

FOCUS GROUP REPORT

Manistee -

Needs of Individuals in Recovery

- **Increased need for mental health treatment**
 - Many individuals have underlying reasons behind their substance use, so having treatment that involves mental health therapy or counseling can strengthen their recovery.
- **Improved support from the community**
 - Having support can impact someone's recovery process and help them feel comfortable seeking treatment and prevent relapsing.
- **Decreased stigma from community and medical professionals**
 - Individuals face stigma from community members, medical professionals, and employers that prevent them from progressing in their recovery.
- **Decreased barriers to care**
 - Cost, transportation, internet, lack of recovery options and insurance all play a role in having access to treatment. Breaking these barriers can help provide more individuals the ability to receive care.
- **Increased recovery or sober activities**
 - Create communities for individuals in recovery to strengthen bonds and give healthy outlets to socialize with one another.

RECOMMENDATIONS

- **Sober Sports League**
 - Providing adult recreational sport leagues specifically for those in recovery.
- **Prevention or Recovery Camps**
 - Camping for those in recovery or at risk individuals to help build life skills and create social bonds with others.
- **Employment Liaison**
 - Someone to bridge the gap between treatment or incarceration and help find job opportunities
- **Recovery Job Network**
 - Connect with community partners and organizations that will hire individuals in recovery.
- **Treatment with Mental Health Services**
 - Connect treatment centers to mental health services in order to strengthen the recovery process.
- **Step Process for Peer Recovery Coaches**
 - Create a step program to becoming a peer recovery coach to allow individuals to help others sooner, without putting their own recovery at risk.