

PEER Support

- Peer Support in a clinical setting is a trauma informed support position that is part of your Behavioral Health Home.
- Peers have been recipients of mental health care services themselves and are part of health care teams to assist you with working towards the goals you would like to achieve!
- CIPSS (Certified Intentional Peer Support Specialist) personnel are Certified in Peer Support through the Department of Health and Human Services. They provide additional support as a part of your health care team.
- Peer Support involves 4 tasks:
 1. Connection: We meet to get to know a bit about each other & address any questions about Peer Support
 2. Worldview: Everyone has had different lives and experiences. This informs our worldview and instills our values, thoughts, and beliefs. As we work together, we begin to understand each other's experiences more.
 3. Mutuality: You and your Peer Support are a team. Mutuality is about being able to negotiate boundaries and find the best way to work together.
 4. Working Towards: Peer Support is about helping you achieve your goals. We have walked our paths, and are here to support you as you follow yours.
- Please feel free to call for more information or to book an appointment and see how Peer Support can help you achieve your goals.



We also have a walk/fitness group that meets on Tuesdays at 10 am and are going to have Raised Bed Garden this summer! Walk Group is open and you are allowed to drop in as you are available.

For more info call us at:
1-877-656-5132

