

Peer Support Program

"Peer specialists are navigators of the community who facilitate communication and advocacy beyond the barriers of stigma."

- Lloyd Hale, Certified Peer Support Specialist



CHARLESTON DORCHESTER MENTAL HEALTH CENTER
hope. healing. recovery.



What is Peer Support?

The Role of the peer specialist is to create and develop a supportive relationship with peers.

Peer Specialists use recovery tools, personal recovery stories, and community networking to assist peers in recognizing the opportunities of living the life he/she wishes to live.

The job of the **Certified Peer Support Specialist** does not replace current clinical mental health staff, but offers additional and/or alternative options to help clients in their efforts to recover.

The program offers clients a wide array of services to include...

- ▶ **Self-care skill building**
- ▶ **Self-advocacy support & training**
- ▶ **Crisis support**
- ▶ **Housing assistance**
- ▶ **Interpersonal skill development**
- ▶ **And much more...**

Group Discussions

The Peer Support Program offers a variety of peer facilitated groups that are beneficial in a number of ways.

- ✓ To decrease the common idea that we are alone
- ✓ To approach ourselves through the cultivating of supportive relationships
- ✓ To gain a multifaceted & multicultural perspective about general issues
- ✓ To set goals, plan, and work towards a higher self
- ✓ To collectively reach solutions

1-on-1 Peer Support

Individual peer support is also offered as an alternative to group discussion. Peer support program participants are given an opportunity to work on issues and to accomplish goals through a focused one on one approach.

Group Schedule

(Call **843-852-4100 x126** to join a group.)

Living Well In Recovery

Designed to empower peers through learning socialization, healthy living skills, & exploring career goals.

- *Patricia Green, Facilitator*
- *Every Friday; 11am-12:30pm*
- *West Ashley (WA) Clinic, Rm. 153*

I Am Able

Designed to instill "hope in recovery" for persons suffering from an addiction/mental illness (12 step-model focus).

- *Mary Robinson, Facilitator*
- *Wednesdays 2-3pm; Dorch Clinic*
- *Mondays 11am-12:30; WA Clinic, Rm 153*

Abilities For Life

A support group focusing on building skills for living a healthy lifestyle in recovery.

- *Robert Gulbranson, Facilitator*
- *Tuesdays 9:30-10:30am*
- *West Ashley Clinic, Rm. 156*

Our Issues

A discussion group promoting peer networking & recovery 'as the peer sees it'.

- *Lloyd Hale II, Facilitator*
- *Tuesdays & Wednesdays 11am-12noon*
- *West Ashley Clinic, Rm 156*

CDMHC

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