motivate and empower people to improve their lives”

