

SAMSHA's Perspective

“Peer support services are delivered by individuals who have common life experiences with the people they are serving. People with mental and/or substance use disorders have a unique capacity to help each other based on a shared affiliation and deep understanding of this experience. In self-help and mutual support, people offer this support, strength, and hope to their peers, which allows for personal growth, wellness promotion, and recovery.

Research has shown that peer support facilitates recovery and reduces health care costs. Peers also provide assistance that promotes a sense of belonging within the community. The ability to contribute to and enjoy one's community is key to recovery and well-being. Another critical component that peers provide is the development of self-efficacy through role modeling and assisting peers with ongoing recovery through mastery of experiences and finding meaning, purpose, and social connections in their lives.”

Substance Abuse and Mental Health Services Administration

Essential Restart

Development Program

- ◆ Goal Setting
- ◆ Accountability Group
- ◆ Financial Literacy
- ◆ Budgeting
- ◆ Resume Building
- ◆ Soft Skills
- ◆ Physical Fitness
- ◆ Cooking Classes
- ◆ Nutrition
- ◆ Yoga
- ◆ Meditation

Email: info@lighthousecc.org

or

call 920-717-0264

for more information

or to request an application

**HORIZONS
RECOVERY
RESIDENCE**



HORIZONS
LIGHTHOUSE
RECOVERY COMMUNITY CENTER

1114 South 11th Street
Manitowoc, WI 54220

920-717-0264

lighthouserecoverycommunitycenter.org

OUR MISSION

Empower those seeking recovery by providing access to resources, education and recovery support services in a safe and social space. Honoring all pathways to recovery.



OUR VISION

We envision a world where recovery from addiction is understood, promoted, and embraced.

WHO WE ARE

We are a dedicated team with lived experience who are passionate about providing the support and stability needed for a successful recovery.



WHAT WE OFFER

- ◆ Safe and stable housing for program participants.
- ◆ Education and development through our Essential Restart Development Program.
- ◆ A variety of activities to support all pathways to recovery
- ◆ Community service opportunities
- ◆ Caring staff with lived experience to provide evidenced based peer support.

FOCUS AREAS

Community

Building a family-like support system to fall back on.

Awareness

Change can not happen if we are not aware of the problem.

Accountability

We need to hold ourselves and our community accountable to grow.

Development

Building self-efficacy through education and responsibility.

Safety

The safety of the resident's and our staff are of utmost importance to live, heal, and grow.