

# Recovery Communities of New Mexico (RCoNM)

Recovery begins with HOPE!



Recovery is  
“a process of change through  
which individuals improve their  
health and wellness, live a self-  
directed life, and strive to  
reach their full potential.”  
(SAMHSA, 2010)



Recovery-oriented services  
emphasize quality of life  
and community  
integration.

F  
a  
i  
t  
h

E  
d  
u  
c  
a  
t  
i  
o  
n

R  
e  
c  
o  
v  
e  
r  
y

C  
u  
l  
t  
u  
r  
e

A  
New Mexico  
Recovery Oriented  
System of Care  
(ROSC)

Peer Support Services

Evidence-Based Treatment

Access to Treatment Services

Counselors & Therapists

Workplace Supports

Mental Well-being & Maintenance

Sober Friends & Networks

Improved Quality of Life

F  
a  
m  
i  
l  
y

I  
n  
d  
i  
v  
i  
d  
u  
a  
l

C  
o  
m  
m  
u  
n  
i  
t  
y

H  
e  
a  
l  
t  
h



Linking people to  
services and supports  
helps sustain long-  
term recovery.



Prevention and early  
intervention strategies can  
reduce the impact of mental  
and substance use disorders  
in New Mexico  
communities.



# Peer Support Helps New Mexico Recover



**Certified Peer Support Workers** have lived experience in substance misuse and/or mental illness. They are trained to help others in the recovery process.



New Mexico has **412** Certified Peer Support Workers.  
(As of May 2019/OPRE)

## Peer Support Services

Increase life satisfaction

Decrease self-stigma

Increase empowerment and hope

Decrease hospitalization



Improve access to social supports

Reduce substance use

Improve relationships with treatment providers

Increase social functioning



The **10** leading causes of death in New Mexico are often connected to alcohol, tobacco and other drugs.

(State of Health in NM 2018, NMDOH, pg. 36)

Recovery Communities of New Mexico



**Peer support helps improve mental health and substance misuse outcomes in New Mexico**



**1 in 5**

adults experiences a mental health condition every year.  
(NAMI, 2019)

Certified Peer Support Workers can be found in:



| Hospitals | Detention Centers | Behavioral Health Clinics | Treatment Centers | Wellness Centers | and more |

**Become a Certified Peer Support Worker!**

Contact the New Mexico Office of Peer Recovery and Engagement (OPRE) at 505-476-9260  
or apply online at: [newmexico.networkofcare.org/mh/content.aspx?cid=8113](http://newmexico.networkofcare.org/mh/content.aspx?cid=8113)



Follow Recovery Communities of New Mexico on Facebook