

## **Menominee Tribe Launches Recovery Coaching Program**

*Certified coaches will help those seeking recovery from substance use*

FOR IMMEDIATE RELEASE February 15, 2024

(Keshena, WI) Seven specially trained and certified Recovery Coaches are now available to assist those seeking recovery from substance use as well as those in active recovery. The program is an initiative of Menominee's Drug Addiction Intervention Team (DAIT) and the Menominee Indian Tribe Community Addiction Assistance Program (MITCAAP).

"A recovery coach is a partner in the path to recovery," explains MITCAAP Coordinator and Recovery Coach Lydi Vele. "Recovery coaches have experienced recovery themselves and will share their knowledge as they guide others who want to overcome their addiction." Coaches focus on removing barriers and obstacles and making sure that individuals can access resources available to them during their recovery journey.

"For many battling addictions, they feel there isn't anyone who can relate or understand what they are going through," explains DAIT co-chair Addie Caldwell. "A recovery coach understands because they went through it themselves."

### Recovery coaches can help individuals:

- Set achievable goals, based on what is right for that patient.
- Make healthier life changes.
- Work through blocks and fears.
- Identify triggers and ways to deal with those triggers.
- Balance work and personal life.
- Get organized when recovery becomes overwhelming.
- Access resources.

The Recovery Coaches are available over the phone or in-person depending on the situation.

While there are currently seven trained Recovery Coaches, more are needed. Becoming a Recovery Coach is open to anyone who has "lived experience" of addiction or if they have a child or loved one that has gone through addiction. MITCAAP will assist in coordinating certification training to find a schedule and location that works with your needs.

For anyone interested in becoming a Coach, please contact Lydi Vele at [lvele@mitw.org](mailto:lvele@mitw.org).

In spring, MITCAAP will be hosting open houses so community members can meet the team of Recovery Coaches as well as learn more about the program. "We are excited to introduce everyone to our coaches and share all the ways that having this program can benefit our community members," added Vele. "Chances are, we all know someone dealing with an addiction, so being aware about this program and how to access one of the coaches will benefit everyone."

If you think you may need a recovery coach to help you stay on that road to recovery from a substance disorder, please contact the 24/7 hotline at [\(715\) 972-3280](tel:(715)972-3280).

About Drug Addiction Intervention Team (DAIT): The mission of the DAIT is to reduce and mitigate the impacts of drug use in our community through education, cultural integration, collaboration and integration of service provisions between all tribal, county, private, state and federal partners.

About Menominee Indian Tribal Community Addiction Assistance Program (MITCAAP): Working alongside DAIT to provide assistance, support and education to those impacted by substance use and addiction. The program's initiative of Recovery Coaches offers 24/7 services to those seeking recovery from substance use as well as those in active recovery.

Media contact:  
Katie Flanigan  
Leonard & Finco Public Relations  
[\(920\) 965-7750](tel:(920)965-7750) ext. 106