

Peer To Peer

Support & Empowerment



"WHEN WE CHOOSE TO DO SOMETHING ABOUT

WHO WE ARE,

AND

WHAT WE ARE,

ONLY THEN CAN WE RECTIFY,

OR CHANGE,

WHERE WE ARE."

Compliance & Resolutions Hotline 704-960-4280

- The right to informed participation in decisions regarding care, treatment, and services.
- The right to participate in care, and service planning in keeping with the wishes of the individual served and the right to information important in a timely manner to help in decision making.
- This right is applied to children and youth as appropriate to their age, maturity and clinical condition and the right of the family of individuals served, with the client's consent to participate in such planning.
- The right to individualized care, treatment, and services, including that is responsive to each individual's unique characteristics, strengths, needs, abilities and preferences.

A full copy of your rights and responsibilities will be provided to you upon admission.

A summary of the Client's Rights Complaint process is provided and explained at that time as well.

You are encouraged to ask questions about your services and your rights. You may talk with anyone on the staff.

PHILA Health Systems of NC

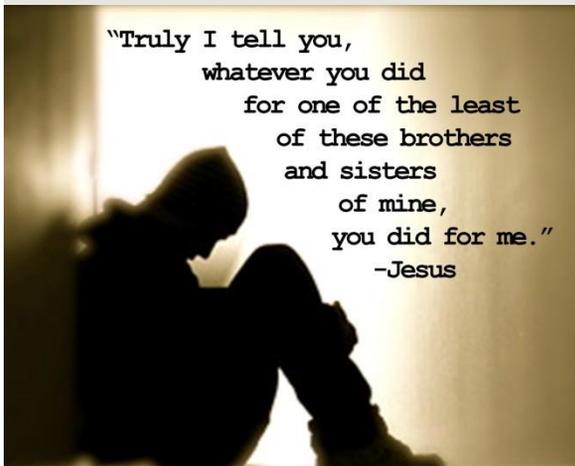


Peer Support For Returning Citizens

Producing Real Results
Through
Empathy, Mentoring
&
Accountability.

Program Intent:

This program is designed to empower individuals returning home from incarceration with tools that will enable them to make rational evaluations of themselves, their situations, and their circumstances, and then make healthy and proactive decisions, as they navigate their way back into society.



Group Discussions, Workshops, Mentoring & Outreach Services

- Relapse Prevention Workshops
- Cognitive Thinking Workshops
- Empathetic Open Discussion Groups
- Proactive Coping Skills

Support Groups

- Men's & Women's Rap
- Grief/Trauma
- Returning Citizens Support

Vocational Training & Support

- Resume Building
- Job Readiness Training
- Anger Management
- Positive Parenting

Health & Wellness

- Over Eating
- Social Adjustment
- Anxiety Issues
- Co-dependency
- Meditation
- Spirituality

Peer Support Services

Peer Support is a peer led program by individuals who are in recovery from mental illness and or substance abuse. Some peers are also returning citizens as well., who can offer support to each other, learn from each other's personal life experiences and receive the wellness tools needed to strengthen the recovery process.

In Peer Support we also work to improve the skills that enable us to set and accomplish our recovery goals. The peers lead the groups with the help of the peer staff including a CPS (Certified Peer Specialist).



integrate into the community and increase the control they have over their lives and activities. We encourage each individual to develop skills and supports necessary to prevent relapse, re-hospitalization and recidivism.