

SHERECOVERS[®]
FOUNDATION

Community Guide

PATCHWORKS TO RECOVERY

Presented in partnership with:



SOBERLINK[®]
Improving Lives



“We must be *supported*
to find & follow individualized
PATHWAYS & PATCHWORKS
of recovery.”

— SHE RECOVERS® Intention & Guiding Principle

Creating a diverse patchwork of recovery by sewing together different resources, philosophies, and modalities for healing to create a unique recovery quilt to wrap around yourself is what SHE RECOVERS believes with every fiber of our being.

We connect women through our virtual offerings and in-person community networks, provide resources and support to help women to develop their own holistic recovery patchworks, and empower them to thrive.

SHE RECOVERS and SOBERLINK invite you to create your own patchwork or expand upon your existing pathway by exploring this community guide.

We hope you find it beneficial to your recovery.



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Overview

SHE RECOVERS is a non-profit organization and grassroots movement dedicated to redefining recovery, inspiring hope, ending stigma, and empowering women in or seeking recovery for mental health issues, trauma, substance use, and related life challenges to increase their recovery capital, heal themselves, and help other women do the same.

We have come together in partnership with the experts in remote alcohol monitoring, Soberlink, to bring you this community guide on *Patchworks to Recovery*.

Part of creating a successful patchwork of recovery is creating strong foundational support and accountability. Soberlink provides individuals in recovery from alcohol use misuse and alcohol use disorder with unparalleled technology to build their recovery capital while staying connected with professionals and loved ones to rebuild trust and relationships. It is Soberlink's mission to erase the stigma of alcohol monitoring by designing and developing the very best technology for a modern, discreet user experience.

Within this e-book, you will find resources to draw upon to create your individualized patchwork of recovery.



Resources

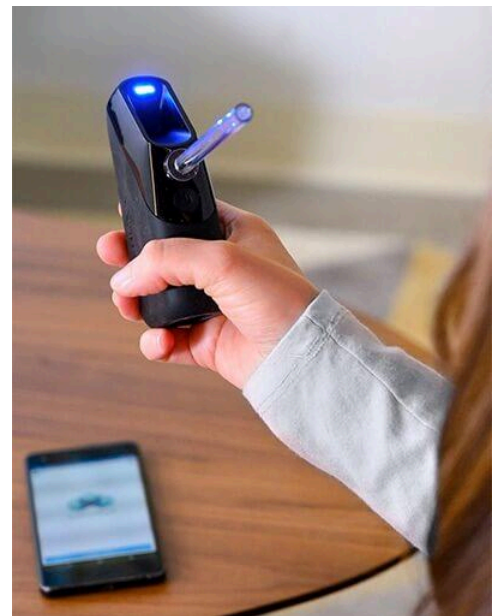
Recovery-Focused Technology & Apps

Soberlink Remote Alcohol Monitoring™

Studies show that alcohol monitoring in early recovery can help improve outcomes.

Soberlink's remote recovery technology empowers people with substance use disorders to stay connected to treatment professionals, recovery coaches, and loved ones through premier features that fit in the palm of your hand.

The Soberlink system tracks your alcohol levels throughout the day and sends the blood alcohol concentration (BAC) readings instantly to your recovery circle.



✓ **Benefits for providers:**

Provides early intervention opportunities, gives a competitive advantage using innovative technology, and improves success rates.

✓ **Benefits for clients:**

Keeps clients connected to their recovery circle, builds accountability and structure, and documents sobriety.

✓ **Benefits for families:**

Allows for sharing in the recovery process, helps rebuild trust, and provides peace of mind.

Soberlink is the gold standard in alcohol monitoring technology from device to reporting, their secure system remotely measures alcohol in human breath to aid in the detection and monitoring of alcohol consumption.

✓ **Facial Recognition Technology:**

Adaptive facial recognition technology is built into their alcohol monitoring devices, allowing for identity verification. This gives the monitoring party the ability to know who is testing in real-time in a non-invasive and convenient way.



✓ **Tamper Detection Technology:**

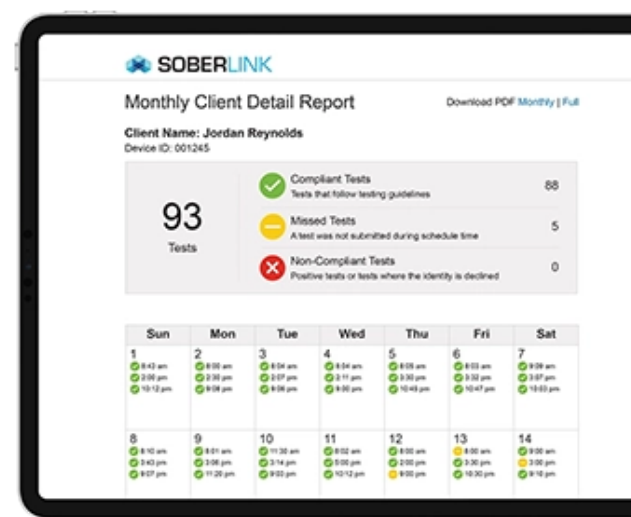
Soberlink devices are equipped with proprietary technology, capable of detecting a wide variety of tamper attempts. This helps to ensure the integrity of each alcohol monitoring result.

✓ **Professional-grade Fuel Cell:**

These devices contain the same globally trusted fuel-cell sensor used in law enforcement and workplace breath alcohol monitoring to deliver consistent, reliable BAC readings.

✓ **Advanced Reporting:**

Our unique reporting technology makes alcohol monitoring easy and convenient. Our reports use artificial intelligence to deliver clear, concise, and simple reports.



➤ [Get started with Soberlink here](#)



The Phoenix App

**“Rise, Recover, and Live” with The Phoenix:
A Sober Active Community via their mobile app!**

The Phoenix is a community of over 300,000 people who believe in the power of connection. The Phoenix app brings free events, community, and peer support to you anytime, anywhere. This app features a patchwork of recovery resources and empowers individuals to access multiple pathways of support and services.

Currently, within the app SHE RECOVERS holds a partner space. Download The Phoenix app and join us in the SHE RECOVERS affinity group for some local connection and online support. The Phoenix App allows you to discover joy in recovery with an embodied lifestyle.

- ✓ **Connect with like-hearted women locally:** Simply click on the ‘connect’ function within the app and click the search icon to get started in seconds.
- ✓ **Plan your schedule:** From online gatherings, newcomer info sessions, strength training, and HIIT to yoga and meditation and beyond, members can find in-person, live-streaming, or on-demand activities and events across the country and online. Watch this space — SHE RECOVERS Online Gatherings Yoga, Dance and more will be listed within The Phoenix App!
- ✓ **Give and receive support:** The Phoenix leverages the power of social connection and embodied movement to help people heal and thrive in their recovery. Find other members of The Phoenix community and connect with them in groups based on your shared interests...or a mutual love and appreciation for SHE RECOVERS.
- ✓ **Track and share progress:** Track your recovery journey with The Phoenix’s tracker and harness the transformational power of their recovery-focused community that fuels resilience and fosters connection.

We believe that this partnership will further our mission to redefine recovery, inspire hope, end stigma, and empower women to increase their recovery capital, heal themselves, and help other women do the same. After all, connection is our sole (soul)

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purpose, we are stronger together.

➤ [Download The Phoenix App on your mobile device here.](#)



Mutual Aid Support Groups

Research shows that cultivating community is critical. Joining a self-help group, like SHE RECOVERS, has been shown to significantly increase the chances of long-term recovery. What we are doing is saving lives.

➤ SHE RECOVERS

At SHE RECOVERS, we recognize that there is no one way to recover. Our approach aims to break down barriers to recovery by creating a supportive environment built on mutual respect for all individuals.

Access free SHE RECOVERS support groups both online and in person and share what's on your heart. You don't have to recover alone. You are worthy of a community free of judgment. You deserve a space full of support, understanding, and fellow travelers to journey the path of recovery with you.

SHE RECOVERS Together online gatherings, identity-based support groups, yoga and dance, and local sharing circles are trauma-informed and voluntarily facilitated by SHE RECOVERS certified professionals, coaches, teachers, and facilitators who meet you right where you are.

Here are just some ways for you to connect with your peers in recovery:

➤ [SHE RECOVERS Together Online](#)

➤ [SHE RECOVERS Yoga](#)

➤ [SHE RECOVERS Dance](#)

➤ [SHE RECOVERS yOUR Story Speaker Sessions](#)

➤ [SHE RECOVERS Sharing Circles](#)

➤ [#MentalHealthMonday Recovery Education Series](#)



Identity-based Support

- [SHE RECOVERS Support for Healthcare & Allied Professionals](#)
- [SHE RECOVERS Support for Legal Professionals](#)
- [SHE RECOVERS Support for Veterans and First Responders](#)
- [SHE RECOVERS Support for the Next Generation](#)
- [SHE RECOVERS Support for Mothers of High Needs Children](#)
- [SHE RECOVERS Support for Black, Latina, Asian, Indigenous & Women of Color](#)
- [SRF Support for LGBTQ+](#)
- [SHE RECOVERS Encuentro en Español](#)

➤ [LifeRing](#)

LifeRing Secular Recovery is an organization of people who share practical experiences and sobriety support. They respectfully embrace what works for each individual and believe that everyone has the power to overcome addiction.

LifeRing supports its community through meetings (in person or online) and by providing advice, understanding, and encouragement. They also offer other online resources and a variety of publications.



➤ Mindfulness Based Addiction Recovery

Mindfulness Based Addiction Recovery is part of the British Association of Mindfulness-Based Approaches. It is a secular pathway that promotes recovery from addiction and works positively with slips and relapses.

It was developed by Dr. Paramabandhu Groves in collaboration with Valerie Mason-John. Groves and Mason-John hope their course will help people focus more on their recovery through daily emails with pre-recorded sessions, meditations, practice sheets, coaching, and inspiration.

➤ Recovery Dharma

Recovery Dharma offers a trauma-informed, empowered approach to recovery based on Buddhist principles. Their program is peer-led and non-theistic. Recovery Dharma welcomes all those who wish to pursue recovery as part of our community.

Recovery Dharma Global is a nonprofit organization that maintains a list of Recovery Dharma meetings, shares materials, and organizes events to explore and strengthen the Recovery Dharma program. They practice generosity, to be of service to others, to extend healing and happiness to all beings, and to try in some small way to reduce the suffering in this world.



➤ SMART Recovery

The mission of SMART Recovery is to empower people to achieve independence from addiction problems via an accessible method of recovery, grounded in science and experience, providing people with practical tools that encourage lasting change.

SMART stands for Self-Management and Recovery Training and is a transformative method of moving from addictive substances and negative behaviors to a life of positive self-regard and willingness to change. A nonprofit organization, SMART provides its community with various general and specialized meetings and resources. Whether an individual has chosen recovery or has been mandated to attend a recovery program, SMART provides a path to life beyond addiction.

➤ Women For Sobriety

Women For Sobriety, Inc. is a non-profit organization and a self-help program (also called the New Life Program) for women with substance use disorders. Based upon the thirteen Acceptance Statements, the New Life Program is one of positivity that encourages emotional and spiritual growth.

The New Life Program has been extremely effective in helping women to overcome their substance use and learn a whole new lifestyle. As a recovery program, it can stand alone or be used alongside other recovery supports simultaneously.



➤ SRF Trusted Resources

We are honored to share with you our full list of treatment and wellness partners. The treatment centers, professional organizations, and recovery support services on our trusted resources page are organizations that we have come to know, trust, and collaborate with over the years.

We stand behind the quality, care, and mission of all who are listed.

We understand how overwhelming accessing the appropriate treatment or choosing a recovery provider can be. We hope that this directory may be of assistance to those in search of quality treatment and recovery support.





SHE RECOVERS Certified Professionals

SHE RECOVERS Certified Recovery Professionals are coaches, yoga teachers, dance facilitators, and other professionals who have been trained in – and their work aligns with – our SHE RECOVERS Intentions & Guiding Principles.

A large number of the SHE RECOVERS Professionals volunteer their time as facilitators for our [SHE RECOVERS Together Online program](#) and we are very grateful for the generous donation of their time to do so.

These professionals are available for private hire if they have indicated that they are accepting new clients, please contact them directly through their links in the SHE RECOVERS Certified Professionals Directory for more information.

Please note: all certified recovery professionals are independent service providers and are not employed or paid by SHE RECOVERS.

➤ [Please find the SHE RECOVERS Certified Professionals Directory here.](#)



Personal Development

➤ Recovery storytelling

Transform your pain + passion into purpose through the art of storytelling in recovery.

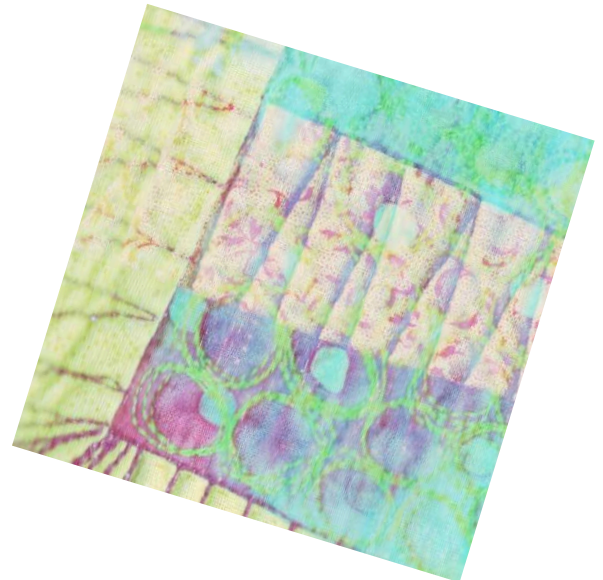
➤ Reimagining Recovery Through the Expressive

Arts

You will leave with newfound confidence in how to unleash your own creativity and expression in the service of recovery—no matter your definition, pathway, or patchwork of recovery—regardless of any experience with expressive arts.

➤ Embodied Movement Practices

EveryBODY has a story to tell, wisdom to share, and healing to experience. Your body holds innate wisdom and transformational healing potential that the practice of embodied movement can awaken.





Trauma-informed Embodied Movement

SHE RECOVERS Yoga

Through a trauma-informed approach, yoga can serve as a pathway to holistic healing that supports your body, mind, heart, and spirit. Its practice can amplify the release of what is no longer serving you and can help you to recover from past stressors enabling you to live more fully in the present.

Practice SHE RECOVERS

Trauma-Informed Yoga with Taryn
**from the comfort of your own home
and on your own schedule**

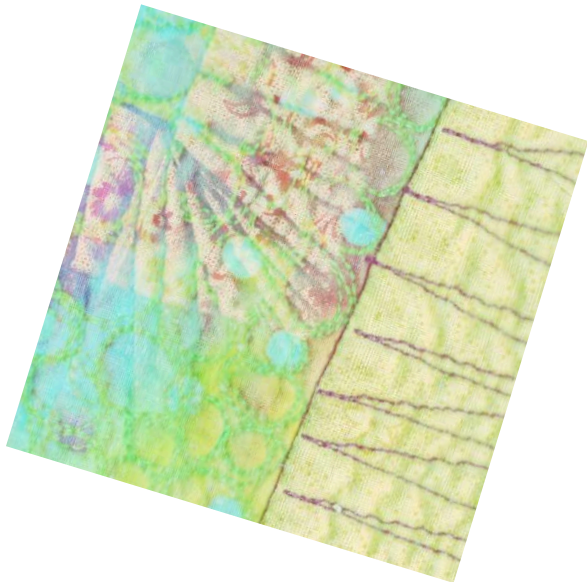
➤ [Practice with Taryn here.](#)

No experience or equipment necessary.

Join SHE RECOVERS

Trauma-Informed Yoga Teachers
**every Wednesday @ 9 AM PT /
12 PM ET** for a free trauma-informed
SHE RECOVERS Yoga session

➤ [Join here every Wednesday.](#)



➤ **SHE RECOVERS Dance**

A trauma-informed guided movement experience facilitated with a carefully curated musical playlist, intentional cues and markers based on embodiment, mindfulness, and energetic movement.

It provides the participant with the opportunity to create their own unique dance in an inspiring, playful, and judgment-free space that promotes self-discovery, body liberation, freedom, joy, and empowerment.



Recovery Recreation & Vacations



➤ SHE RECOVERS Redefining Recovery Retreats

Reconnect with yourself, deepen your sense of purpose, reclaim rest as a revolutionary act of self-love, engage in holistic recovery practices, create connections to last a lifetime with like-hearted women, and receive relentless support from facilitators with decades of lived and professional recovery experience.

