### **Healing Families and Saving Lives**

# The McShin Foundation Founded in 2004, McShin is a recovery resource foundation whose

mission is to deliver a message of hope to individuals and families with Substance Use Disorders and to facilitate their journey to a healthier life.

McShin provides an authentic peer-to-peer pathway from drug and alcohol addiction based on the lived experience and successful recovery of our staff, alumni and participants.



# Pathway To Recovery

The McShin Foundation

#### 05. Alumni

After leaving McShin, our alumni are encouraged to attend monthly alumni meetings, bowling trips, relax in the alumni lounge, and mentor new participants

#### 03. Recovery Residence

Our sober living homes are available to anyone seeking a safe, productive environment to live, as well as, a step-up home for intensive program particapants who find employment while they continue to build their recovery.

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#### 04. SUD Training and Education

Participants are given the opportunity to take a free Certified Recovery Coach Training course to give them the tools to help them find a new way of life. A free REVIVE Naloxone Training Course is also available to participants and to the public.

#### 02. Help With Services

Each participant in the program will be assigned a peer recovery coach to help guide them on their new path of recovery. We are MAT friendly and offer help with EBT, Medicaid, grief support, and an introduction to 12-step programs. Linkage to therapy, psych evaluations, and detox are also incuded in the intensive program.

#### 01. Intensive House

New participants in the Intensive Program move into either a male or female recovery house. For 30- 90 days they will attend 4 groups and 2 12-step meetings a day and be introduced to a new way of life in recovery.



## **RECOVERY COMMUNITY CENTER**



15,000 square-foot Recovery Community Center open to the public 365 days a year.

Large group room that seats approximately 220 individuals, as well as, group and conference rooms that seat 20+ individuals.



Assistance applying for social services, resume building, job seeking, and transportation.



Advocacy education including trips to VA General Assembly, Washington D.C., and various trainings.



Same day access to recovery housing and peer recovery services



Recovery programs facilitated in Pamunkey Regional Jail, RSW Regional Jail, and Riverside Regional Jail offering scholarships to released program inmates.



Healing Families & Saving Lives Since 2004

Alumni Success by the numbers

71%

Percentage of alumni that have not been arrested

66%

Percentage of alumni that are still engaged in recovery

55%

Percentage of alumni that are currently employed

# Know someone struggling with a Substance Use Disorder?

#### The McShin Foundation

Residential Program 2300 Dumbarton Road Richmond, VA 23228 For intake call (804)249-1845 25 hours/day 7 days/week

#### **Recovery Coach Training**

Courses take place the last Thursday & Friday of every month To schedule, call (804)249-1845











A Recovery Coach is anyone interested in promoting recovery from Substance Use Disorders by removing barriers and obstacles to recovery and serving as a personal guide, and mentor, for people seeking or already in recovery.

