

Recovery Zone (RZ)

Recovery Zone provides a safe & encouraging environment for anyone who is seeking support in finding or managing their recovery from mental health and substance use disorders.

What makes us different than many recovery services?

We get it. Every person that works or volunteers at our center has had a mental health or substance use disorder that brought them to a place of hopelessness. We are all people who have overcome overwhelming struggles and found renewed lives in recovery.

You don't need an appointment. Just drop by for a group, a meal, a cup of coffee—or just to talk.

We offer daily support groups, educational/skills groups, one-on-one peer services and connections to other needed services to reduce barriers and provide understanding & support for your recovery!

THERE IS HELP & HOPE!!

Champaign County

827 Scioto St, Urbana, Ohio 43078
(937) 508-4383

Rose Trydle—Director (937) 408-6396
Ryan Estep—Asst Director/PRS (937) 284-1823
Amber Jenkins—House Mgr (937)508-9263

Logan County

440 South St. Paris St, Bellefontaine, Ohio 43311
(937) 593-9391

Kathy Zeller—Director/PRS (937) 407-4547
Brenda Phelps—House Mgr/PRS (937) 896-7800
JR Frost—Building/Transport (937) 597-2607
Rebecca Beasley—PRS (937) 844-3380
Cody Watt—PRS (937) 404-8796
Tiffany Doran—PRS
Christina Williams—Driver

(PRS=Peer Recovery Supporter)

WARM PEER LINE: (937) 210-9003

If you are having a mental health / substance use crisis, **TCN Behavioral Health's** crisis line available 24 hours a day. Please do not hesitate to call. They can help you through your crisis and connect you to long-term support .

Crisis Line

1-800-224-0422

Thank you to our Supporters:

Mental Health Drug & Alcohol Services
Board of Logan & Champaign

Logan Co. UNITED WAY

TCN Behavioral Health Services

Community Health & Wellness

NAMI (National Alliance on Mental Illness)

Suicide Prevention Coalition

Recovery Zone members & the communities
we serve.

RECOVERY ZONE

Locations in: Champaign &
Logan Counties, Ohio



*“Shining a Light on the Path to
Recovery”*

www.recoveryzonelcc.org



View monthly programming &
activities, for each county, by
visiting our FB Pages:

[Recovery Zone of Champaign Co](#)
[Recovery Zone of Logan Co](#)

Peer Support

The most important aspect of Recovery Zone is Peer Support. Support from people who have been through similar struggles and understand first-hand.

One of the missing links in Recovery is day to day support. Some days just feel like too much to go through alone. We want people to know that there is a place, throughout the week, to seek friendship, guidance and support.

Recovery Zone aims to fill in some of the gaps sometimes lost in a recovery plan.

Friendship, fun, information, support, good food and more, all found at RZ!



Additional Recovery Support Groups are available 7 days a week! See our social media sites or call/message for more info.

What We Provide

- Safe Place to Drop In for Support
- Mental Health & Substance-Use Support
- Educational, Emotion Management & Self-Help Recovery Groups
- One-on-One Peer Support
- Recovery/Treatment-Related Transportation
- Warm lunch 5 days/week
- Hub for Recovery Resources/Supportive Services —Connection to treatment services, basic needs (housing/transport/food) and

Recovery Zone is a safe and supportive environment, which provides education and peer support, for those with mental health & substance use disorders, through the journey of recovery.

WALK-IN CENTER HOURS

Monday - Friday
Champaign: 9am-3pm
Logan: 10am-2:30pm

TRANSPORTATION PROVIDED

Call for a ride
Champaign: Rose/Nichole
(937)408-6396
Logan: JR/Christina
(937)597-2607 / (937)407-4547

PROGRAMMING

We offer a variety of groups that are ran by certified trainers, volunteers and members. These classes change often so included here are the general types of programming that we offer.

Education—Part of Recovery is having the right information. We are all experts in our own recovery experience, but we can benefit from a better understanding of the physical and emotional symptoms we experience on the journey. There are many helpful tools and techniques that can aid us through these challenges.

Support groups—Getting together to share our struggles and our victories can help us in our recovery as well as help others to see that we are not alone in our path. Struggling with mental health and substance use disorders can be isolating. Talking in a safe place, with others who share our struggles, increases our chances of being successful in our recovery journey.

Access—RZ serves as an excellent place to find, discover and connect to community resources that can help us be more successful in recovery. We have information about community resources and connections to the people in different agencies that help people.

Outings—RZ goes bowling, visits museums, visits other recovery centers, attends festivals, and many other outings each month. Many of these are free or at low cost. We think that getting out and enjoying life is essential to recovery.

Peer Support—Work with RZ staff to build your own recovery path. We can sit down with you and help create a new future by creating personal goals and using your own assets and strengths that are just waiting to be used. Even if there are parts of us that are broken, working together with others in recovery can help to make us whole!

NEW!! EXPANDED One-on-One Peer Navigator Services are available to match you with the right peer and assist with eliminating more recovery barriers-just call or message us to get set up with our additional services outside of our drop-in center hours.