

## ***AREAS – A Recovery Community Service Program***

### **What is a Recovery Community Service Program (RCSP)?**

An RCSP is largely designed and delivered by individuals and families in recovery to support individuals and families (peer to peer) in their (*our*) recovery process.

### ***MOAR Does AREAS***

AREAS stands for Addiction Recovery Education Assistance Services.

### ***History***

MOAR is an affiliate of NEAAR, New England Alliance for Addiction Recovery, a six state addiction recovery consortium, working together to reduce the stigma of addiction. With the support of the New England Institute of Addiction Studies, NEAAR was a former recipient of a CSAT, Center for Substance Abuse Treatment, RCSP grant.

We continue the project, under AdCare Educational Institute.

### ***Why AREAS as an RCSP?***

“Before we can educate the public about the value of recovery, we need to heal from our experienced stigma. We don’t know how to get legal, medical, treatment, healthcare services, and we fear asking for help,” came the message from MOAR participants. Thus, MOAR developed supportive curriculum and resource guides. Dialogue that allows openness, and builds an action plan, appears to be a major key to the project.

### ***How does AREAS Work?***

Currently MOAR has weekly, one-hour facilitated sessions from a curriculum that addresses topics such as, CORI, Hepatitis C, Sober Housing. Groups are held in Worcester and East Boston. We have added Relapse Prevention for Recovery Advocates, Clarifying Our Values.

For example, Tony Winsor and Fran Fajana, Massachusetts Law Reform Institute, have been resources for spreading this “How to Cope Series” because having a felony challenges job, education, and housing applications. Participants have been mostly from the Worcester Aurora Project, Faith House, and East Boston’s Meridian House.

Connections through these presentations put a face to the issues and the resources needed to address them. These groups help to build relationships that appear to strengthen recovery and reduce stigma.

### ***How About a Parent or Family Support Group Education Service?***

Diane Kurtz, Parent Support Groups of Western MA, facilitator does presentations of “How to do a Peer-to-Peer Parent Support Group.” Diane has many years of experience and is recognized for her skills. The goal is to help parents or family members who want to learn how to set up Peer-to-Peer Parent or Family Support Groups. Participants walk away feeling hope, and enthused with steps to help other parents.