Let’s Have FUN!

“I thought recovery would end my college experience. It turns out, it was just the beginning. I haven’t laughed this much in my entire life.” (ROCC Senior Peer)

Join us for monthly and weekly social activities, outings and events.
*Back Cove walks
*Indoor/outdoor exercise groups
*Movies
*Board Games
*Couch to 5k
*Frisbee
*Community Dinners

Supportive Groups

*Students And Recovery (SAR)
*YesPlus (Your Enlightened Side) Meditation and Stress reduction
*YOGA
*Young People in Recovery (YPR)
and MORE!

Train, Promote, Prevent

*Work with other student groups on campus to promote health and wellness
*Participate in providing educational trainings on campus that promote prevention, intervention, treatment, and recovery.

A Safe Place for All

At the ROCC, community and personal safety is a priority. We hold each other in high regard, respect the privacy and personal dignity of each other and respect the journey of each individual. Here, our unique experiences may inspire others, generate hope, expand vision and create boundless opportunities for all.

University of Health and Counseling Services
TTY: (207) 780-5646
USM.RecoveryCenter@maine.edu
usm.maine.edu/recovery

• Reconnect, Redefine, Revitalize
• ROCC Your College Experience
• YOU are Welcome
• The ROCC Makes Recovery FUN
Welcome!

Join your USM community peers at the ROCC! Don’t let substance use and mental health define your college experience. We can help you ROCC your way through to a college degree!

Come Check Out The ROCC!

All are welcome at the ROCC; Recovery Allies, Individuals who have been affected by substance use and mental health conditions, Individuals seeking recovery, Individuals new to recovery and individuals in long term recovery. We invite you to attend a group, meeting or one of our many activities! Talk to Senior Peers at the ROCC to explore how becoming a Peer can support your personal and academic goals at USM.

Building Community

The ROCC provides a safe place for students to reconnect with themselves, recreate and redefine their college experience, meet new people and find a home in the community. Fun can always be found in our groups, activities and events. Rewarding experiences are gained in our services opportunities, leadership roles, coaching and mentoring.

Life Skills Support

* Time Management
* Money Management
* SMART Goals
* Organizational Skills
* Help Seeking Behaviors
* Nutrition
* Physical Activity
* Self-Efficacy and Empowerment!

Academic Support

* Peer Led Study Groups
* Computers
* Learning Commons
* Resources!

Get Involved

Where do you dare to dream? What are your passions? Getting connected at the ROCC is easy! Senior Peers at the ROCC have a vast network of on and off campus relationships that fit just about every aspiration and fascination you might have. Contact USM Health and Counseling for a connection to a Senior Peer, and they’ll help find the person that best fits you!

Service Opportunities

* Local Social Service providers, including food pantries, homeless shelters and church groups
* Local animal shelters and the Humane society
* Outreach to area high schools
* Outreach to outpatient treatment programs
* Outreach to local police, probation and juvenile justice programs

Our Mission

The ROCC is an empowerment based peer support center that fosters the possibility of personal growth by EMBRACING ALL PATHWAYS TO RECOVERY and BUILDING CONNECTIONS TO THE COMMUNITY.

Our Values

At the ROCC, we embrace:

* Recovery
* Community
* Academics
* Service
* Advocacy
* Personal & Spiritual Growth
* Personal Dignity

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