



Katherine Recovery Together

*A free peer education and recovery program
for people who experience mental health,
alcohol, drug or related issues*

Recovery Together is a group-based recovery program that is run over a series of sessions. The program provides a safe and confidential space for people to develop knowledge and skills to become leaders in their recovery.

Recovery Together was developed by the NT Lived Experience Network. Programs are run by peers - people with lived experience, who have been trained to deliver the program.

Recovery Together is delivered at a comfortable pace and there are lots of regular breaks. The program is fully funded and participation is **FREE**. All **resources and catering** are provided.

"Could not have asked for a better group of leaders for the group – experienced, empathetic, wise, knowledgeable, protective of us."




Participant of Recovery Together,
Darwin, December 2022.

For more info or to register

Call: Noelene on 0423 656 284

Email: contact@livedexperiencet.net

Web: www.bit.ly/rt_eoi

Social media @ [livedexperiencet](https://www.instagram.com/livedexperiencet)   

Before we deliver **Recovery Together** in Katherine, we will be running a **co-design session** with local people with lived experience. This will support us to adapt the program to suit local needs.

We will also be running several **Information Sessions** for interested people to find out more.

Co-Design session:

Save the date – Mon 20th of March

Information sessions:

Session 1: Tue 11th of Apr, 7 to 8:15 pm

Session 2: Wed 12th of Apr, 10 to 11:15 am

Recovery Together program:

The program is delivered over 10 x 3-hour sessions.

Proposed session dates:

Sessions 1-4:

Tue 18th to Fri 21st Apr 2023

Sessions 5-7:

Wed 26th to Fri 28th Apr 2023

Sessions 8-10:

Tue 2nd to Thu 4th May 2023.

Session times will be confirmed after the co-design session.

About Recovery Together

Recovery Together groups are set up so that everyone feels safe. It is important to us that you feel comfortable to participate in a way that suits your needs. Sessions are delivered at a gentle pace and there are lots of regular breaks.

If you attend **Recovery Together**, you are not required to share any parts of your story, unless that is something you want to do. We will support you to explore evidence-based approaches that promote your personal healing and recovery.

Recovery Together incorporates activities to creatively explore recovery. Some participants prefer to focus on the creative activities in their scrapbook. Others enjoy reading the notes.

Recovery Together is inclusive and celebrates our diversity. Our peer facilitators include people with lived experience of mental health and addiction. Several also identify as neurodiverse and LGBTIQ+.

We asked participants:

How likely is it you would be to recommend the program?

They responded: 9.8 out of 10

"I am starting to set boundaries, know my needs, starting to believe in myself and that I am worth more than I thought I am."

Participant of Recovery Together,
Darwin, December 2022.

Recovery Together programs include the following topics:

- ❖ Understanding mental health, distress, substance misuse & the relationship between them
- ❖ An exploration of recovery and ways to support your own recovery
- ❖ Identifying your triggers and developing strategies to respond
- ❖ An exploration of values – what is important to you, now and into the future
- ❖ Understanding the Stages of Change and how to work toward lasting change
- ❖ How to effectively communicate your needs and rights
- ❖ How to 'navigate the system' and find the support you need when you need it

"I was so afraid to come to this program and worried that I would be the odd one out and not belong.

I am so glad I pushed myself and came. It has been a huge lift to my confidence and self-worth and for the first time in years – I feel like I belong."

Participant of Recovery Together,
Darwin, December 2022.

We asked participants:

Overall how would you rate the content and activities?

They responded: 10 out of 10