

## What is Peer Support?

Peer Support is a program that strives to offer individuals the hope needed to lead a happy and fulfilling life through a recovery oriented and person centered approach. Our services are guided clients who welcome the opportunity to identify and choose his/her desired goals in the **LEARNING, SOCIAL, WORKING, and WELLNESS** areas of their lives to promote and have support to make their recovery journey a reality.

Our Certified Peer Specialists are clients of mental health services who have been trained to help their peers identify and achieve specific life goals



Westmoreland Casemanagement and Supports, Inc.

Our Peer Specialists serve all of Westmoreland County ,referrals can be made through most Mental Health Providers, WCSI casemanagers or you can contact our office directly to obtain information on getting a referral at the following numbers:

### MAIN OFFICE

770 East Pittsburgh Street  
Greensburg, PA 15601  
724-837-1808  
1-800-353-6467

### MONESSEN OFFICE

435 Donner Avenue, Suite 220  
Monessen, PA 15062  
724-684-7221  
1-800-779-0583

### NEW KENSINGTON OFFICE

One Kensington Square  
New Kensington, PA 15068  
724-334-1774  
1-877-334-1774

#### Our Mission

*We are dedicated to work in partnership with all individuals impacted by intellectual and developmental disabilities and behavioral health challenges through their connection to essential services, personal empowerment and promotion of wellness.*

#### Our Vision

# WCSI

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## CERTIFIED PEER SPECIALIST



## Westmoreland Casemanagement And Supports, Inc.

## What is a Certified Peer Specialist?

A Peer Specialist (CPS) is an individual with lived mental health experience and who has demonstrated resiliency and perseverance in their own recovery journey.

A Peer Specialist offers a unique insight and a valuable perspective that is different from the traditional clinical approach.

Having guidance and support from someone who has “been there” is what many in recovery value the most about Peer Support Services. Peer Specialists serve not only as mentors but also as sources of hope and inspiration to people who are beginning their journeys to recovery.



## How Can a Peer Specialist Help?

Ways a Peer Specialist helps people in recovery :

Identify personal strengths that can help them reach and maintain their recovery goals.

Develop positive coping skills that will help them to better manage their mental illness.

Build peer relationships and create stronger natural support networks.

Enhance their social skills allowing them to live, work and participate more fully in their communities.

Build confidence and self-advocacy skills.

Navigate community services and resources such as housing, social services, education and employment assistance, health services, etc., from a mental health client's point of view.

Offer crisis support, emotional support and relapse prevention.

Provide hope that recovery is possible.

Share their personal experiences to promote wellness and self-worth.

Listen without forming judgement.

“Peer support is a system of giving and receiving help founded on key principles of respect, shared responsibility and mutual agreement of what is helpful. Peer support is not based on psychiatric models and diagnostic criteria. It is about understanding another's situation empathically through the shared experience of emotional and psychological pain. When people identify with others who they feel are “like” them, they feel a connection”.

Mead, Hilton, & Curtis, 2001

