

HOW CAN CERTIFIED PEER SPECIALIST SERVICES HELP?

- You begin to realize that recovery from mental illness is possible
- You increase your natural support network
- You can get assistance to maintain basic living skills, housing, money management or work
- You can develop an individualized Wellness Recovery Action Plan (WRAP)
- You set your own goals
- You will have a support person in times of crisis and relapse
- Can help you avoid hospitalizations
- You claim your right of choice and personal responsibility

Funded by:

The Washington County MH/MR
Program

Washington County Community
Foundation

CERTIFIED PEER SPECIALIST

AMI Inc. Peer Support Services,
In Collaboration with SPHS
Behavioral Care, Inc.

913 Jefferson Avenue

Washington, Pa 15301

(724)-228-5211



RECOVERY IS POSSIBLE

Certified Peer Specialist services are services offered to adults who have a mental illness. The services are provided by a self-identified current or former mental health consumer who can relate to others with similar experiences. The Certified Peer Specialist has been trained to share the journey of recovery both through professional training and their own personal experiences.

Certified Peer Specialists are now considered to be an essential component of Recovery for those with mental illness. They have become part of the shift that is taking place in the Mental Health System from one that focuses on an individual's illness to one that focuses on an individual's strengths.

Recovery is no longer only about what clinicians do to consumers, it has become, with the assistance of Certified Peer Specialists, what consumers do for themselves and each other.

Certified Peer Specialists are trained to assist consumers in skills building, problem solving, and conducting Recovery dialogues, setting up and sustaining mutual self-help groups and in helping consumers build their own self-directed recovery tools.*

Reprinted from NAMI's "The Voice"

BENEFITS

The role of the Certified Peer Specialist is to assist their peers to gain control over their own lives and empower them to not feel limited by their illness.

A common element of Recovery is the involvement of people who believe in and care about the person who is working on their recovery. Together, the Certified Peer Specialist and the Peer, share the belief that there is hope for the future. Recovery is a deeply personal process and each person chooses the option that is best suited to their own lifestyle. The Certified Peer Specialist doesn't promise to fix issues for you, but instead offers support, resources, education and options. They instill hope and are living evidence that recovery is not only probable but possible!!

**Certified Peer Specialist
services are available at:
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Admissions, the provisions of services and referrals shall be made without regard to race, color, religious creed, disability, ancestry, national origin, age or sex. Program services shall be made accessible to eligible persons with disabilities through the most practical and economically feasible methods available.

*An Equal Opportunity Employer