



Logan County:
441 South St Paris Street
Bellefontaine, Ohio 43311
937-592-9391

Champaign County:
827 Scioto Street
Urbana, Ohio 43078
937-508-4383

RECOVERY ZONE

Overview of Recovery Zone

Vision

In order to grow as a person, we all need to have a purpose and connections to other people who understand us.

Mission

Recovery Zone works to offer a safe and supportive environment, which provides education and peer support for those with mental illness and addiction during their journey of recovery.

What we do...

Recovery Zone is for adults in mental illness and addiction recovery, who are in need of social support, access to resources, and empowerment. We provide a recovery support center where people can attend free from judgment of their past and present. Recovery Zone gives our members and staff, who are also in recovery, the opportunity to provide recovery supports, such as holistic wellness information, coping skills, and access to community resources. At Recovery Zone, sharing our lived experience in recovery is a valued asset that can help others to recover in a safe place.

Who we are...

Recovery Zone is place where people can find peer support as they work towards recovery from mental illness and addiction. In a formal sense, a peer supporter is a person who receives training to help members set recovery goals, facilitate groups and classes about recovery, and support our members' recovery journeys. He or she has lived experience with mental illness and/or addiction and have reached a point in recovery where they can empower others in their own paths. A peer supporter has usually received formal training in providing recovery supports and utilizes ongoing education and training to further his or her practice.



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In a less formal sense, peer support is about people who have experienced mental illness and/or addiction and come together to support one another towards wellness. Peers understand that while each person has a unique path towards wellness, we all need meaning and purpose to live a thriving life. Part of finding meaning and purpose is helping other people -- supporting others throughout their recovery from mental illness and addiction enriches our own recovery. You don't need a job title at Recovery Zone to be a vital and important piece of the recovery puzzle for our members. At Recovery Zone, we are building a path towards wellness together.

Core Values

Inclusion – RZ strives to utilize the wisdom of our member's recovery journey in inform our programming and services. RZ uses bi-weekly house meetings and weekly leadership meetings to provide ample opportunity for members to voice their needs, struggles, and abilities that can be beneficial to RZ

Empowerment – RZ strives to provide opportunities for members to take an active role in their recovery. The power structure within the organization is that of power with our members, in contrast to power over our members.

Self-Determination – All activities at RZ are voluntary. RZ believes that recovery is a personal journey in which members should have the option to engage in whatever way that they see fit. Sometimes that means watching people make decision, which we do not agree with, in their personal lives

Sharing – Sharing personal recovery stories are a major learning tool by which members exchange information. While classes and groups are important services of RZ, an open exchange of information can be just as powerful means of growth.

Community – Building a strong social network and reducing isolation are a main function of RZ. By providing a safe environment where members can be themselves, while also adhering to mutually agreed upon guidelines creates a space where members can find a sense of community often lacking for people in recovery