

There are several components of recovery that can be secured and strengthened by working one on one with a Peer Recovery Specialist.



### Hours of Operation

Monday-Thursday  
8:00 a.m.-7:15 p.m.

Friday  
8:00 a.m-5:00p.m

Contact  
Tel: 410-877-2340  
Fax: 410-638-4954



**Public Health**  
Prevent. Promote. Protect.

**Harford County Health Department**

*Addiction Services*  
*120 South Hays St.*  
*Suite 300*  
*Bel Air, Maryland 21014*

*Peer Recovery Program*



Support for you, on the road to recovery

Harford County Health Department  
*"Healthy People in a Healthy Environment"*  
**Division of Addiction Services**

410-877-2340  
www.harfordcountyhealth.com

## *Who We Are*

We are Peer Recovery Specialists who have had our own experience overcoming the struggle of addiction and are now active in recovery. We serve as a guide and mentor to those who seek or wish to sustain recovery. We are happy to offer our own life experience as an example of healthy living.



## *What We Can Do*

There are many reasons to meet with a Peer Recovery Specialist. To help you, we can:

- Assist you to overcome barriers in your way to recovery.
- Identify potential problems & help to solve those problems.
- Provide appropriate & helpful recovery information.
- Offer resources in the community.
- Provide suggestions to help you identify problematic behaviors.
- Share our experience & knowledge about addiction & recovery to help you along the way.
- Support you by listening, motivating, and encouraging.

### **How does the program work?**

While enrolled in the Health Department's OP/IOP program, you have the opportunity to meet with a Peer Recovery Specialist at anytime. The Peer Recovery Program is a free service offered here at HCHD and offers flexible meeting times as frequently as needed. If you have any questions, call us at anytime.

(410) 877-2340

(ask for Peer Support)

## *Reaching for Recovery*

The Peer Recovery Program offers you personal support which can make your recovery process a little bit easier. We can help you overcome barriers to your recovery while you are enrolled in the HCHD's OP/IOP program.



Upon completion of your IOP/OP program you can continue your sessions with your Peer Recovery Specialist, free of charge, in our Continuing Care program. See your counselor or Recovery Specialist for more details.