



***A PROFOUND SELF-DIRECTED CHANGE LEADING TO A LIFESTYLE OF  
OVERALL WELLNESS***

# **SAMSHA MAT GRANT**

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Lummi Behavioral Health

2665 Kwina Road

Bellingham, Wa 98226 (Lummi Reservation)

## Overview



Our program provides peer support to individuals that struggle with addiction, alcoholism, homelessness, health care needs and mental health issues. These services included coordination, assistance with stabilization, prevention services, self advocacy and to develop community living skills so clients can obtain a healthy and safe living environment.

## Specifications

1. Building relationships and engaging with families in the community - through in-home support, group support, and community outreach.
2. Complete needs assessments on community members in need of outpatient programs, health care, and/or behavioral health: Assist clients with developing a personal action plan. Advocate for the person's needs while developing their ability to self-advocate.
3. One-on-one peer support using personal experiences within the community in assisting the client in navigating health, vocational, legal, and other services that will help in sustaining long-term recovery.
4. Provide, plan, follow up, support services, and transportation if needed; Collaborate with existing local resources and communication methods to develop tools specifically aimed at sustaining long-term recovery for new clients.
5. Identify needs, gaps and duplication of services and collaboratively find solutions with other agencies to create efficient health and prevention services.
6. Discuss with and identify weekly routines, point of contact, and compile list of approved methods and places of communication.



## Goals

1. To promote recovery and wellness
2. To insure our clients/community members are provided with the necessary support that is needed.
3. Motivate, Encourage, and empower our clients to become their own resource.
4. To encourage hope, optimism, and healthy living
5. Provide wrap-around (substance abuse, mental health, healthcare) services to our clients.

