



We make connections:

- ~ The Compeer Program
- ~ Peer Specialist Training
- ~ Office of Vocational Rehabilitation (OVR)
 - ~ The Club House
 - ~ AA/NA Groups
 - ~ The Coffee House
 - ~ Horizon House
 - ~ Common Ground
- ~ Community Crossroads
- ~ Transitions Program
- ~ Community Support Program (CSP)

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

~ Ralph Waldo Emerson



Personal Medicine, founded by Pat Deegan, is not the medicines that you take it is what you do for your recovery. It is your own personal things that you use to help you through a rough period such as: breathing, exercises, crafts, reading, meditation or what ever it takes to get you through your trying time.

You can also ask your Peer Specialist about **Power Statements**. This tool can make it easier to talk with your Doctor.

PEER SUPPORT

Purpose: Peers helping peers work together to reach their life goals!



Life can be confusing! Sometimes we could all use a little bit of help. Peer Specialists know what it's like to struggle with a mental illness. They are the evidence that recovery is possible!

Recovery: a self-determined, holistic journey that people undertake to heal and grow.

Services Include

- ⇒ Individual Advocacy
- ⇒ Developing Natural Supports
- ⇒ Anger Management
- ⇒ Whole Health Education
- ⇒ Social Activities
- ⇒ Discovery Coping Skills
- ⇒ Learning about your Personal Medicine / WRAP
- ⇒ Preparing for Employment
- ⇒ Communication/ Interpersonal Skills
- ⇒ Independent Living Skills
- ⇒ Cooking
- ⇒ Budgeting
- ⇒ Stress Management
- ⇒ And attaining your Educational Goals
- ⇒ Listening to their Peers
- ⇒ Discovering new Hobbies/ Activities
- ⇒ Orientation to the Mental Health System

The PROGRAM promotes self-advocacy, empowerment, self-determination, understanding, and coping skills through mentoring and service coordination.



“I’ll lift you and you lift me, and we’ll both ascend together.”

~John Greenleaf Whittier

Peer Support Services are person-centered, recovery-oriented services for adults 18 or over. Individuals who have utilized services in the behavioral health system provide the services. These individuals are trained and certified to offer support and assistance in helping others in their recovery and community integration process.

To obtain a referral form or for more information, please contact the Peer Support Supervisor:

Carl Nagle
520 E. Lancaster Ave.
Downingtown, PA 19335
Phone: 610-873-1005
Fax: 610-873-3317

Peer Specialists are NOT

- * Taxi Drivers
- * Personal Maids
- * Intensive Case Managers
- * Therapists
- * Medication Managers

