

Good afternoon my name is MJ Monaghan. I am a person in recovery from substance abuse disorder. I would like to share with you how PRCC has impacted my recovery in a positive manner. After completing an in-patient detox and an in-patient rehab facility and a local IOP program locally in Portland I was at a crossroad of continuing my recovery with the responsibility left at my own hands. This is where the importance of PRCC entered my journey. I easily did some research online and inquired about the possibility of being a volunteer. I was informed the orientation was held once a week and come on down there and at the very least there is always coffee on. After completing the orientation and walking the facility it amazed me how this place had been a secret to me. When being informed of the free resources available and the constant meeting schedule on the board I was amazed. I saw nothing but open arms and a judgment free zone for me to feel comfortable. The honesty of the staff and patience made me feel at home. I quickly found out the majority of the employees are in recovery as well. There were so many options presented to me but the most important thing was they informed me there is always someone here just to talk. I saw the job employment board listing sober supportive employers looking for help, posters of future events and gatherings. Was informed I could take advantage of their recovery coach offerings and even a TRS program telephone recovery service. Blessed of not needing many of the services for myself I was curious on how I could help in the community. I quickly was scheduled to do the orientation for the TRS program to volunteer myself. Well participating in the TRS program I was able to sign up and take the Recovery Coach Academy, a program offered through CCAR giving me a certification to become an recovery coach myself. The people I have met well being part of the community at PRCC have not only made recovery easier but fun. The sense of acceptance coming through that door every time I enter is something so hard to explain. Since being part of PRCC I have been an active volunteer and advocate for the services offered here. The organization and success stories that go through PRCC are amazing. To see them grow and the effects that they have and can have on the recovery community made me excited and proud to be in recovery. If there were more facilities like them the resources and impact on the areas would be unexplainable. I am open to questions