

WHAT ARE PEER SUPPORT SERVICES?

Peer support workers engage in a wide range of activities. These include:

- Advocating for people in recovery
- Sharing resources and building skills
- Building community and relationships
- Leading recovery groups
- Mentoring and setting goals



Customer Service 1.800.317.0708 or
989.772.5938
Michigan Relay 7-1-1
24 HOUR CRISIS Telephone
Call or text 9-8-8, available 24/7
Convenient Office Locations and Hours

Clare County

789 North Clare Avenue
Harrison, MI 48625
989.539.2141

Isabella County

301 South Crapo Street
Mt. Pleasant, MI 48858
989.772.5938

Gladwin County

655 East Cedar Street
Gladwin, MI 48624
989.426.9295

Mecosta County

500 South Third Street
Big Rapids, MI 49307
231.796.5825

Midland County

218 Fast Ice Drive
Midland, MI 48642
989.631.2320

Osceola County

4473 220th Avenue
Reed City, MI 49677
231.832.2247

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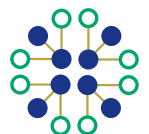
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PEER SUPPORT SPECIALIST

Peer support workers are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

source: www.samhsa.gov



**Community
Mental Health**
FOR CENTRAL MICHIGAN

YOUR HEALTH AND WELLNESS

WRAP

Your designated Peer Support Specialist (PSS) will assist you with your Wellness Recovery Action Planning (WRAP).

WRAP is a tool you develop to identify what helps to keep you well and what to do when you are not. This tool has been proven to help facilitate wellness and long-term stability. It is an adjunct to other more traditional forms of treatment and support.

CMIT

At CMHCM, a PSS is assigned to the Crisis Mobilization and Intervention Team (CMIT). The PSS will help you through the pre-screen process at the emergency room. They are also there to keep you safe and advocate for you through this process.

HOW CAN I RECEIVE PEER SUPPORT SERVICES?

To qualify for Peer Support Services:

- You must be 18 years of age or older
- Have a severe and persistent mental illness or co-occurring disorder
- Have a person-centered plan that supports Peer Support Services



If you feel Peer Support Services would help in your recovery or if you have additional questions about qualifying for Peer Support Services, please talk to your clinician.

Peer Support Services are also available during your Access appointment with CMHCM.

PRIMARY FUNCTIONS:

Housing Help

A Peer Support Specialist can help you:

- Find a safe place to live.
- Look for housing that fits your needs and goals.
- Find and choose a roommate.
- Learn about ways to live more independently.
- Find short-term help with housing costs when available.
- Get help moving from a hospital, facility, or other setting into a home in the community.

Planning and Support

A Peer Support Specialist can help you:

- Make a plan for your goals and needs.
- Create a budget for your services and supports.
- Learn about WRAP (Wellness Recovery Action Plan).
- Share stories of recovery and hope.
- Speak up for yourself and learn how to advocate for your rights.
- Learn about benefits and other help you may qualify for.
- Make an advance directive to share your wishes for future care.
- Learn about choices other than guardianship.
- Get support during a crisis.
- Join or help create wellness and support groups.