



CRUSH



RECOVERY COMMUNITY CENTER



JOIN US!!!

Every swing can help save a life.

Join us on Friday, September 18, 2026, at Airport National Golf Course for the inaugural CRUSH the Course Golf Tournament, benefiting CRUSH (Community Resources United to Spread Hope).

Gather your team. Become a sponsor. Help us CRUSH barriers and spread hope.

CRUSH'S 1ST INAUGURAL INVITATIONAL GOLF OUTING

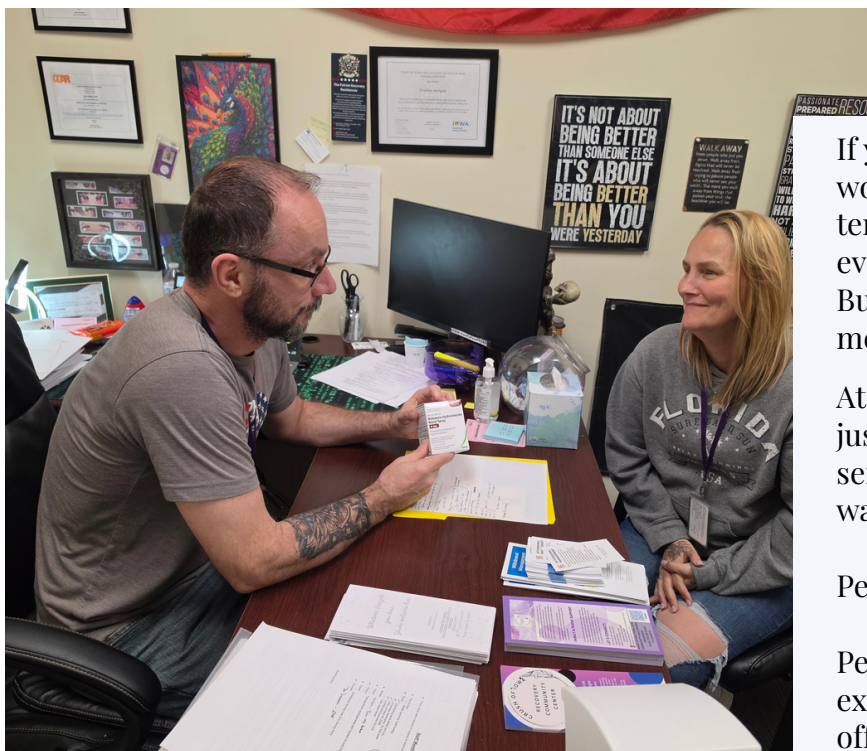
CRUSH serves more than 2,000 individuals each month, connecting people and families affected by substance use, mental health challenges, homelessness, incarceration, and recovery with hope, support, and life-changing resources.

This fun-filled four-person best-shot scramble will feature:

- 18 holes of golf
- Prizes and contests
- Raffles and giveaways
- Community networking
- The opportunity to make a real difference in the lives of those seeking recovery and stability

Whether you're a golfer, business sponsor, donor, or community supporter, your participation helps expand recovery support services throughout Eastern Iowa and supports the development of CRUSH's new Recovery Community Center.

UNDERSTANDING PEER SUPPORT: WHAT DO WE REALLY MEAN?



If you've spent any time in the recovery world lately, you've probably heard the term "peer support." It's everywhere—and that's a good thing. But here's the challenge: Not everyone means the same thing when they say it.

At CRUSH, we believe clarity matters—not just for professionals, but for the people we serve every day. So let's break it down in a way that makes sense.

Peer Support: The Heart of Recovery

Peer support is people with lived experience walking alongside others, offering hope, sharing what's worked, and creating connection.

Peer support is happening every single day at the CRUSH Recovery Community Center—often in informal ways. It looks like conversations over coffee in the lobby, checking in, shared laughter, and simply spending time together in a safe space. These everyday moments matter and are where recovery truly begins and grows.

Peer Recovery Coaches: Support with Structure

Peer Recovery Coaches complete formal training, including ethics and professional boundaries. They meet one-on-one, help set goals, navigate systems, and provide encouragement.

They facilitate recovery-focused groups and activities and support outreach efforts in the community.

They are not clinicians—they are trained guides walking alongside individuals in recovery. While non-clinical, Peer Recovery Coaches are professionals who bring training, ethics, and accountability to their work.

Peer Recovery Specialists: Trained and Certified

Peer Recovery Specialists complete formal training, earn certification, follow a code of ethics, and work under supervision.

They facilitate a wide array of recovery-focused groups and activities and often play a key role in outreach and engagement.

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UNDERSTANDING PEER SUPPORT: WHAT DO WE REALLY MEAN? (CONTINUED)

They are non-clinical professionals who provide structured, ethical, and accountable support grounded in lived experience. In some cases, they can also provide billable services within healthcare or partner systems.

So What's the Difference?

Peer Support is the foundation (shared experience and connection).

Peer Recovery Coach is how support is delivered (structured guidance).

Peer Recovery Specialist is the trained and certified professional.

When Is It Not Peer Support?

Peer support is grounded in lived experience, mutuality, and shared understanding. Sometimes services are labeled as peer support but do not reflect these principles. For example, when the relationship is clinical or directive, lacks lived experience, is one-sided, or focuses on compliance over connection.

Peer support is a relationship built on shared experience, trust, and respect.

Working Together: Peer Support and Clinical Care

Peer support and clinical care work best side by side.

Peer support builds trust, supports engagement, and helps people navigate real-life recovery. It fills gaps between services—especially during transitions like leaving treatment, returning from incarceration, or rebuilding stability.

What This Means at CRUSH

CRUSH offers informal peer support, structured coaching, and certified peer services. Recovery happens in many ways, and people need different support at different times.

A Multiple Pathways Approach

At CRUSH, we recognize that recovery is not one-size-fits-all. People find recovery in many different ways—through peer support, treatment and clinical care, faith and spirituality, employment and purpose, and family and community connection.

That's why we embrace a multiple pathways approach to recovery.

We don't define recovery for anyone.

Instead, we ask a simple question:

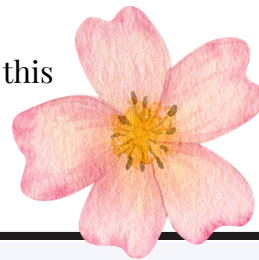
"What does recovery look like to you—and how can we support you?"

Because recovery is personal. And support should be too.

Final Thought

Peer support is one of the most powerful tools in recovery.

It starts with one person saying: "I've been there—and you don't have to do this alone."



MEET OUR NEWEST INTERN!

Denise brings a powerful story as one of our new interns. She has overcome barriers of years of being unhoused, struggled with substance use disorder, battled unhealthy domestic relations, and fought through brain health struggles. She comes with vast knowledge of helping others through these things with her lived experience. Denise is passionate about working with others with the hardest barriers. She often can be found out in the community doing outreach at Green Square Park, Salvation Army, Hector's Place, or distributing Naloxone at any event. Denise advocates multiple pathways to recovery and loves getting creative during Art Therapy. She can also be found smiling behind the front desk or calling our peers on TRS. We welcome Denise and appreciate your passion for all that you do for the RCC.





WHEN ONE PATH BLOCKS ANOTHER: NAVIGATING DIFFERENCES IN RECOVERY APPROACHES

Submitted by Rod Courtney, Executive Director,
CRUSH Recovery Community Center

In isolated cases, individuals in recovery encounter limitations when trying to access services across different recovery models. These situations, while not widespread, can have meaningful implications for access to care, individual choice, and long-term recovery outcomes.

At the center of the issue is a difference in approach between single-pathway organizations—programs that adhere to one specific model of recovery—and multiple-pathways providers, which support a range of recovery approaches tailored to individual needs.

The “When”: Points of Transition

Through our ongoing work in the community, we’ve seen that these situations most often arise during key transition periods in a person’s recovery journey—something widely recognized as a critical and vulnerable point in recovery.

For example, someone completing residential treatment or participating in outpatient services may look to add community-based recovery supports. In some instances, questions emerge about how engaging with additional providers fits within the expectations of their current program.

These moments are often less about restriction and more about navigating differing program structures and philosophies.

The “Why”: Different Foundations, Shared Goals Recovery organizations are built on strong philosophical foundations.

Single-pathway programs often center on a specific model—such as abstinence-based or 12-step approaches—which can offer clarity, consistency, and a strong sense of community.

Multiple-pathways providers operate from a different, but complementary, perspective: that recovery can take many forms, including abstinence, medication-assisted recovery, harm reduction, faith-based pathways, and other individualized strategies.

While these models differ in structure, they share a common goal—supporting individuals in achieving and sustaining recovery.

The “How”: Navigating Expectations In practice, these differences can sometimes create uncertainty for individuals trying to engage in multiple supports.

Rather than formal restrictions, this may show up as questions about alignment, guidance within program expectations, or uncertainty among participants.

In many cases, these dynamics are rooted in a desire to provide clear structure, even if they may unintentionally limit exploration of additional supports.

The Impact: Opportunities and Considerations

For individuals in recovery, access to a range of supports can be an important part of building long-term stability.

Recovery is widely understood as a dynamic and individualized process. During transitions, having multiple points of connection can strengthen recovery capital and reduce isolation.

When individuals feel uncertain about accessing additional supports, they may miss opportunities for connection, experience gaps in care, or disengage from services altogether.

At the same time, maintaining consistency within a chosen pathway can also be beneficial, highlighting the importance of balance and communication.

A Broader Opportunity for the Field

This conversation presents an opportunity rather than a conflict. As the recovery field continues to evolve, there is increasing emphasis on person-centered care, multiple pathways to recovery, and collaboration across systems.

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WHEN ONE PATH BLOCKS ANOTHER: NAVIGATING DIFFERENCES IN RECOVERY APPROACHES (CONTINUED)

Finding ways for different models to coexist—while respecting both program integrity and individual choice—can strengthen the overall recovery ecosystem.

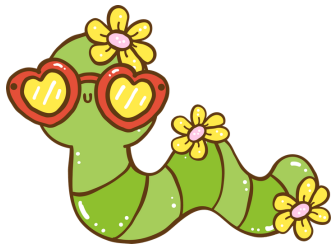
Looking Ahead

As communities respond to changing substance use trends and evolving overdose risks, flexibility and coordination remain essential.

Ensuring individuals have access to the supports that best meet their needs—at the time they need them—can make a meaningful difference in recovery outcomes.

Ultimately, the focus remains where it belongs: supporting people on their path, whatever that path may look like.

At CRUSH Recovery Community Center, we remain committed to a multiple- pathways, peer-led approach—meeting individuals where they are and walking alongside them as they build the recovery that works for their lives.



Together we heal, Doante Today!

We will be moving!!



Big things are happening at
CRUSH Recovery Community
Center!

This fall, we will be moving into a building of our very own. Thanks to the incredible support of our community, we've outgrown our current space and are excited to continue expanding our impact in a new home. Be on the lookout for updates, sneak peeks, and our official moving date in the coming months. We can't wait to share this next chapter with you!

CRUSH RCC
@crushrcc

