

Recovery Zone (RZ)

Recovery Zone strives to provide safety and light through the Journey of Recovery.

Recovery Zone provides a safe & encouraging environment for anyone who is seeking support in finding or managing their recovery from mental health and substance use disorders.

What makes us different than typical recovery support services? You don't need an appointment. Just drop by for a group, a meal, or a cup of coffee. And if you would like to talk, there will always be someone available that understands the very real struggles of mental health and substance use challenges. Our staff knows the struggle. We are all in recovery.

Recovery Zone provides programing, as well as connections to services, to aid in the process of understanding our mental health and substance use challenges, and to learn new skills for coping and managing our symptoms, while supporting each other.

Champaign County

827 Scioto St, Urbana, Ohio 43078
(937) 508-4383

Lisa Brandel Director (937) 407-1781
Rose Trydel Driver/PRS (937) 504-4654
Nicole McWilliams PRS Administrator,

Logan County

440 South St. Paris St, Bellefontaine, Ohio 43311
(937) 593-9391

Kathy Zeller Director (937) 407-4547
JR Frost Drver/Maint (937) 597-2607
Penny Forman Peer Admin (937) 205-5274

<https://www.recoveryzonecc.org/>

If you are having a mental health / substance use crisis, Consolidated Care has a crisis line available 24 hours a day. Please do not hesitate to call. They can help you through your crisis and connect you to long-term support .

The number is:

1-800-224-0422

Thank you to our Supporters:

CareSource
Community Health Foundation
Consolidated Care
Fraternal Order of Eagles, Urbana
Logan Co. Electric Co-Operative
Logan Co. United Way
MHDAS Champaign and Logan Counties
NAMI (National Alliance on Mental Illness)
Suicide Prevention Coalition
Recovery Zone members & the communities we serve.

Recovery Zone Champaign & Logan Co.



View monthly programming & activities, for each county, by visiting our FB Pages:

[Recovery Zone of Champaign Co](#)
[Recovery Zone of Logan Co](#)

Peer Support

The most important aspect of Recovery Zone is Peer Support. Who better knows what mental illness and addiction recovery looks like than those

who live it every day?



One of the missing links in Recovery is day to day support.

Some days just feel

like too much to go through alone.

We want people to know that there is a place, through the week, to seek friendship, guidance and support.

Recovery Zone aims to fill in some of the gaps sometimes lost in a recovery plan. Friendship, fun, information, support, good food and more, all found at RZ!

What We Provide

- Self-Help Groups & Support
- Educational Programming
- One-on-One Peer Support
- Connection to Community Resources
- Transportation to & from Recovery Zone (limited to city limits)
- Transportation to support meetings (during hours of operation, as available)
- Warm lunch Mon-Fri (See monthly calendar)

A Safe Supportive Environment, Recovery Support Services and Education for Mental Health and Substance Use Disorders to Build Purpose, Mental Wellness and a Community of Recovery.

WHEN TO BE THERE

Monday - Friday
10am-3pm

Transportation provided

Call for a ride

JR @ (937)597-2607 (Logan)
Rose @ (937)504-4654 (Champ)

PROGRAMMING

We offer a variety of groups that are ran by certified trainers, volunteers and members. These classes change often so included here are the general types of programming that we offer.

Education—Part of Recovery is having the right information. We are all experts in our own recovery experience, but we can benefit from a better understanding of the physical and emotional symptoms we experience on the journey. There are many helpful tools and techniques that can aid us through these challenges.

Support groups—Getting together to share our struggles and our victories can help us in our recovery as well as help others to see that we are not alone in our path. Struggling with mental health and addiction issues can be isolating. Talking in a safe place, with others who share our struggles, increases our chances of being successful in our recovery journey.

Access—RZ serves as an excellent place to find, discover and connect to community resources that can help us be more successful in recovery. We have information about community resources and connections to the people in different agencies that help people.

Outings—RZ goes bowling, visits museums, visits other recovery centers, attends festivals, and many other outings each month. Many of these are free or at low cost. We think that getting out and enjoying life is essential to recovery. Sharing this time and having fun brings meaning and purpose into our lives.

Peer Support—Work with RZ staff to build your own recovery path. We can sit down with you and help create a new future by creating personal goals and using your own assets and strengths that are just waiting to be used. Even if there are parts of us that are broken, working together with others in recovery can help to make us whole!