

How can peers help you?

Peers can relate to others in a non-clinical, 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 crisis call 1-833-295-0616 (TTY 711)

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

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To access Substance Use Disorders
Services call NMRE 1-800-834-3393

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For Customer Services
call 1-800-337-8598

OFFICE HOURS MONDAY-FRIDAY 8 AM-5 PM

ADMINISTRATIVE OFFICE

105 Hall Street, Suite A 2715 South Townline Road
Traverse City, MI 49684 Houghton Lake, MI 48629
(231) 922-4850 (989) 366-8550

527 Cobb Street 204 Meadows Drive
Cadillac, MI 49601 Grayling, MI 49738
(231) 775-3463 (989) 348-8522

northernlakescmh.org

If you speak a language other than English, language assistance services, free of charge, are available to you. Call Customer Services 1-800-337-8598 (TTY 711).

Northern Lakes Community Mental Health Authority (NLCMHA) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. NLCMHA is a member of Northern Michigan Regional Entity (www.nmre.org) and receives its principal funding from the Michigan Department of Health and Human Services.

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What is the role of a Peer Support Specialist?

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



www.northernlakescmh.org

What peers do

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, you can and will return to a life worth living much sooner. Peers have walked this road and understand in a way others who have not lived with a mental illness cannot.

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.

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
- 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?

NLCMHA 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