



Celebrating All Paths to Addiction Recovery

Community Partnerships Strengthen the Social Safety Net

USARA Helps People Thrive in Recovery

- Recovery from addiction empowers people to live their best lives possible, and helps families and communities grow stronger together
- Connection is a healing part of recovery, but the ongoing COVID-19 pandemic challenged many in-person recovery activities
- Reaching out to vulnerable populations helps people maintain long-term recovery, establishes relationships of trust, and celebrates the individual

Isolation is difficult because humans are wired for connection. Recovery includes creating new habits, making new friends, and building the rest of your life. So, what happens when a global pandemic encourages people to flatten the curve for a two-week span that struggled to find an end date?

“Recovery isn’t just abstaining from a compulsive behavior,” says Mary Jo McMillen, Executive Director of USARA. “Recovery is someone improving their health and wellness, choosing a self-directed life, and fully living to reach their full potential. That’s why connection with people who’ve found recovery is so valuable; it’s a road map for success.”

With in-person recovery meetings from Ogden to Salt Lake City to St. George to Moab to Price temporarily suspended, USARA adapted quickly.

*To protect individuals, photographs are from the creative commons.

“Our in-person Recovery Support meetings stopped for a bit,” says McMillen. “We had to transition to virtual meetings, and that took some learning, patience, and fortitude from everyone, including people starting their recovery.”

USARA’s Peer Recovery Coaches help people navigate difficult transitions. Recovery Community Centers, drug courts and other criminal justice settings, hospital emergency departments, homeless shelters, and behavioral health and primary care settings all have different questions, processes, and procedures. Helping someone navigate those places and situations lowers their anxiety and increases their confidence in the recovery journey.

Bridging the gap between addiction and recovery happens every minute of every hour of every day. By empowering resilience and instilling hope in people, USARA provides a holistic approach with peer support to benefit individuals, families, and communities..

“USARA fills a need in the community and supports long-term health in ways urgent care centers and emergency departments simply aren’t equipped to do,” says Lisa Nichols, AVP of Community Health at Intermountain Healthcare.

“They provide as much or as little support as a person needs to thrive, and they do it with compassion and understanding. Recovery happens in many ways for individuals, families, and communities. USARA helps to fill those needs.”



If you would like to learn more about USARA, or donate to their nonprofit, visit their website www.myusara.com or call 385-210-0320.

