How can peers help you?

Peers can relate to others in a non-clinical, more personal way as they have a similar lived experience. Peers are positive role models and offer hope to others, demonstrating by their own life that recovery is possible.

Tasks performed by Peer Support Specialists may include helping you to:

- Express and achieve your goals for recovery
- Monitor your own progress
- Learn effective coping and self-help strategies
- Find effective services and supports
- Get the most from your Person Centered Planning process
- Develop Wellness Plans
- Develop Advance Directives
- Get support during a crisis
- Participate in the community
- Become more independent and productive

Whom To Contact

If an individual is at immediate risk of seriously harming themselves or someone else call 911

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For after-hours crisis call 1-800-442-7315 TDD-TTY or (231) 922-4850

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To access services at Northern Lakes CMH call (231) 922-4850 or 1-800-492-5742 or one of the four offices listed below.

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To access Substance Abuse Services call 1-800-686-0749

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Mental Health America www.mentalhealthamerica.net

Northern Lakes COMMUNITY MENTAL HEALTH

www.northernlakescmh.org

Administrative Office
105 Hall Street, Suite A
Traverse City MI 49684
(231) 922-4850
(231) 935-3871 TDD-TTY

527 Cobbs Street
Cadillac MI 49601
(231) 775-3463
(231) 876-3281 TDD-TTY

2715 South Townline Road
Houghton Lake MI 48629
(989) 366-8550
(231) 876-3281 TDD-TTY

204 Meadows Drive
Grayling MI 49738
(989) 348-8522
(231) 876-3281 TDD-TTY

Northern Lakes CMH receives its principal funding from the Michigan Department of Community Health (MDCH)

This information was reviewed by consumers.

9-11

Northern Lakes COMMUNITY MENTAL HEALTH

What is the role of a Peer Support Specialist?

Peer Support Specialists strive to empower individuals to achieve their hopes, dreams, and goals, and connect them with their personal recovery journey.

www.northernlakescmh.org

Member of Northwest CMH Affiliation
www.nwcmha.org

A Peer Support Specialist is a person who has walked the path of recovery from mental illness and is employed to assist others in their journeys of recovery.

Peers promote hope through positive self-disclosure, demonstrating that recovery is possible. They provide role models of self-care and the effective use of recovery skills. They lead support groups. Their experience and knowledge helps others in managing day-to-day life, not only with the illness but also with the social and human service systems. They also help people overcome discrimination, stigma and/or trauma.

Peers listen attentively with respect, acceptance, and encouragement to the wants and needs of the people with whom they work.

They assist people in obtaining resources, overcoming barriers, building protective factors, and pursuing their goals and dreams.

Working on recovery and a life of health and wellness is a journey that takes time and daily work. Setbacks or relapses are possible. With the coping skills, supports and tools you learn, life can and will return to one of maintenance much sooner. Peers have walked this road and understand in a way others who have not lived with a mental illness cannot.

Where can I find a Peer Support Specialist for help?

- Talk to your Primary Worker
- Ask for a Peer Support Specialist when you first come in to CMH
- Call Customer Services (1-800-337-8598 or 231-933-4907)
- Ask for a peer to assist in pre-planning or during your Person Centered Planning meeting. Identify that you would like peer services in your Plan of Service.

All peers strive to empower individuals toward their own recovery success, goals and dreams.

What is Recovery?

NORTHERN LAKES COMMUNITY MENTAL HEALTH'S RECOVERY DEFINITION:

Recovery is a personal journey of hope, purpose and growth. It is the process of setting our own directions in life. We accept the responsibilities of meeting challenges, using our own abilities, strengths and determination.

Peers offer HOPE both verbally and by the lives they are living. Peers are often easier to talk with as they have walked a similar path to yours. Peers may have:

- Worked with a therapist and/or psychiatrist
- Learned coping skills
- Learned about medications and other treatment options
- Found housing, food, medical care, dental care…
- Utilized community resources
- Overcome alcohol and/or drug addictions
- Applied for disability, food stamps, utility or housing assistance…
- Returned to school or work
- Found places where they can volunteer
- Built trusting relationships