

## HOW CAN I RECEIVE PEER SUPPORT SERVICES?

### To Qualify for Peer Support Services You Must:

- Be 18 years of age or older.
- Have severe and persistent mental illness or co-occurring disorder.
- Have a moderate to severe functional impairment that interferes with or limits your ability to be successful in one of the following areas:
  - Educational (i.e., obtaining a high school or college degree);
  - Social (i.e., developing a social support system);
  - Vocational (i.e., obtaining part time or full time employment);
  - Self maintenance (i.e., managing symptoms, understanding your illness, managing money, living more independently).

Agree fully that Peer Support Services will help in your Recovery.

If you feel Peer Support Services would help in your Recovery or if have additional questions about qualifying for Peer Support Services, please do not hesitate to contact us.

## WHERE CAN I RECEIVE PEER SUPPORT SERVICES?

### Lackawanna County:

**Lackawanna-Susquehanna Behavioral Health/Developmental Disabilities/Early Intervention Program**  
Phone: (570)346-5741

**The Advocacy Alliance**  
Attn: Carl Mosier  
846 Jefferson Avenue, Scranton, PA  
Phone: (570) 558-0381

**NHS of Northeastern PA**  
Ask for Adult Mental Health Services  
30-32 Main Street, Carbondale, PA  
Phone: (570)282-1732

**Scranton Counseling Center**  
Ask for Adult Mental Health Services  
326 Adams Avenue, Scranton, PA  
Phone: (570)348-6100

### Luzerne County:

**Luzerne/Wyoming Counties Mental Health/Mental Retardation Program**  
Phone: (570)825-9441

**Community Counseling Services**  
Attn: Beth Hollinger  
110 S. Pennsylvania Avenue  
Wilkes-Barre, PA 18701  
Phone: (570)552-6155

**Northeast Counseling Services**  
Ask for BSU Director  
750 East Broad Street  
Hazleton, PA 18201  
Phone: (570)455-6385

**Northeast Counseling Services**  
Ask for BSU Director  
130 West Washington Street  
Nanticoke, PA 18634  
Phone: (570)735-7590

# PEER SUPPORT SERVICES



Peer Support Services offered by a Certified Peer Specialist are intended to help individuals who have a serious mental illness increase coping skills and resilience through mentoring and support.



[www.theadvocacyalliance.org](http://www.theadvocacyalliance.org)

Toll Free 1-877-315-6855

## WHAT ARE PEER SUPPORT SERVICES?

Peer Support Services are provided by a Certified Peer Specialist to support individuals' participation in their own Recovery process through individualized mentoring, coaching, and skills training. Individuals can use the services of a Certified Peer Specialist along with their own support team in identifying and working on their individual Recovery goals.

According to a Medical Assistance Bulletin, "Peer Support Services are multi-faceted and include, but are not limited to, individual advocacy, education, development of natural supports, support of work or other meaningful activity of the individual's choosing, crisis management support, skills training, effective utilization of the service delivery system, and coordination of and linkage to other service providers."

In order to receive Peer Support Services, the individual must be referred by a physician (or other practitioner of the healing arts).

## EXAMPLES OF PEER SUPPORT SERVICES

- Assisting individuals with the development of a Wellness Recovery Action Plan (WRAP) or a Psychiatric Advance Directive.
- Assisting individuals to learn how to use less restrictive alternatives that prevent hospitalization, incarceration and the use of emergency services.
- Assisting individuals in learning how to access and maintain stable housing or learning how to improve or change an inadequate housing situation.
- Discussing concerns about medication or diagnosis with the Physician or Nurse at the individuals' request and guiding individuals toward a proactive role in their own treatment.
- Coaching individuals in their ability to make informed, independent choices.
- Assisting individuals with developing and maintaining positive personal/social supports such as going to a movie with a new friend, meeting someone new at a social gathering.
- Assisting individuals in improving their communications with family members and others.

## WHERE CAN PEER SUPPORT SERVICES BE PROVIDED?

There may be site-based or off-site in the community, or both, as determined by the goal(s) identified in the Individual Service Plan and may be provided, in limited circumstances, on a group basis, if specified in the Individual Service Plan.

## WHO IS A CERTIFIED PEER SPECIALIST?

A Certified Peer Specialist is an individual who is self-identified as having a mental illness and has been trained and certified by the Pennsylvania Department of Public Welfare to help his/her peers to identify and achieve specific self-determined goals. A Certified Peer Specialist can help:

- Provide opportunities for individuals receiving mental health services to direct their own Recovery and advocacy processes.
- Teach and support the acquisition and utilization of skills needed to facilitate the individuals' Recovery.
- Promote the individuals' knowledge of available service options and choices.
- Promote the individuals' utilization of natural resources within the community.
- Facilitate the individuals' development of a sense of wellness and self-worth.