

Peer Support / InShape

Beckman Center for Mental Health has incorporated Peer Support Services as well as the InShape Program for our patients. Peer Support Services are provided by peers who are currently in recovery from substance abuse and or mental illness and are willing to self-identify and share their stories with current patients of mental health. Peer Support Specialists attend training and are required to hold current PSS certification.

The InShape Program provides assistance to patients who have an eating disorder or wish to lead a healthier lifestyle. Through individual Health Mentors, the InShape Program teaches patients healthy eating, how to incorporate physical activity into their daily routines, and demonstrates that patients who lead a life which includes physical activity and healthy eating are able to directly and positively impact their overall mental health.

Peer Support Services and the In Shape program are provided in all Beckman locations.