

Who do I contact?

**Referral Attention:**

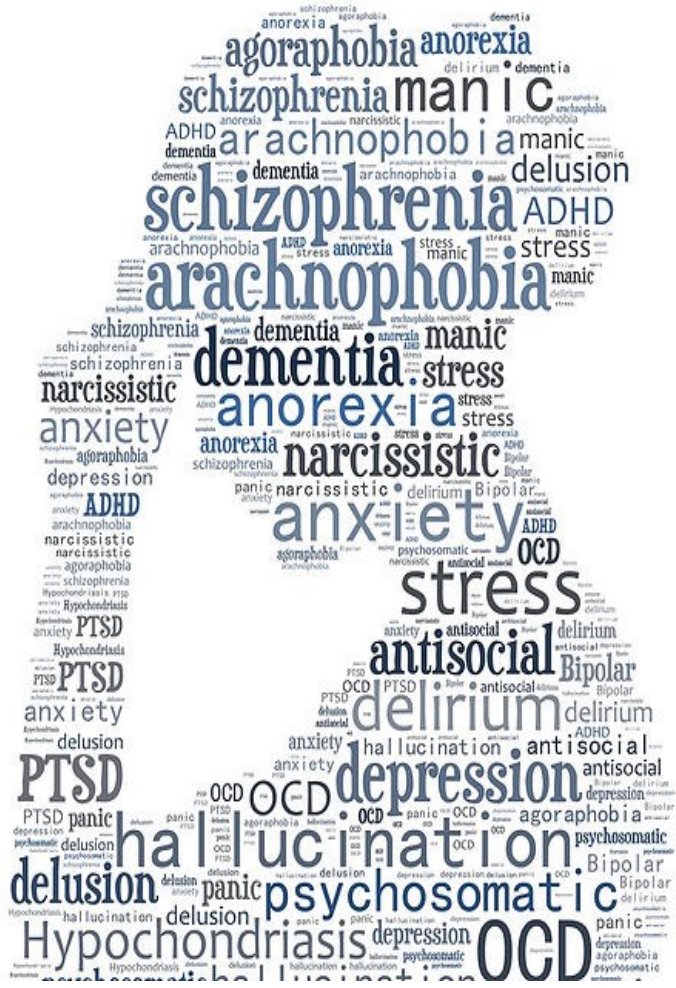
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**Provider:**

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Here to help




**Finger Lakes  
Community Action**

A division of  
Wayne County Action Program, Inc.  
*Helping People. Changing Lives.*

**Community Oriented Recovery &  
Empowerment**

**Adult Empowerment  
Peer Support Services**



*Administrator: Lori Lancaster  
Director: Emmalea Burnell*

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## Adult Empowerment Peer Support Services

Adult Peer Support encompasses a range of activities and interactions between peer who have shared similar experiences of being diagnosed with substance abuse/mental health conditions.

Peer Support Specialists are dedicated to delivering a service with acceptance, understanding and validation. Peer Support Specialists compliment behavioral and mental health professionals. Support is demonstrated on a one-to-one basis which includes:

- ◆ Emotional
- ◆ Informational (referrals, community resources)
- ◆ Instrumental (link to housing and employment)
- ◆ Affiliation Support (community, family, workplace, activities etc....)



## What do Peer Specialist do?

- ◆ Peer Specialist, helps people develop their own goals, create strategies for self-empowerment.
- ◆ Assist people in their recovery.
- ◆ Offer individualized support
- ◆ Demonstrate that recovery is possible
- ◆ Peer Specialist are NOT counselors, Therapist, and Licensed Practitioners.



## How can I get started?

- ◆ Self refer, Managed Care Organization, Health Home Care Manager, Inpatient and out patient clinicians, Primary care provider, family and friends or provider outreach and education efforts
- ◆ Must be HARP eligible (*Health and Recovery Plan*)
- ◆ Must have a mental health diagnosis and/or substance abuse
- ◆ Must have Medicaid health insurance

## Where is the service provided

and

## how long is the service?

- ◆ Setting: Offsite community locations, ie: Success Center, Second Chances, home
- ◆ \*A location where one can have an open dialogue
- ◆ 1:1 Services
- ◆ Weekly sessions \*may vary
- ◆ Sessions can last up to 4 hours
- ◆ Minimum of 6 months



## How much does it cost?

- ◆ Free to individuals who receive Medicaid and Medicare health insurance

