

MAKE A REFERRAL TO GRIT

PLEASE CALL 844-642-9355 or **EMAIL GRIT@MHAINC.ORG**

Who is MHA?

MHA is a nonprofit provider of residential and support services to people impacted by mental illness, developmental disabilities, substance use and homelessness throughout the Western Massachusetts area.

Our core values are Respect, Integrity and Compassion. We operate extensive residential, outreach and supported living programs, plus an outpatient center for emotional wellness.

Our services reflect the belief that everyone deserves quality affordable housing, the opportunity to develop to their fullest potential and the support to pursue their personal vision and meaningfully participate in the life of their community.

MHAINC.ORG/**GRIT** | 844-**MHA-WELL** (844-642-9355)

*To bypass our automated menu, selecting **Option 1** on the dialpad will direct you straight to GRIT.*

GRIT
RECOVERY WITH PURPOSE

mha
Real Life. Real Support.

visit online at

WWW.MHAINC.ORG/GRIT

GROW • REIMAGINE • INSPIRE • TRANSFORM

350 Memorial Drive, Chicopee, MA 01020

GRIT

RECOVERY WITH PURPOSE

No seed can grow without the right environmental conditions.

No amount of force or assertion of control can make a seed grow.

But with the right soil, and the right amount of water and light, a seed will sprout, take root and thrive.

RECOVERY WITH PURPOSE

Recovery is hard, but there is a way forward.

It takes **GRIT**.

MHA designed **GRIT** to help those who experience substance use and a co-occurring mental health diagnosis. We help our residents to live their best life in recovery.

THE RIGHT ENVIRONMENT

GRIT's welcoming and supportive environment promotes recovery. Our residents take part in structured, person-driven counseling and recovery-oriented programming. Some go to school or job training, volunteer in the community or work at paid jobs.

Residents' families are encouraged to visit and participate.

IN THE COMMUNITY

GRIT residences include the comforts of home. They are ideally located in neighborhoods with access to transportation and community resources. Currently **GRIT** offers four residential programs:

- Two programs serving men 18+ (Springfield)
- LGBTQIA+ (Holyoke)
- One program serving women 18+ (West Springfield)

TEAM SUPPORT

GRIT's treatment team includes experienced, licensed and highly-skilled case managers, prescribers, clinicians and recovery staff. Our team works with residents individually to build the framework for long-term recovery and develop aftercare plans for a successful return to the community.

GRIT SERVICES

- Individualized psychiatric and substance use treatment services.
- Integrated medication therapy for mental health and addiction, including medication assisted treatment (MAT) when appropriate.
- Access to comprehensive primary healthcare services to address the complex medical needs of individuals who have co-occurring substance use disorder and mental health disorders.
- Daily living skills through activities such as cooking groups and menu planning.
- Wellness through activities such as group exercise and nutrition education.
- Career planning through vocational and educational programming and employment search and intentional engagement with natural and peer supports.