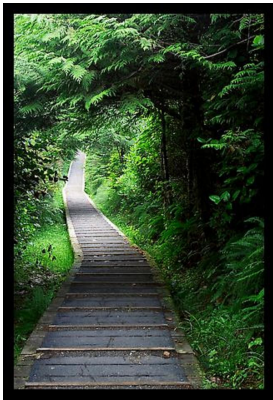


WHO ARE PEER SUPPORT SPECIALISTS?

Peer Support Specialists are staff who are also recovering from psychological or emotional health challenges. By sharing their personal stories of recovery, peers empower others to change their belief system and see the power within themselves on their journey to recovery.



CMHA - CEI

Become a Peer Support Specialist



CMHA - CEI

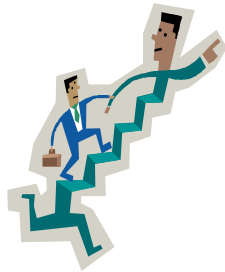
812 E. Jolly Rd., Suite G-10
Lansing, MI 48910
Phone: 517-346-8244
Fax: 517-346-8245
E-mail: barron@ceicmh.org

Your experience as a Consumer is all you need!

Call 517-346-8244 for more details

Sample Activities that Peer Support Specialists do:

- Sharing your story about your own personal recovery.
- Co-facilitate skill building groups about topics like wellness and recovery, working on their Person Centered Plan, managing emotions, and other life skills.
- Help provide educational speakers on special topics.
- Moving people from homelessness to independence.
- Helping people get benefits.
- Recreational activities in the community, like bowling, shopping, going out to eat, crafting and sports.
- Helping people do volunteer work or get part time work in the community.



HOW DO I BECOME A PEER SUPPORT SPECIALIST?

Contact your Case-Manager or your Community Mental Health. (See phone number on front.) Starting in 2009 it will be mandatory for you to get training through the Department of Community Health. There are training sessions that will become available on an on-going basis. It is usually one week long. The training is usually paid for by Community Mental Health.

The next thing would be to contact the Human Resources Department of your Community Mental Health and inquire if there are any openings for Peer Support Specialists. At CEI-CMHA the positions are usually 10 hours per week.



WHAT IS RECOVERY?

Recovery is more than just reducing the symptoms that affect you. Your recovery is unique to you as an individual. Recovery is about helping you build a full life, including:

- Working
- Learning
- Having relationships and
- Being part of the community

There are three common challenges you may face when you are recovering from mental health challenges:

- You may experience symptoms related to your mental health challenges.
- You may experience stigma as a result of having mental health challenges.
- You may experience problems with how you feel about yourself or your self-image.

Mental health professionals can help you address your symptoms. Peers help people cope with stigma and improve their self image.

RECOVERY

It is never too late
to have the life
you always wanted.

