**Who We Serve**

People who live with a mental health and/or substance abuse diagnosis
People who are or have been incarcerated
Homeless individuals

**Purpose and Goals**

- Assist in providing alternatives to hospitalization or incarceration
- Provide intensive peer support
- Facilitate integration of physical health, mental health & substance use services
- Promote gainful employment
- Encourage people to take charge of their recovery
- Maximize existing resources
- Infuse & promote social inclusion

---

**Orange County**

**Independent Living, Inc.**

- 135 Grand St. (rear entrance)
- Newburgh, NY 12550
- P: 845-725-1244
- F: 845-561-1764
- [www.myindependentliving.org](http://www.myindependentliving.org)

**Rockland County**

**Mental Health Association of Rockland County**

- 140 Route 303
- Valley Cottage, NY 10989
- P: 845-267-2172 Ext. 292
- F: 845-267-2173
- [www.mharockland.org](http://www.mharockland.org)

**Dutchess & Ulster Counties**

**PEOPLE, Inc.**

- 126 Innis Avenue
- Poughkeepsie, NY 12601
- 112 North Front Street
- Kingston, NY 12401
- P: 845-452-2728
- F: 845-452-2793
- [www.projectstoempower.org](http://www.projectstoempower.org)

---

**Reach One**

The Potential for Recovery Lies within Each of Us

**Change can start now with just a phone call.**

---

**www.reach-one.org**
What is Reach One?

★ We are mobile! No fixed address, no set schedule
★ We meet you where you are—physically and emotionally
★ The people working with you also have lived the experiences of mental illness, trauma, substance use, and recovery
★ We provide mentorship and take an active approach to recovery

How We Can Help...

1. Peer Support
   - Using our own stories to assist you in moving forward in your recovery
   - One-to-one guidance and encouragement

2. Continuing Education
   - Life skills coaching
   - Turning crisis into opportunities

3. Vocational Support
   - Finding work incentives
   - Benefits & entitlements counseling
   - Identifying employment options

4. Social Activities
   - Cultural and recreational events
   - Social and community gatherings
   - Dances, karaoke, comedy nights

5. Community Connections
   - Finding and accessing community resources
   - Moving from services to natural supports in your community

★ Goals are self-determined. You choose what you need to do to be well
★ All services are currently offered at no cost to you