

Peer Specialist Support and Community Resources

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Learning Objectives

By the end of this presentation you will be able to:

- Explain the shift in paradigms of mental illness
- Identify and explain recovery and peer-based initiatives
- Explain the purpose of Recovery Learning Communities (RLC)
- Explain the purpose of WRAP curriculum
- Identify when and how to engage Peer Specialist in the Care Management process

Agenda:

- The Word “Recovery” – Jeanne and Dawna
- RLC – Jeanne and Dawna
- WRAP – Jeanne
- Club Houses – Jeanne
- ILC – Dawna
- Mass Rehab – Dawna
- Addiction – Dawna
- When to offer Peer Support to members?

Perspective

“I’ll tell you what mental illness is. A mentally ill man is painting his house....

And he **doesn’t know** that he is painting his house.”

– said by a close friend, 1959

RECOVERY

Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. There are four major dimensions that support recovery:

- Health—overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
- Home—having a stable and safe place to live.
- Purpose—conducting meaningful daily activities and having the independence, income, and resources to participate in society.
- Community—having relationships and social networks that provide support, friendship, love, and hope.

If I bumped into my 8 year old friend today...

I hope that he would say...

- “Mental illness is only one aspect of a person”;
- “People with mental illness **can** and **do** recover”;
- “Recovery is non-linear and unique to each person”.

Since the mid-90's...

- The Medical Community is no longer seen as the experts who drive the mental health bus
- Doctors are in a partnership and accountable to those with mental illness
- People with mental illness are the 'experts' in their own life choices

“Nothing about us – without us”.
~ M-Power


Recovery is based upon...

- Autonomy
- Self-Determination
- Empowerment
- Dignity
- Meaning
- Connection
- Fulfillment
- Community
- Enables
- Independence
- Self Direction

Recovery Learning Communities

- RLC provides welcoming, safe, understanding, judgement-free spaces where individuals of diverse backgrounds can gather for healing and growth. We are a community of peers in recovery from mental health challenges, addiction and or traumatic life experiences.
- The RLC supports individuals on their journeys to obtaining and maintaining wellness in a variety of ways, including: 1:1 peer support, peer support groups, self-directed recovery-oriented trainings, advocacy and through an array of community events and activities.

Kiva (Worcester County RLC Schedule)

Monday Lunes 7~21~28	Tuesday Martes 1~8~15~22~29	Wednesday Miercoles 2~9~16~23~30	Thursday Jueves 3~10~17~24~31	Friday Viernes 4~11~18~25	Saturday Sábados 5~12~19~26~4
Morning Jump Start Peer Support 9:30 ~ 10:30	Sharing & Caring Conversation 10:00 ~ 11:00	Walking Group with Andrei 9:15 ~ 9:45	Living with Loss 10:00 ~ 11:00	Kiva opens at 12:00 noon on Fridays	Over the phone Peer Support 7:00 ~ 7:30pm Conference Call (508) 556 ~ 4226
American Sign Language 10:45 ~ 11:45	Community Gathering Starts at 11:15	Wellness Wednesday 9:30 ~ 10:30	Alternatives to Suicide 11:15 ~ 12:15	Sharing & Caring Conversation 12:30 ~ 1:30	 <p>Every 2nd and 4th Wednesday, monthly at 5:30_{pm}</p> <p>For more info contact Kathy: parentsupportgroup@ppal.net 508-767-9725</p>
Coping with Anger 11:00 ~ 12:00	Almuerzo Latino (Latin Lunch) <i>Bilingual</i> 12:30 ~ 1:30	Peers of Color Support 10:45 ~ 11:45	Voice Hearers & Alternative Realities 12:30 ~ 1:30	Recovery Through Art 1:45 ~ 3:15	
Apoyo entre Compañeros Spanish Peer Support 11:15 ~ 12:15	Trauma Informed Addiction Support Dual Diagnosis 1:30 ~ 2:30	Compulsive Behavior Support 12:00 ~ 1:00	Spirituality & Wellness 1:35 - 2:35	Recovery Thru Rhythms (Drum Circle and more) 3:30 ~ 4:30	
Breaking Cycles 12:00 ~ 1:00	QiGong Mind, Body and Spirit Practice	Life After Violence 1:00 ~ 2:00	System Survivors 2:35 ~ 3:30	Karaoke/Spoken Word 4:30 ~ 6:00	

RLC Information Based on Region

Central Area

Central Mass RLC/Kiva Center
209 Shrewsbury Street Worcester, MA 01604
Phone: 508-751-9600
Fax: 508-751-9601
info@centralmassrlc.org

On the web: <http://www.centralmassrlc.org/>

West

Western Mass. RLC
Western Massachusetts Training Consortium
187 High Street, Suite 303 Holyoke, MA 01040
Phone: 413 539-5941
Toll free 866-641-2853
Fax: 413 536-5466
info@westernmassrlc.org

On the Web: www.westernmassrlc.org

Northeast

Northeast RLC
Northeast Independent Living Program
20 Ballard Road Lawrence, MA 01843
Phone: 978-687-4288 (V/TTY)
Fax: 978-689-4488

On the Web: www.nilp.org

Boston

Metro Boston RLC
Solomon Carter Fuller Center
85 E. Newton Street, Ground Floor Boston, MA 02118
Phone: 617-305-9976
info@bostonresourcecenter.org

On the Web: www.metrobostonrlc.org

Southeast

SERLC Director: Sandra Whitney Sarles
c/o 45 Plant Road
Suite 119
Hyannis, MA 02601
Cell:(774) 212-4519
sandra.whitney-sarles@bmc.org

info@southeastrlc.org

The Southeast RLC has 5 RCCs: [Fall River](#),
Taunton, [Brockton](#), [Hyannis](#) and [Quincy](#).

On the Web: www.southeastrlc.org

WRAP

What is WRAP? - The Wellness Recovery Action Plan (WRAP®) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination. WRAP® is a wellness and recovery approach that helps people to: 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals and dreams. Working with a WRAP® can help individuals to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reduce, modify, or eliminate those feelings. A WRAP® also includes plans for responses from others when an individual cannot make decisions, take care of him/herself, and/or keep him/herself safe.

Copeland Center

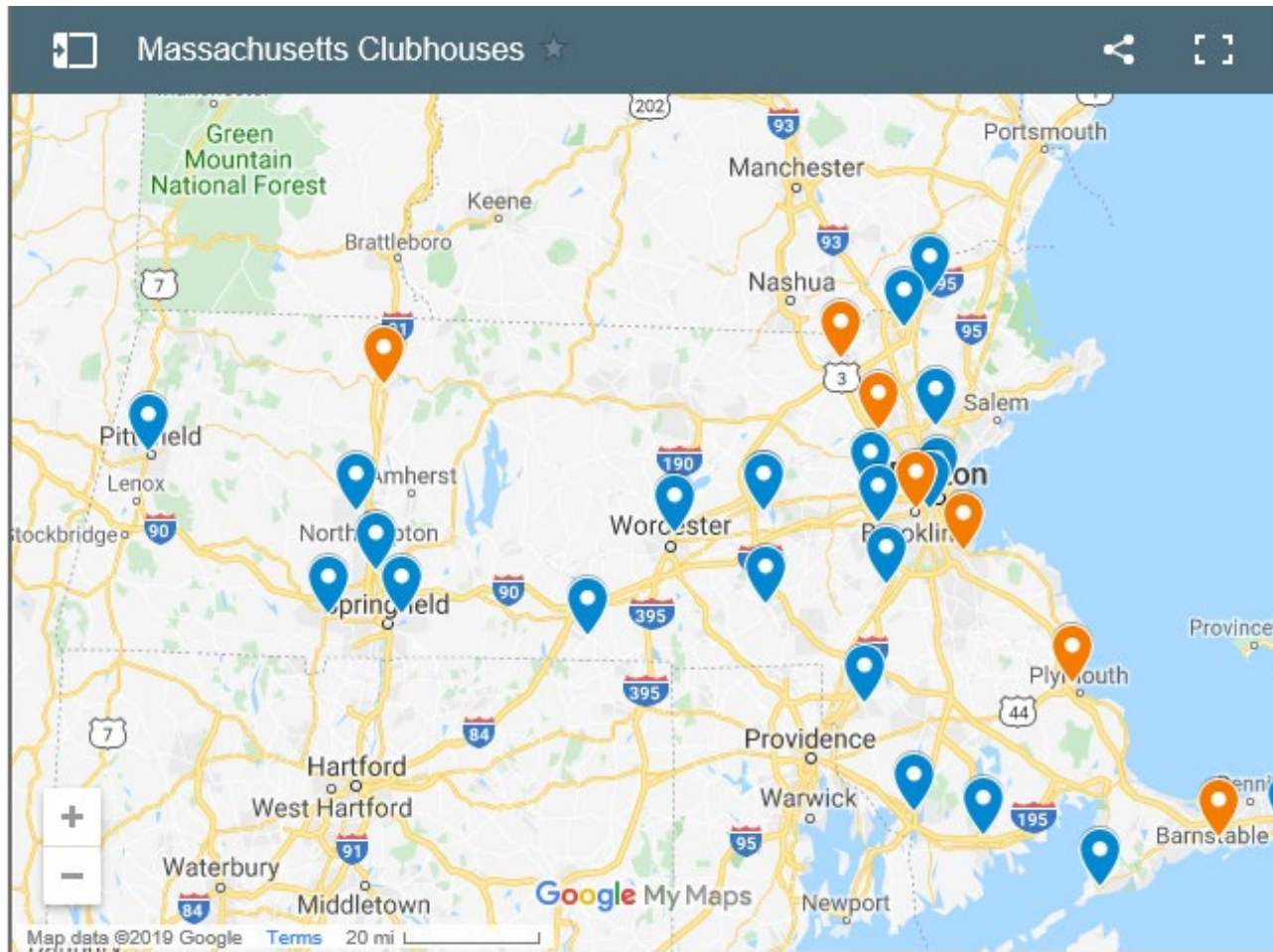
Club Houses

- The Massachusetts Clubhouse Coalition is dedicated to expanding employment, housing, educational, social, and leadership opportunities available to Massachusetts citizens who have a mental illness.
- The MCC was organized to uphold and promote the values, principles and financial integrity of the international Clubhouse model toward the empowerment of people with mental health needs.
- Toward this purpose the MCC will take action, advocate, provide support, and offer opportunities to network and educate ourselves and the community while working as an organization to remove barriers to successful community integration. The Massachusetts Clubhouse Coalition is committed to helping Clubhouses and individual Clubhouse members reach their full potential.

Club Houses

- They help with:
 - Education
 - Housing
 - Employment
 - Housing
 - Transitional Employment: 6-9 months, trained and supported by staff
 - Supported Employment: Position becomes permanent, has support of staff
 - Independent Employment is independent from Clubhouse
 - Community Connection – a place for members to belong

Club Houses



<https://www.massclubs.org/massachusetts-clubhouses/>

ILC

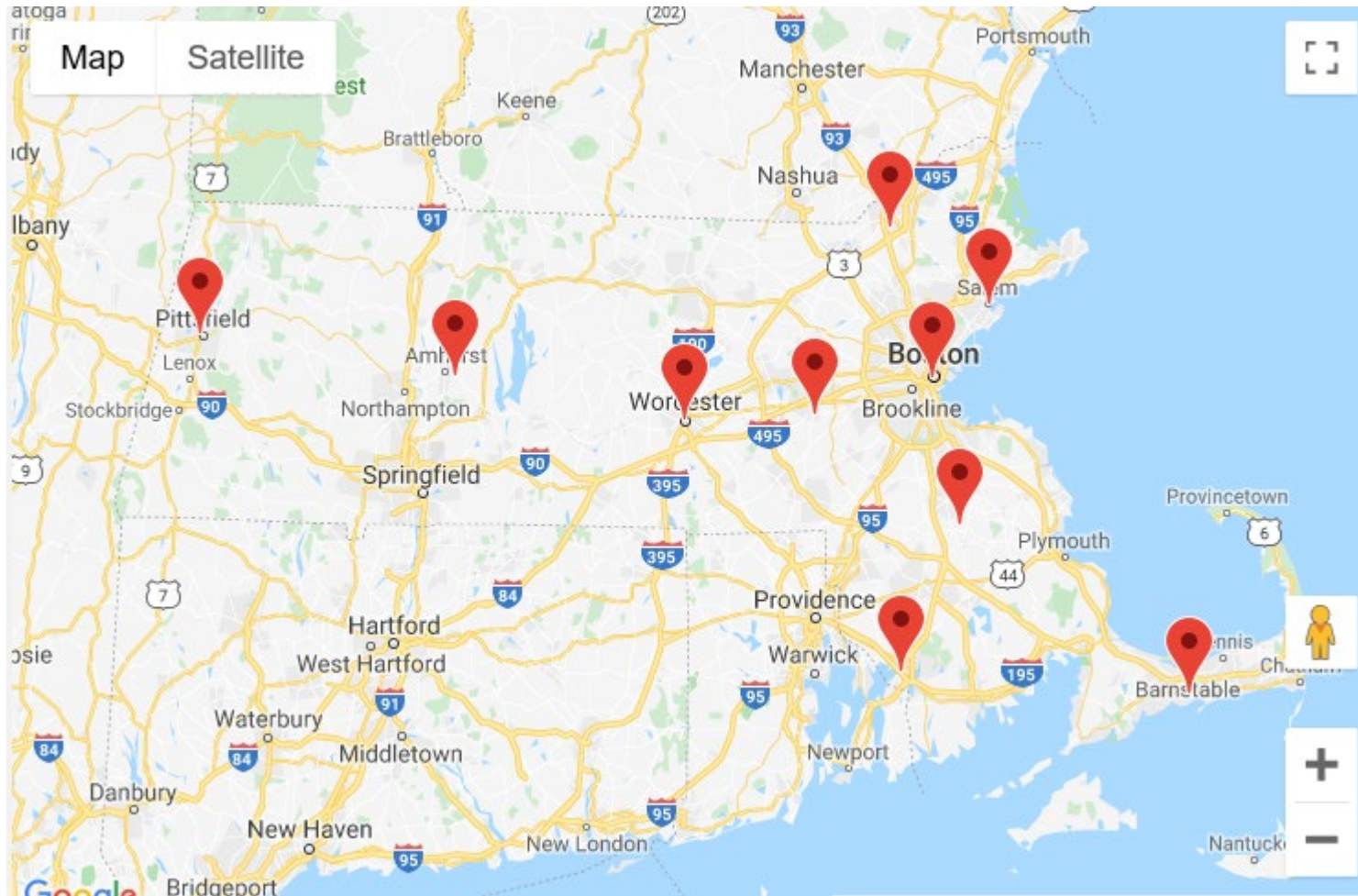
-There are over 600 Independent Living (IL) Centers throughout the US that practice the cross disability philosophy: the belief that all people with disabilities share a common thread that brings them together. Centers are private not-for-profit organizations that are run by and for persons with disabilities. –

-The staff must be at least 51% persons with disabilities and the nonprofit board must be at least 51% persons with disabilities.

-Massachusetts has 11 Independent Living Centers (ILCs) located throughout the state.

- Independent Living Centers are not places to live rather they are agencies which provide information, support and advocacy to support people with disabilities to live in the communities of their choice.

ILC



<https://www.mass.gov/independent-living-centers>

Mass Rehab

The Massachusetts Rehabilitation Commission (MRC) is a state agency that helps people with disabilities to live and work independently. MRC serves people with all types of disabilities except those who are blind. Individuals with visual disabilities are served through the Massachusetts Commission for the Blind (MCB).

- Established in 1956 by an act of the Massachusetts Legislature.

- Has three divisions:
 - Community Living
 - Disability Determination Services
 - Vocational Rehabilitation

Addiction – Different Types of Services

The stigma of drug misuse keeps people from seeking treatment. Words like “junkie,” “addict,” and “druggie” can hurt, damaging self-image and standing in the way of recovery. Addiction is not a choice.

It’s a chronic disease similar to diabetes, heart disease and arthritis.

Types of Addiction Treatment Programs

- Medical Detox
- Medication-Assisted Treatment
- Inpatient Treatment
- Residential Rehab
- Medication-Assisted Treatment

Addiction – Different Types of Services

- Outpatient treatment
- Intensive outpatient treatment
- Dual Diagnosis
- Court ordered treatment
- Faith based rehab
- Aftercare
- Short term treatment
- 12 Steps Recovery

4 Key Functions of Peer Supports

How to identify when and how to engage Peer Specialist in the Care Management process

- ❖ Assist in daily management
- ❖ Social and emotional support
- ❖ Link to Clinical and Community Resources
- ❖ Ongoing availability of support

When to offer Peer Support to members?

Peer Specialist Needs of Referral List

Starting point for a referral should be (1 or both):

Member has BH Dx	Member has Substance Dx
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Then the Peer Specialist may be involved with the following items:

1. Need to connect member to community services – AA, NA, RLC groups, Club Houses, Peers groups etc
2. Discuss recovery goals that relate to SMI, SUD etc
3. Advocacy / Social Support / Emotional Support

Then there is a lot of grey areas.....

Thank you

Questions?

[Peer Video](#)