



***“Recovery is about Choices.
Unlike the days when my
addiction ruled my entire day/life.”
~ Recovering Peer ~***

MISSION STATEMENT

*Dallas ROSC is
a coordinated network
of community and peer led support
services that provides education
and fellowship promoting
long term recovery from
Substance Use and mental health
challenges*

***Recovery Oriented Systems
of Care in Dallas***, understands that the
greatest strength is having someone who
clearly understands what is necessary to
overcome the barriers that people with
mental health and substance use
challenges face. Whether it is recovering
from a crisis, dealing with symptoms,
dealing with stigma or developing ways in
which a person with a mental health and
substance use challenge can regroup.



“A ROSC is a coordinated network of community-based services and support that is person-centered and builds on the strengths and resiliencies of individuals, family, and community to achieve abstinence and improve health, wellness, and quality of life for those with or at risk of alcohol and other drug challenges”. **SAMHSA**

Our Purpose;

- Create exposure for Dallas ROSC through social media, Facebook and a website. Also, use these mediums to disseminate information about recovery related events, meetings, activities and volunteer opportunities.
- Educate the community about the ROSC transformation and connect the community with recovery resources.
- Engage Mental Health and Substance Use individuals to provide ongoing support to the community and statewide initiatives. Also, assist with mobilizing and advocating for the quality of recovery.
- Develop materials and presentations to inform people about who we are, what we do and how they can be involved.
- Meet Monthly to determine meeting topics and identify speakers/presenters.

What is Wellness?

Wellness means overall well-being. It incorporates the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person's life. This is especially important for people with mental health and substance use challenges, because wellness directly relates to the quality and longevity of your life.



Emotional—Coping

effectively with life and
creating satisfying relationships

Environmental—Good health by occupying
pleasant, stimulating environments that support
well-being

Financial—Satisfaction with current and future
financial situations

Intellectual—Recognizing creative abilities and
finding ways to expand knowledge and skills

Occupational—Personal satisfaction and
enrichment from one’s work

Physical—Recognizing the need for physical
activity, healthy foods and sleep

Social—Developing a sense of connection,
belonging, and a well-developed support system

Spiritual—Expanding our sense of purpose and
meaning in life



Peer recovery support helps people and families find, reinforce, and strengthen long-term recovery. Peer recovery support often works with treatment and mutual aid support and addresses a broad range of recovery needs, strengths, and options.

“Recovery is a process and absolutely possible”
~ *Recovering Peer* ~

“Peers are often able to engage individuals in a way that professional staff cannot. Their ability to share how they have overcome obstacles is unique. They also sometimes have greater in-sight into how consumers perceive treatment.”

“When someone really hears you without passing judgment on you, without taking responsibility for you, without trying to mold you, it feels darn good....

When I have been listened to and when I have been heard, I am able to perceive my world in a new way and to go on. It is astonishing how elements which seem insoluble become soluble when someone listens.”

~ *Carl Rogers* ~
Poet



SAMHSA definition of Recovery

Working definition of recovery from mental disorders and/or substance use disorders. A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.



Dallas ROSC
RECOVERY ORIENTED SYSTEMS OF CARE
Recovery Dallas Style

**Recovery Oriented Systems
Of Care Recovery Dallas Style**

strives to help those who are in recovery for mental health and Substance Use challenges develop a recovery life-style and help improve their recovery capital.

***Location: Twelfth Step
Ministries***

***5324 West Northwest
Highway***

Dallas, Texas 75220

Bus Routes available

***Every 3rd Wednesday of the
Month***

11:30-1:30pm

(972)-379-7123

DallasROSC@gmail.com