

How Peer Support Can Help

Peer support staff believe the power to recover lies within each individual. They also recognize the challenges and struggles existing in each of the pathways described. Peer support staff can personally identify with the feelings of hopelessness, powerlessness, isolation, and disappointment associated with mental challenges and substance abuse. This connection paves the way for other services that peer support has to offer:

- Inspire a sense of hope and belief in one's ability to recover.
- Support personal choice.
- Provide education and skill building around effective decision making.
- Identify ways to achieve and maintain personal wellness.
- Explore avenues for social, vocational and spiritual development.
- Develop attitudes of personal confidence and personal responsibility.

Peer support services are tailored to each individual's needs and desires at the time of contact. Services are designed to maximize healthy independence and interdependence within natural support systems. Services are provided on-site and in the community and may be time-limited or ongoing.

What we can't do alone, we can do together.



MAIN OFFICE

500 N. West Street
Doylestown, PA 18901
215-345-5300

24 HOUR CRISIS/ EMERGENCY SERVICES

1-800-499-7455
215-785-9765 – Lower Bucks County
215-345-2273 – Central Bucks County

PEER SUPPORT PROGRAM

The mission of Lenape Valley Foundation is to partner with members of our community encountering mental health, substance use, intellectual or developmental challenges as they pursue their personal aspirations and an enhanced quality of life.

This project is operating with funds provided through the Bucks County Department of Mental Health/Developmental Programs.

www.lenapevf.org



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Peer Support Program

Lenape Valley Foundation believes that people can and do recover from mental challenges and substance abuse. Our agency offers many services to assist individuals in this process. One of our newest services is the Peer Support Program.

Peer Support is provided by individuals who have been diagnosed with a mental challenge and perhaps a substance abuse issue. They have utilized the mental health and/or the drug and alcohol service systems. They have experienced the devastation and stigma of being ill and have celebrated success in recovery. Peer support staff are eager to share their recovery experiences in order to help others on their own journey.

While working towards recovery, peer support staff have found that the following considerations play a significant role in achieving a full and satisfying life. These “Pathways of Recovery” are described by Recovery Innovations, an organization dedicated to helping people find recovery if they choose to do so.

Pathways of Recovery

HOPE

Recovery happens. It begins with hope—that little glimmer or spark of optimism—that one moment when an individual begins to sense that change is possible. Hope inspires a core awakening and a belief that symptoms can be managed, wellness can be achieved, and that life can be lived to its fullest.

CHOICE

Decisions about our health, relationships, activities and our attitudes must be made every day. When illness strikes, individuals must decide if they will manage their illness, or if their illness will manage them in day-to-day life. Our choices help determine the direction our lives take and the final destinations that we reach.

EMPOWERMENT

Sometimes the most difficult part of making choices is believing in our personal power to do so, and creating a belief among others that we have the power to do so. Personal power is realized by self and others when we make thoughtful decisions and have the courage to carry out plans despite opposing views. Personal power is realized when we accept our thoughts, feelings, and opinions as valid and respectfully make them known to others.

ENVIRONMENT

People, places, and things can contribute to our endeavors in life or they may create obstacles for us. People and circumstances that undermine our self-respect and personal goals will thwart our recovery plans. Respectful and nurturing environments will promote them.

SPIRITUALITY

Beliefs and activities that create a sense of inner peace, well-being, purpose, and hope are ways to describe spirituality. Spirituality may be a unique creation within a person or could be based in a formal religion. It may help us define our purpose in life, may provide a structure for interpreting the world around us, and may provide us with methods of coping when our lives seem out of our control.

