Recovery
Putting together the pieces of your life…

Recovery and Wellness

The Recovery Resource Center provides an innovative opportunity for veterans and their families living with mental illness to explore mental health recovery.

The mission of the Recovery Resource Center is to capitalize on each veteran's goals and strengths in developing a personal recovery plan, improving coordination of resources and services, enhancing hope and empowerment and promoting active engagement in their own recovery and in meaningful, self-determined community roles.

Louis Stokes Cleveland VA
Medical Center Parma Clinic
8787 Brook Park Road
Parma, Ohio 44129
First Floor, Room 1229A/B
Tel: (216) 739-7000
Ext. 1231

Interested in the Recovery Resource Center?

- Veterans may inquire with a Recovery Resource Center staff member.
- Providers may submit consult to:

PAR RECOVERY RESOURCE CENTER

Recovery Resource Center (PRRC)

Louis Stokes Cleveland VA
Medical Center—Parma Clinic
8787 Brook Park Road
Parma, Ohio 44129

First Floor, Room 1229A/B
Tel: (216) 739-7000
Ext. 1231

The *Recovery Resource Center* is a Psychosocial Rehabilitation and Recovery Center (PRRC) dedicated to promoting mental health recovery, education and community integration for veterans living with mental illness. The Recovery Resource Center:

- Encourages understanding and promotes active participation in mental health recovery.
- Offers support and educational opportunities to veterans and their families in a comfortable and accepting atmosphere.
- Supports community integration by encouraging and providing assistance to Veterans interested in exploring resources/activities in their communities of choice.

Core functions of the program are Recovery Coaching, the Learning Environment and Community Integration

RECOVERY COACHING

Veterans enrolled in Recovery Resource Center will work collaboratively with an assigned Recovery Coach. This mutual collaboration with a staff person:

- Identifies a person's vision of recovery and their self-determined recovery goals.
- Improves individual skills
- Provides assistance with exploring resources and activities in a person's community of choice.
- Enhances opportunities for support and assists with coordination of needed services.

LEARNING ENVIRONMENT

Located at the Parma Clinic of the Louis Stokes Cleveland VA Medical Center, the Recovery Resource Center offers daily groups as well as recovery resource materials pertaining to such topics as:

- Peer Support
- Community integration
- Cognitive Behavioral Skills
- Coping & Recovery Skills
- Social Skills
- Relaxation & Stress Management
- Spirituality
- Health Education & Wellness
- Illness & Medication Management

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