

SUPPORTING PEER WELLNESS & RECOVERY

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Peer Specialist
Wellness Facilitator



Purpose of the Peer Specialist

Peer Specialists Provide...



Emotional Support

Demonstration of caring, empathy and concern. Activities such as peer mentoring and recovery coaching

Informational Support

Provision of health and wellness information, educational assistance and help in acquiring new skills

Peer Specialists Provide, cont.

Instructional Support

Concrete assistance in task accomplishments, especially with stressful and unpleasant tasks

For example, filling out applications, obtaining benefits

Affiliation Support

Opportunity to establish positive social connections with others in recovery to learn social and recreational skills

What happens *after* the person has an apartment?

**Then
what?**

Enter the Peer Specialist!

The individual needs to know that they CAN succeed in their new life

With help and guidance they can accomplish a lot



The Resource Center

What we do at the Resource Center:

- The Wellness and Recovery Program
- Run groups that speak to the individual's growth and fulfillment

Groups at the Resource Center



Harm Reduction

This group goes far beyond the drug and alcohol component. We explore the dynamic of how we harm ourselves in terms of actions, reactions, thoughts and deeds.

Nutrition

The individual's need for proper nutrition addresses high incidents of diabetes, hypertension and obesity, as well as a good diet.

Spirituality

This group goes beyond religion. We explore what spirituality means to each individual. Due to the cultural diversity of our community this is one of our most spirited groups.

Groups at the Resource Center

Balanced Life

Brings a level of continuity & structure

Computers

Allows the individual to learn and explore cyberspace as well as giving them a marketable skill

Financial Wellness

Helps to give a better understanding of the attitude toward money by following the 3rs:

Respect

Responsibility

Being Realistic

For Example: An Excerpt from *Introduction to Financial Wellness...*

Where Does Your Money Go?

Consider the following areas and start to think about how much you might spend in any given month in each area?

Food

Clothing

Leisure/Entertainment

Grooming

Household Items

Rent

Utilities

Cable

Phone

Cleaning Supplies

Excerpt from *Introduction to Financial Wellness...*

An Exercise in Financial Wellness

Previously you were asked to think about your expenditures over the month in major areas. Now try to indicate how much you actually spend in each of these areas over a given month

Rent ____

Clothing ____

Phone Service ____

Carfare ____

Cleaning Supplies ____

Grooming Supplies ____

Miscellaneous(Fines, Loans, Credit Cards, Other Expenses)_____

Food ____

Cable ____

Utilities ____

Leisure/Entertainment ____

Household Items ____

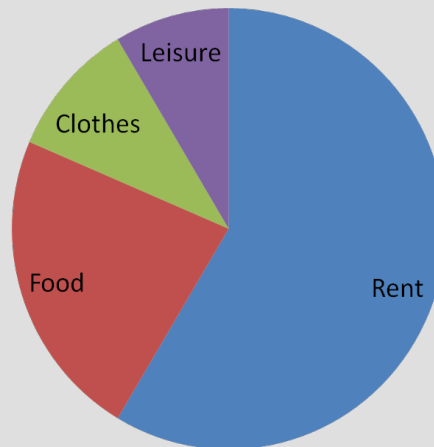
Child Support ____

* If you are having difficulty figuring out how much you spend in certain areas you may want to ask about starting an expense journal to keep track of how your money is spent*

Excerpt from *Introduction to Financial Wellness...*

The Financial Pie

Now that you've completed what your expenses are in each of the important areas it might be helpful to see these expenses as if they were slices in a pie. Below is an example to show you what this might look like.





Wellness

- What is recovery?
- Dynamics of cultural competence
- Personal Strengths
- Practical Facts of Mental Health and Illness
- Relapse Prevention

Conclusion



- The future of Peers as part of your program?
- Think beyond concrete needs
- The broader scope of an individual's wellbeing: mind, body, and spirit



Individuals with Mental Health Issues must know this...

Yes

We can dream

Yes

We can achieve anything

Yes

We can recover to the point where
we can say:

Yes, we can hope for a brighter
tomorrow

Thank you.