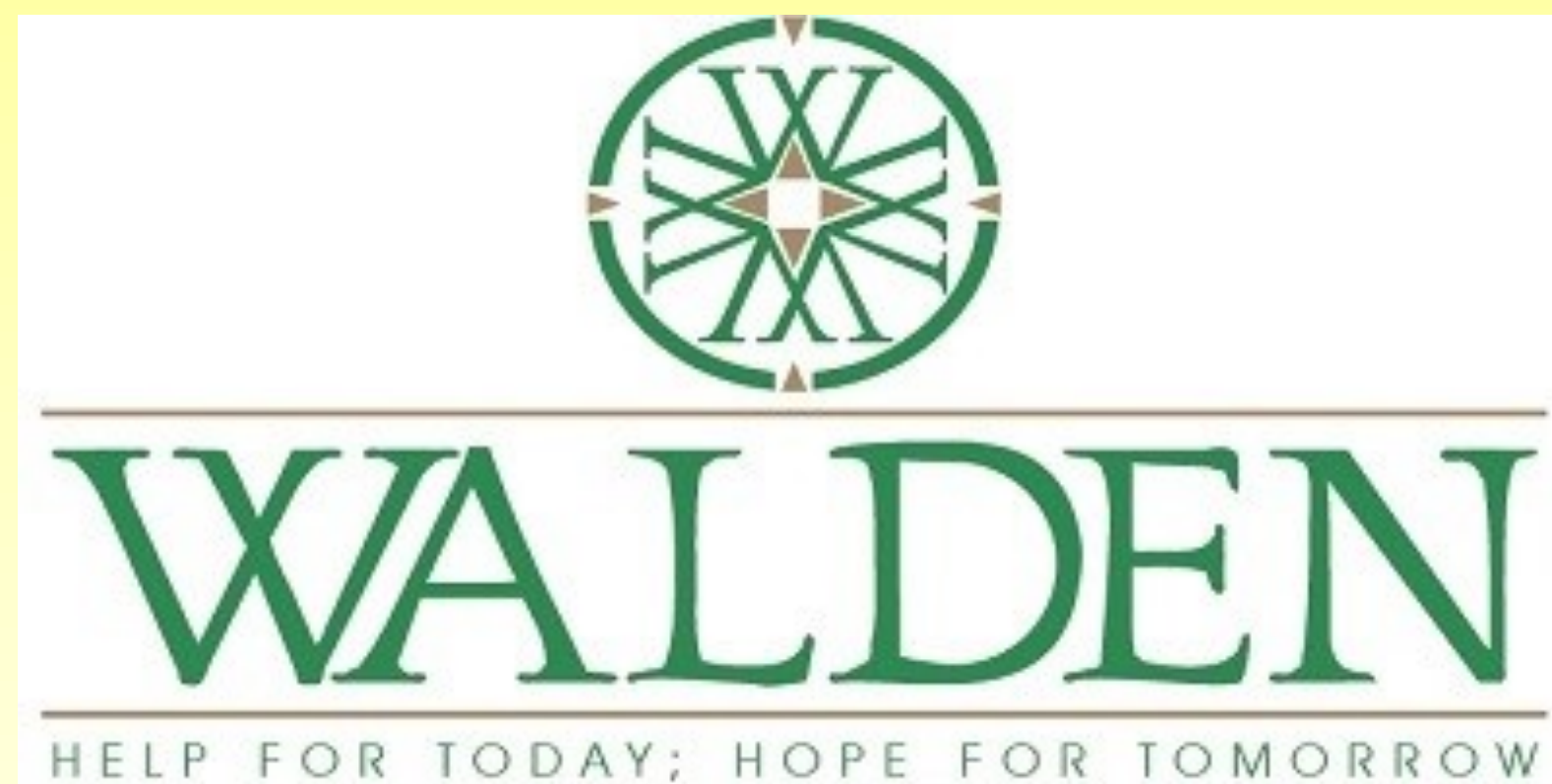


# Toward a Healthier St. Mary's: People *and Families* Can & Do Recover



## Recovery Support at Walden:

Committed to

**Multiple Pathways to & of Recovery**

**Peer Support**

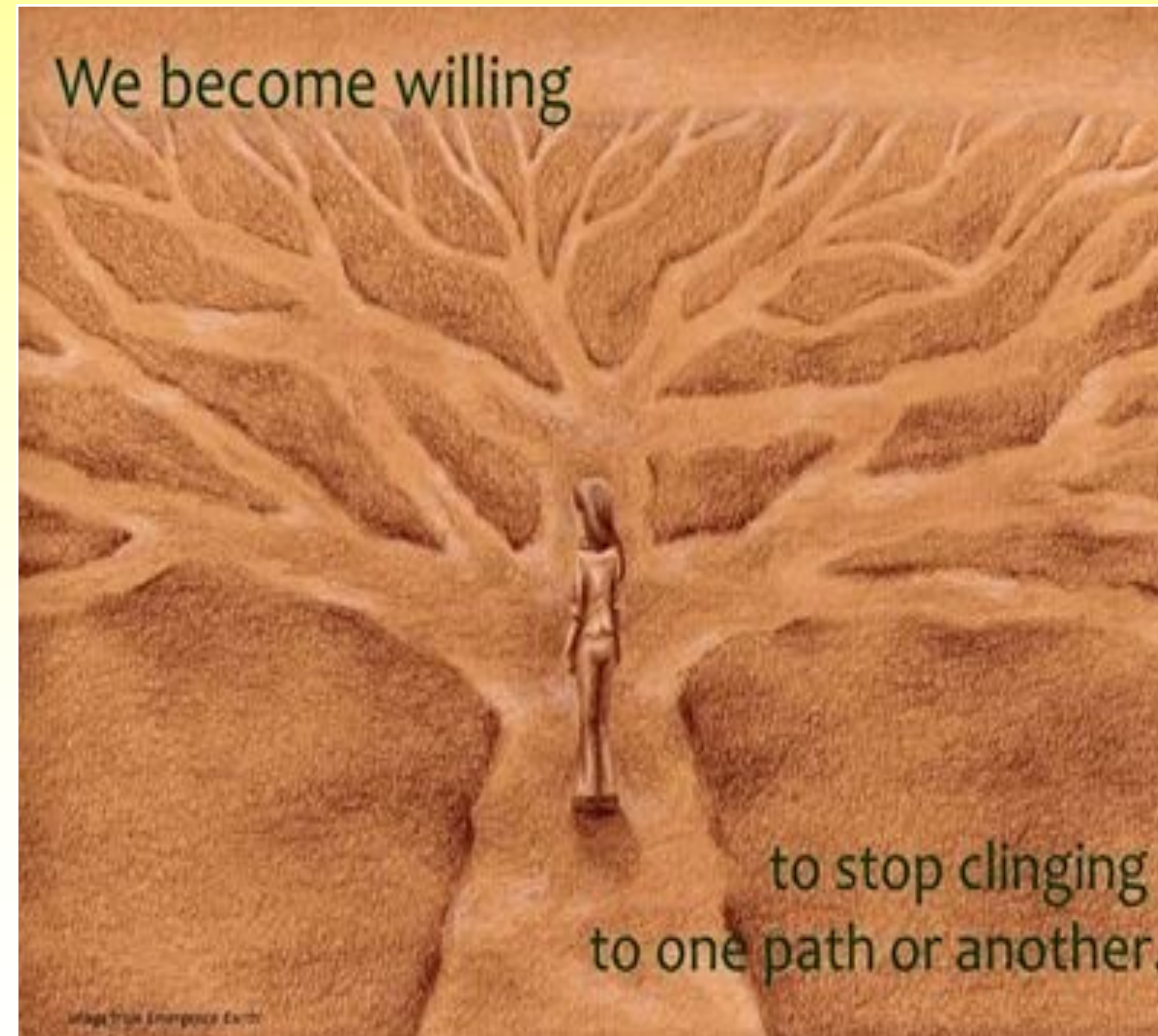
**& Timely Connections**

**to Treatment and Community**

Free recovery supports at Walden assist community members to access behavioral health care and promote ongoing management of behavioral health concerns, reducing crisis situations that might otherwise lead to suicidality, overdose, emergency room visits and inpatient stays.

### Annual use of program:

- 1400 adults participating in peer support, support groups, mutual aid groups & events
- 135 youth participating in mentoring, sober activities and enrichment opportunities



Find us on 



## Recovery Community Center:

Lexington Park-based free and open to the public

location with **23 diverse support groups weekly** including **supports for families**

at convenient times for the community, staffed by individuals

**with lived experience**

**in recovery** who also offer

**1-1 coaching and phone support.**

Events that promote recovery, anti-stigma efforts and resource brokering include **annual Block Party, Sober New Year's & Overdose Awareness Day happenings.**

**Adolescent Clubhouse:** mentoring, life skill, recreational and enrichment options for youth ages 12-17 impacted by

drugs and alcohol, offered in a **safe, sober & fun** way.

