

# REACH OUT

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Recovery Coaching and  
Recovery Support  
Navigation Services are  
both covered benefits  
under most MassHealth  
Insurance Plans!

CONTACT US  
(978) 632-0934 x358  
for eligibility benefits  
information.

AFFORDABLE  
PRIVATE PAY OPTIONS  
AVAILABLE

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RECOVERY  
COACHING

RECOVERY  
SUPPORT  
NAVIGATOR  
SERVICES

SERVICES  
PROVIDED BY  
GAAMHA, INC.



## A RECOVERY COACH IS...

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A ROLE MODEL

A MENTOR

A COMMUNITY ORGANIZER

A LIFESTYLE CONSULTANT

AN EQUAL

## A RECOVERY COACH IS NOT...

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A SPONSOR

A COUNSELOR

A THERAPIST

A NURSE/DOCTOR

## RECOVERY COACHES

### NON-CLINICAL ASSISTANCE

Our Recovery Coaches are not associated with any particular method or means to recovery, allowing a non-biased approach to each individual's needs throughout their recovery process.

### SUPPLEMENTAL CARE

Serving as a guide and mentor the Recovery Coach provides supplemental care either as a stand-alone service or as part of a comprehensive support plan.

### EARLY INTERVENTION

Recovery coaching is available for people as young as 15 and can be an effective early intervention and prevention tool for young people starting to experience trouble as a result of their substance use.

## RECOVERY SUPPORT NAVIGATORS

### NAVIGATION ASSISTANCE

Our Recovery Support Navigator works with individuals who have a diagnosed substance use disorder and/or co-occurring disorders to address the barriers to successful recovery and create an individualized service plan that assists in achieving their recovery goals.

### ALL INCLUSIVE SUPPORT

Recovery Support Navigators assist individuals by providing recovery and community resources as part of broader care coordination and help facilitate a wide range of services in order to provide as much support as possible.



## A RECOVERY SUPPORT NAVIGATOR IS...

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A RECOVERY LIASON

A COMMUNITY SUPPORT  
CONNECTOR

A CLINICAL RESOURCE

A FACILITATOR

AN ADVOCATE

## A RSN ASSISTS WITH...

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RECOVERY EDUCATION  
(Inpatient, Outpatient, Detox, etc.)

COMMUNITY RESOURCES  
(Income, Food, Transportation, Housing, etc.)

CARE PLANS  
(DCF, Medical, or Clinical)

INSURANCE ISSUES