

What is Recovery?

Goals and directions a person wants their life to go by gaining control of one's life.

Each person may have different recovery goals. Recover focuses on strengths, talents, supporting trust-based relationships, and being responsible for one's own self care.

Components of Recovery

Responsibility

Hope

Self-Direction

Individualized & person centered

Empowerment

Holistic

Non-linear

Strengths-based

Peer support

Respect

Mission Statement

Through personal life experiences we mentor and advocate for hope and breaking down the barriers of stigma.

Vision

Broaden the horizon of consumers by instilling hope, independence, community inclusion, and productivity.

Values

- ◆ Teamwork
- ◆ Trust
- ◆ Peer Relationships
- ◆ Individual Recovery
- ◆ Communication
- ◆ Encouragement
- ◆ Partnerships



Shiawassee County Community Mental Health Authority receives funds from the Michigan Department of Community Health, Bay Arenac Behavioral Health Authority and Shiawassee County.

Shiawassee County
Community

PEER SUPPORT SPECIALIST SERVICES

We can do it together



SHIAWASSEE
COUNTY
COMMUNITY

**Mental Health
Authority**

24 Hour Emergency Phone

989-723-6791

1 800 622-4514 TTY



Who are Peer Support Specialists?

A team and individual approach to help encourage our fellow peers to learn to help themselves and to promote:

- ◆ Hope
- ◆ Empowerment
- ◆ Self-Determination
- ◆ Recovery

Peer Support Specialists use their own life experiences and have a recovery story to tell.



SHIAWASSEE COUNTY COMMUNITY Mental Health Authority

Peer Support Services Offered

- ◆ Mentoring
- ◆ Advocacy
- ◆ Budgeting
- ◆ Employment
- ◆ Organizational Skills
- ◆ Help finding a job
- ◆ Help going to school or college
- ◆ Housing
- ◆ Wellness Recovery Action Plan (WRAP) Facilitation
- ◆ Self-Determination Assistance
- ◆ Healthcare
- ◆ Person-Centered Planning Facilitation

Who is Eligible?

Consumers with a mental illness or co-occurring diagnosis (mental illness and a substance abuse issue)

How to get Peer Support Specialist Services

Ask your mental health provider to submit a referral to a Peer Support Specialist.

Mental health providers are:

- ◆ Supports coordinators
- ◆ Therapists
- ◆ Psychiatrist
- ◆ ACT
- ◆ Nurses at SCCMHA

