



RECOVER WYOMING

Telephone Recovery Support

Recover Wyoming is now providing a **Telephone Recovery Support (TRS)** program. **TRS** is an innovative peer to peer support service which places calls to individuals who are in recovery, or seeking recovery, from substance use disorder and/or mental health challenges. Staff and trained volunteers who are in recovery themselves, make weekly calls to “check in” on **TRS** participants. Those individuals are offered support, encouragement, information, and resources, that may help them seek or maintain their recovery.

TRS is a valuable program which helps people stay in recovery. A phone call or voicemail reminds them someone cares. The beauty in this work is the individual making the call can share in the joys, sorrows, triumphs, and setbacks which in return, enhances their own personal recovery. **TRS** volunteers have the satisfaction of giving back and making a difference.

Our weekly calls help people maintain their recovery and get them back on track if a return to use occurs. Sobriety does not determine our services. We will work with individuals regardless of their path to recovery. We keep calling them and checking in with them, to see if they want or need our support. **TRS** participants can tailor the **TRS** program to meet their needs.

Staff and volunteers making the calls are Wyoming Certified Peer Specialists who receive 36 hours of initial training as peers and go through additional **TRS** training.

If you would like more information or to sign up for the **Telephone Recovery Support** program, please call Recover Wyoming at (307) 421- 7261.

“Healing lives and creating futures”

www.recoverwyoming.org



United Way
of Laramie County