

By partnering with experienced peers, individuals living with mental illness receive support to actively engage in their recovery.

Our Peer Services program is staffed with individuals who have lived with mental illness in their own lives. They serve as role models and advocates for other mental health consumers.

Each peer support worker receives training and is tested on their skills. They are people who want to help others succeed, offering encouragement and hope along the road to recovery.

### Peer Support Services will:

- Listen to an individual's current concerns and hopes for the future.
- Help develop those hopes into recovery goals and create an individual recovery plan.
- Support individuals to put their recovery plan into action by ensuring they have the right tools in their recovery toolbox, including: connections to natural supports and referrals to social and vocational rehabilitation programs.

**Recovery is possible!**

Recovery Partnership offers both one to one community based peer support and group services.

The following workshops are offered on an ongoing basis:

- Recovery Dialogues
- W.R.A.P. ®
- Peer Support Whole Health
- Psychiatric Advance Directive



### Who can receive Peer Support services?

Anyone with a mental health diagnosis who is willing to take steps toward recovery is encouraged to use these services.

Eligibility is open to those who want to reduce frequency and duration of hospitalization, learn self-advocacy skills, strengthen their independence, and take steps to improve their quality of life.

Individuals agree fully that Peer Support Services will assist in their Recovery.

### 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.
- Assisting & supporting a peer in developing self-advocacy skills. (i.e. Discussing concerns about medication or diagnosis with a psychiatrist)
- Supporting a peer as they develop skills toward greater independence. (i.e. learning to use public transportation, money management)
- Assisting individuals with developing and maintaining positive personal/social supports.
- Assisting individuals in improving their communications with family members and others.

**Contact us for more information and/or to make a referral:**

**(610) 861-2741**

**RPpeerservices@gmail.com**

## Recovery Credo

I have the right to recover from my illness and live a quality of life that is of my choosing.

I have the right to choose my supports and to be self-determined to maintain my wellness through growth related to my successes and failures.

I have the right to have hope and share hope with others as I see fit.

I have the right to use my abilities and interests to create recovery goals that will lead me toward a better life.

I have the right to understand and partner in every phase of my recovery goals and plans with any and all treatment providers.

I have the right to make informed decisions that concern my recovery and my life.

I have the right to have hope, dreams, aspirations and motivation.

I have the right to have a bad moment in time, a bad day, a bad week, etc. and I have the right to talk freely to someone about it without fear of retribution, retaliation or negative consequences.

I have the right to have my cultural preferences treated with respect.

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Recovery Partnership is a not-for-profit organization recognized by the Internal Revenue Service as having 501(c)3 Tax-Exempt status. Our organization provides individuals and their families with a method for voicing their praises and concerns regarding the behavioral health services they may receive; peer support services to individuals receiving behavioral health services; and we provide a safe, culturally sensitive environment to individuals in Lehigh and Northampton counties who are coping with or recovering from mental illness.

### **Support Individual Recovery and Strengthen Communities**

### **Mission Statement**

*By working in a peer-to-peer collaborative partnership, we provide hope, support, and assistance to help our peers achieve individual goals and objectives, while fostering recovery in a community environment.*

# Recovery Partnership



## **Peer Services Program:**

**Certified Peer Specialist**

**P.A.I.R. Peer Mentor**

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