

# Recovery Passport



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Once you have completed an option from each category; email your items to the Recovery Support Specialist (Marisa) to review during a scheduled phone appointment. Once completed, you will receive a Passport Stamp and will have completed this requirement in order to phase up!

## Welcome to the Recovery Passport!

This is an opportunity for the team to get to know you more as well as connect you to some local resources and build additional skills.

When completing this Recovery Passport there are five (5) total categories:

Connectedness,  
Hope / Optimism,  
Intity,  
Meaning / Purpose,  
Empowerment

To fulfill the Drug Court program requirement to phase up, you will need to select **ONE** (1) **Option** in **each** category. Please follow the instructions on each option. Once you have finished 1 option from the 5 categories you will have completed the Recovery Passport successfully and will need to make an appointment with the Recovery Support Specialist to review.

**Marisa Vachon**

**Cell: 360-798-5989**

**Marisa.vachon@clark.wa.gov**

Please contact Marisa if you have any questions

# CONNECTEDNESS:

Having good relationships and being connected to other people in positive ways. Characterized by: peer support and support groups; support from others; community.

**Option 1:** Go to **Reach Too** and inquire what resources they offer.

List your answers below:

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Phone (360) 558-3306

Hours:

Monday 9am - 3pm

Tuesday 9am - 3pm

Wednesday 9am - 3pm

Thursday 8am - 5pm

Friday 8am - 5pm

Saturday 10am - 4pm

Location: 10205 NE 4th Plain Blvd

Vancouver, WA 98662

**Option 2:** Go to **The Lifeline Recovery Resource Center** and find out what resources they offer, and what activities they have. List your answers below:

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Phone (360) 787-9315

Hours: Monday-Friday 8:30 A.M.- 6 PM

Saturdays & Sundays 11AM - 3 PM

Location:

9317 NE Highway 99,  
Vancouver, WA 98665

**Option 3:** Go to **The Recovery Café** and find out what resources they offer and inquire on how to become a member.. List your answers below:

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Phone : (360) 984-6163  
Hours: 11:30am to 3:30pm  
Tuesday through Saturday  
*Location:*  
*3312 E Fourth Plain Blvd,*  
*Vancouver, Washington 98661*

“My Favorite thing...  
Going where I have never been “

**Option 4:** Go to **CVAB REACH CENTER** and find out what resources they offer. List your answers below:

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Phone (360) 397-8050  
Hours: Monday-Friday 9:00 AM -7:00 PM  
Saturday 9:00 AM-5:00 PM  
  
Location  
1601 E 4th Plain Blvd,  
Vancouver, WA 98661

## HOPE and OPTIMISM:

Having hope and optimism that recovery is possible and relationships that support this. Characterized by: motivation to change; positive thinking and valuing success; having dreams and aspirations.

### Option 1: Attend a Speaker Meeting

Identify qualities and traits about the speakers story that made you feel hopeful about your own future in recovery. Write 1-2 paragraphs and submit to the Recovery Support Specialists in an email.

(marisa.vachon@clark.wa.gov)

Option 2: Pick 4 people who inspire you and identify what it is about their recovery that is inspirational (first names only)

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**Option 3:** Pick 4 things that you are doing for your Recovery that instill hope and optimism.

List your answers below:

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**Option 4:** Have a sit down with your mentor/ sponsor/recovery coach and learn 4 things about them that you didn't know that re-enforce hope in your recovery. List your answers below:

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## **IDENTITY:**

Regaining a positive sense of self and identity and overcoming stigma.

### **Option 1: Collage or Vision Board**

Create a collage or vision board of who you were prior to your addiction; who you are today; and include who you wish to be in a year from now.

Once completed turn into the recovery support specialists with your recovery passport to have this marked off.

### **Option 2: Build an Identity Tool Box**

Decorate a Shoe Box or Box of some type and place a minimum of five items in the box that have special meaning to you . ( pictures, trinkets, etc..)

Discuss what the meaning of the items that are in your Identity Tool Box With Recovery Support Specialist.

### **Option 3: Recovery Island vs. Addict Island**

Create a drawing or collage outlining what addict island looks like to you. Then on the same page Draw or create a collage of what Recovery Island looks like. In between the two islands make a bridge and describe what it will take for you to get from one island to the other.

Once completed turn into the recovery support special-ists with your recovery passport to have this marked off.

### **Option 4: Workbook**

Request the Workbook about Stigma and Mental Health from the Recovery Resource Specialist. Read it and complete the answers at the end. Submit this to the Recovery Resource Specialist to mark this off.

## MEANING:

Living a meaningful and purposeful life, as defined by the person (not others).

### Option 1: WILD CARD:

Pick an activity that is meaningful to you and gives you purpose. Write down what that activity was and discuss experience with Recovery Support Specialist.

### Option 2: On a sheet of paper write the following

Domains of what makes up your life: Intimate Relationships, Parenting, Family, Friendship/Socialize, Education/Personal growth, Career, Recreation, Spirituality/Religion, Physical Health and Helping others.

Next rate each from 1 to 5. ( 1 is not very important 5 is extremely important.) Pick 2 that you rated as most important and then write a sentence or statement on how you would like to behave or act in that domain. If you need detailed instructions go to:

<https://www.verywellmind.com/finding-meaning-425380>

**Option 3:** Complete service or volunteer work at a support group or organization of your choice.

(Examples would be school, food bank, church, support group/recovery, shelter, youth sports, etc.)

List your answers below about what you did and where and what you learned from the experience.

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**Option 4:** If you have children create a chore chart for them and use it. Provide chore chart to the Recovery Support Specialist and discuss the experience. Identify successes and challenges that may have come about when you implemented this with your family.

## EMPOWERMENT:

Having control over life, focusing on strengths, and taking personal responsibility.

### Option 1:

Go to a local bank and set up a savings or checking account. Then create a budget sheet which is available from the Recovery Support Specialist or you can get from our website. Share your budget and what you learned from it with the Recovery Support Specialist.

### Option 2:

Watch a You Tube video on how to do something / fix something you don't know how to do, DO IT and then take pic/write paper on the experience (change flat tire, make/build something, etc.)

**OR**

Write down a "conversation" that you'd like to have with someone (i.e. a boss to ask for raise, schedule changes, etc. or coworker that you don't get along with) or family/friend about a difficult topic and read it to the Recovery Resource Specialist.

**Option 3:**

Create a lists of what your personal strengths are and lists below: (do not leave any lines blank)

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**Option 4:**

**Part 1-** Go to a Credit Karma on the internet and set up an account so you can track your credit score. The link is: <https://www.creditkarma.com>. Learn what your score is and discuss with the Recovery Support Specialist.

**Part 2** – Come up with a plan on how to raise your score.

**Part 3-** Discuss your score and plan with the Recovery Support Specialist.

# Community Resources

## MISCELLANEOUS RESOURCES

**211 info:** Dial 211 from your phone or go to <https://www.211info.org/>

**Council for the Homeless Resource Guide:** <https://www.councilforthehomeless.org/clark-county-resource-guide/>

**Health Bridge:** A search engine for local community resources.  
<https://healthbridge.care>

## Mental Health

Behavioral health crisis services are available 24 hours a day, seven days a week by calling the [Southwest Washington Crisis Line](https://www.southwestcrisisline.org/) at: 800.626.8137

**Wa. Listens:** 1.833.681.0211 <http://www.walistsens.org>

**Washington Health Care Authority:** <https://www.hca.wa.gov/health-care-services-and-supports/behavioral-health-and-recovery>

**Washington Recovery Helpline:** 1.866.789.1511  
<https://www.warecoveryhelpline.org/>

## FOOD ASSISTANCE

**Clark County Foodbank:** 360.693.0939 <http://www.Clarkcounty.org/foodpantrysites>

## FISH

**Orchards:** 360.256.2440 <http://www.Fishoforchards.org>

**Vancouver:** 360.695.4903 <http://www.fishofvancouver.org>

## **Harm Reduction Services and FREE Naloxone Kits**

<https://www.clark.wa.gov/public-health/harm-reduction-syringe-services-program>

**Clark County Public Health: Phone 360.397.8215** <https://clark.wa.gov/public-health>

**Nurse Family Partnership for expecting first time moms:**  
<https://clark.wa.gov/public-health/nurse-family-partnership>

## **Resources for Families and Children**

**Children's Home Society:** <https://www.childrenshomesociety.org/>

**Child Care: 1.800.446.1114** <https://www.childcareaware.org/state/washington/>

**ESD112: Educational Services for Children Phone 360.750.7500** <https://www.esd112.org/ece/>

## **Resources for Teens**

**TEEN TALK:** <https://www.clark.wa.gov/community-services/teen-talk>

**Youth House:** <https://www.clark.wa.gov/community-services/youth-house>

## **FREE MOBILE PHONE:**

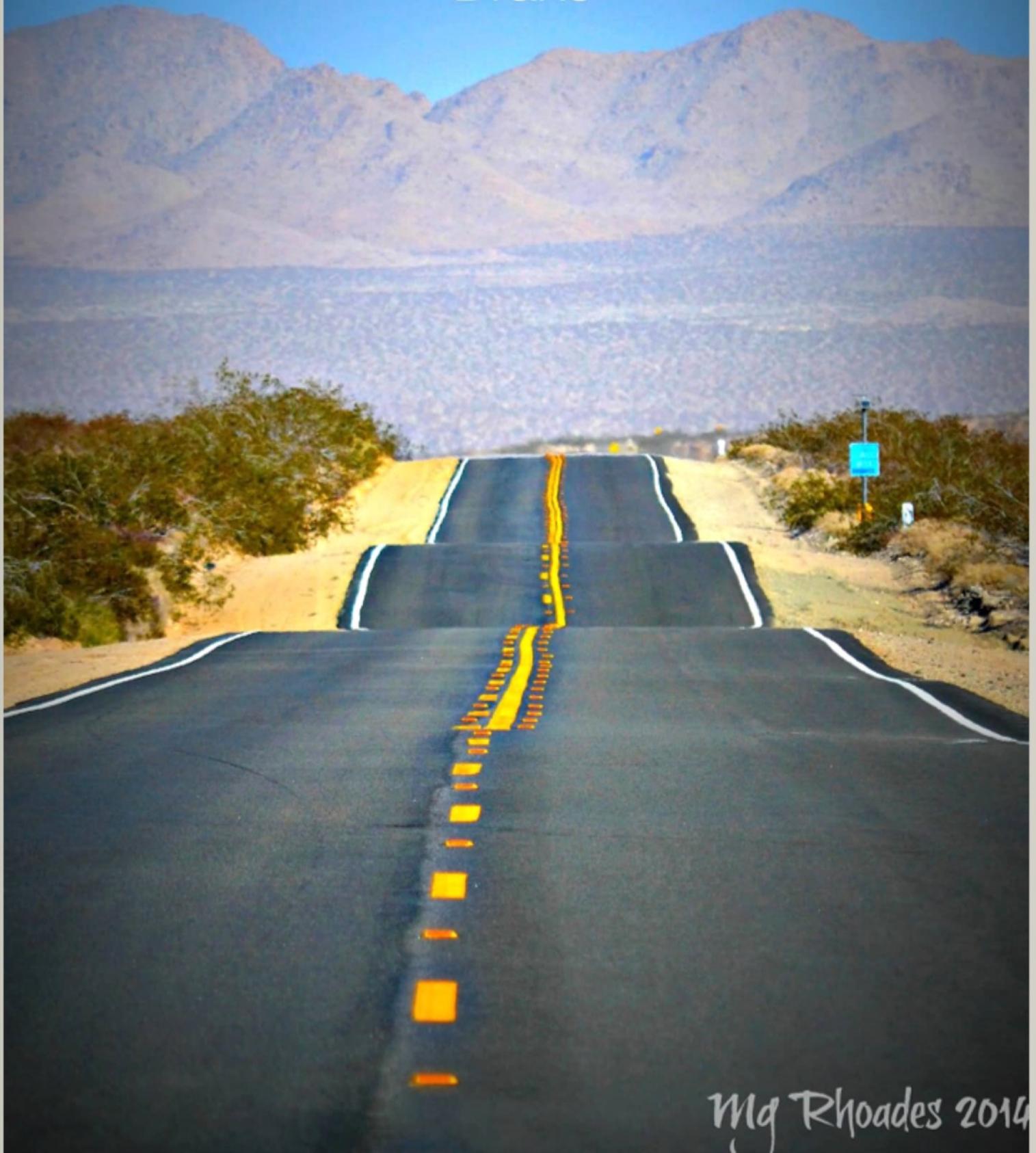
[Access Wireless](http://www.accesswireless.com) ([www.accesswireless.com](http://www.accesswireless.com))

[Assurance Wireless](http://www.assurancewireless.com) ([www.assurancewireless.com](http://www.assurancewireless.com))

**Drug Court Forms and other resources:** <https://clark.wa.gov/superior-court/therapeutic-specialty-courts>

"Sometimes it's the journey that  
teaches you a lot about your  
destination."

- Drake



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