

When it's time to  
make a change...  
Call



# FREE Recovery Coaching

for residents at the  
**VALLEY COUNTY JAIL**



## Recovery Management Plans

If it is time to make a change, a plan is a good place to start. Your Recovery Coach can meet with you weekly via phone or video visit to help you identify your goals, create an action plan, identify and address barriers then connect you to community resources.



## Transportation

It's all about **Day One**. Our Day One program can have a Recovery Coach meet you at the door upon release and get you connected with any recovery support services that you will need.



## Connection to the Recovery Community

(Re)Building a life in the community takes strength, perseverance and support. When that support is provided by individuals with lived experience who have successfully navigated their own recovery - **hope becomes a reality.**

**WE KNOW YOU CAN DO THIS.  
WE'RE HERE TO HELP.**



## TO LEARN MORE

Dial \*23 for your free call to The ROC

-OR-

Request a Recovery Coach  
on the kiosk.